

Health & Wellness Committee Established Duties

- Review of Research and Programs
- Creation of Strategy Recommendations to Address Barriers
- Prepare and Present a Formal Annual Report
- Carry out City-approved Programs and Initiatives

Health & Wellness Committee Established Duties

- Review of Research and Programs Related to:
 - Physical and Mental Health
 - Emergency Preparedness
 - Personal Wellness
 - Food and Housing Access Issues
 - Addiction Issues
 - Any Other Public Health and General Welfare Issues

Health & Wellness Committee

Established Duties

- Creation of Strategy Recommendations to Address Barriers to:
 - Physical and Mental Health Services
 - Emergency Preparedness
 - Personal Wellness
 - Food and Housing Access Issues
 - Addiction Issues
 - Any Other Public Health and General Welfare Issues

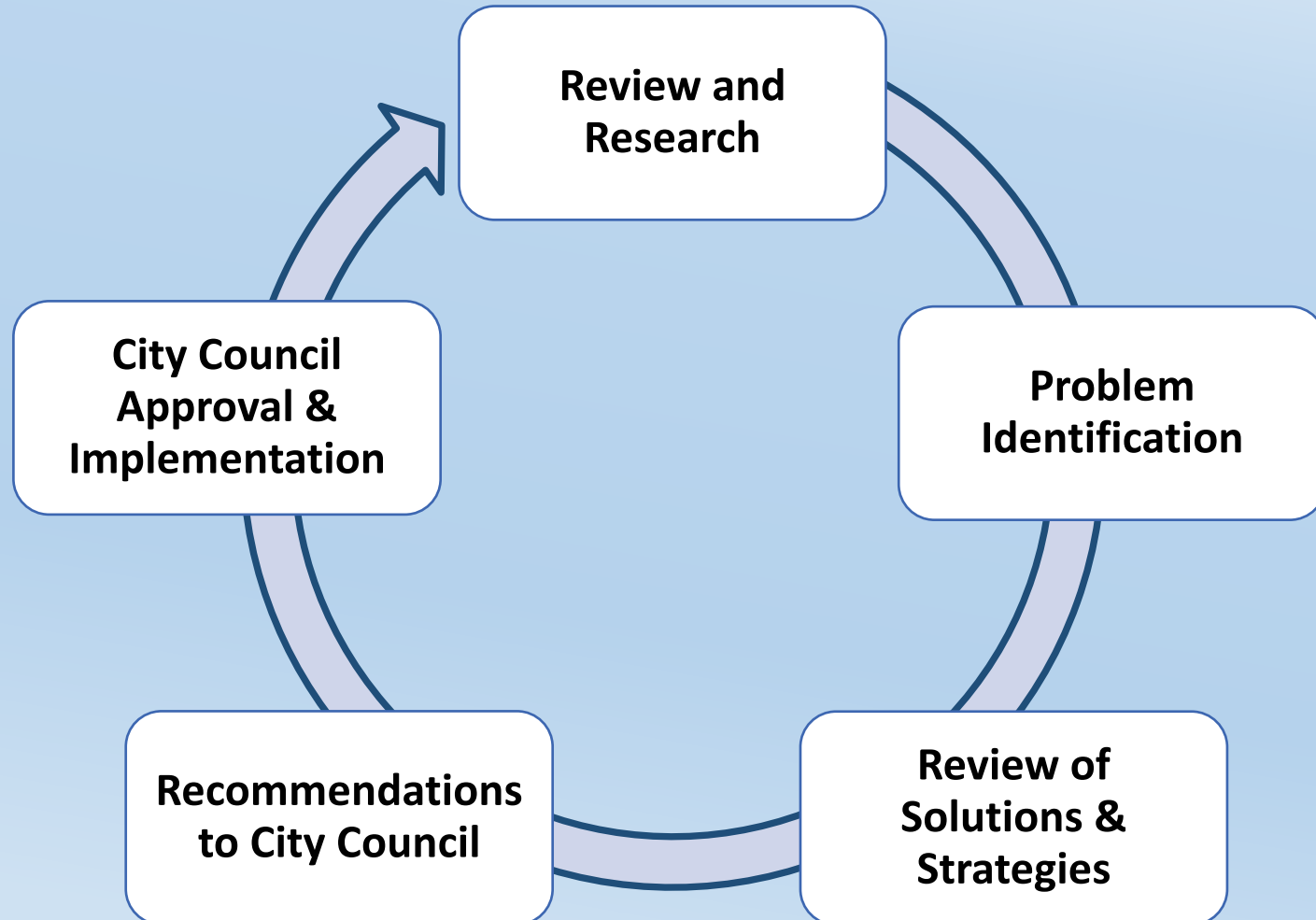
Health & Wellness Committee Established Duties

