

WHAT IS HEALTHY PERSONIANS?

Healthy Personians is a certified community-based partnership that strives to assist the residents of Person County with establishing and maintaining healthy lifestyles. The primary goal of the partnership is to address the major health issues of the county. The Healthy Personians Advisory Board serves as the principle governing body for the partnership. Healthy Personians started in the year 2000 as a way to address broad-based health needs in the community.

The partnership is funded by Kate B. Reynolds Charitable Trust, Person Family Medical and Dental Centers, Inc., and Person County Health Department. The Healthy Personians Coordinator is a part of Person County Health Department's Health Education Program.

Healthy Personians follows the Healthy Carolinians model of developing local partnerships to improve the health of all North Carolinians. For more information on Healthy Carolinians visit its web site at: www.healthycarolinians.org. Visit <http://health.personcounty.net> and click on the "Healthy Personians" link for more information about the partnership and its partner groups.

HEALTHY PERSONIANS PRIORITY AREAS

Chronic Disease

(Heart Disease, Cancer, Stroke, Diabetes, Chronic Lower Respiratory Disease)

Health Promotion

(Obesity/Overweight, Physical Activity, Nutrition, Smoking/Tobacco Use, Unsafe Sex, Drug/Alcohol Abuse)

Adolescent Health

(Teen Pregnancy, Sexually Transmitted Infections/HIV)

Community Issues

(Gang Activity, Suicide)

Access to Health Resources

(Physical Health, Mental Health, Preventive Health, and Treatment)

HEALTHY PERSONIANS PARTNER GROUPS

There are currently two partner groups within the partnership. The issues being addressed by the partner groups are in accordance with the various Healthy Personians priority areas. The mission of each partner group is as follows:

The Person County FAN (Fitness And Nutrition) Club works to promote healthy lifestyles through physical activity and healthy eating in Person County. FAN Club goals are to enhance public awareness of the benefits of healthy eating and increased physical activity; to identify local resources available and needed to improve the nutritional status and physical activity levels