- Prepare and Present a Formal Annual Report that includes:
 - Overview of the Committee's Duties & Activities
 - List of Specific Recommendations in Order to Correct Identified Problems and Deficiencies

Health & Wellness Committee Established Duties

- Carry out City-approved Programs and Initiatives
 - Programs and Initiatives to Address the Purposes of the Committee
 - Include Public Education and Outreach Related to Purposes of the Committee

Health & Wellness Committee



Physical and Mental Health

Look to City Resources – Open Spaces and Outdoor Assets

Physical

- Hatch Park Renovation
- Paths and Walkways
- Trails in the Mountains
- Active Transportation

Mental

- Communities That Care
- Addressing Coping Skills
- Addiction and Housing Support



Emergency Preparedness

- ~Citywide Response Plans are in place in the event of flood, fire, earthquake – Staffing issue is still a concern. Committee could make a recommendation to CC.
- ~Committee should work on personal and family emergency preparedness outreach





Personal Wellness

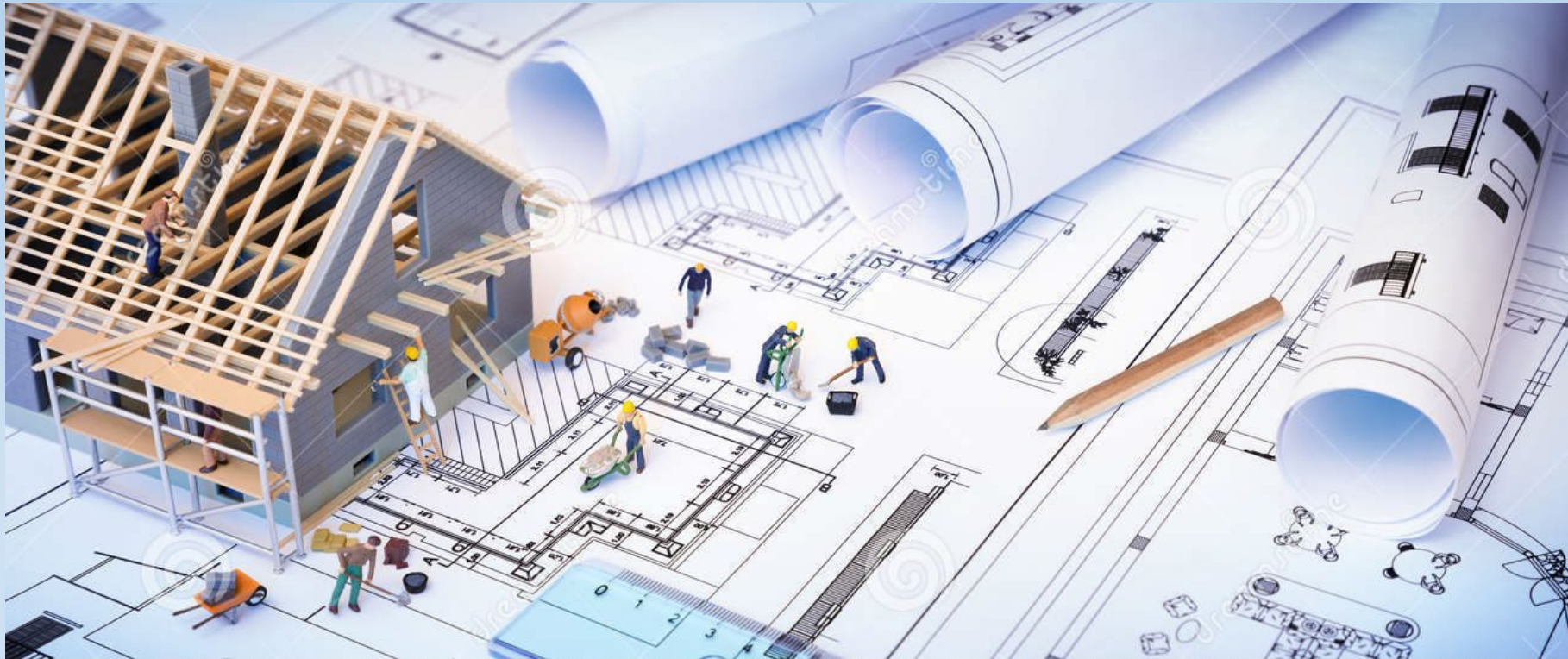
Topic may need some research or further detailing, but would include a public outreach effort to help people:

Get outside, have a hobby, good nutrition, exercise, make friends, get annual physicals

-Access to healthcare?

Food & Housing Access Issues

Research needed on both issues, but City has resources for a housing program.



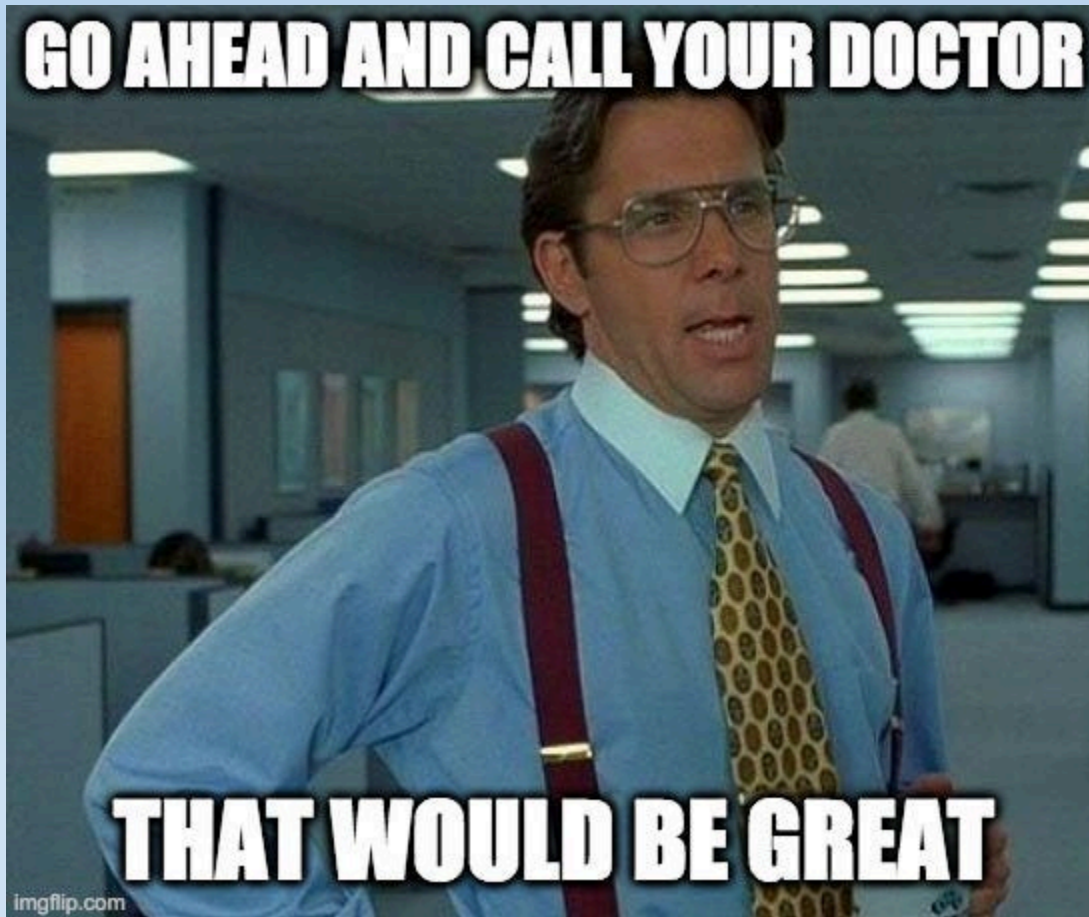


Addiction

Public Education, Access to Services, Partnership with Others – What's Possible?



Other Public Health & General Welfare Issues?



when you're trying to hold it together and someone asks you if you're okay:



Where to Now?

- Physical and Mental Health
- Emergency Preparedness
- Personal Wellness
- Food & Housing Access
- Addiction
- Other

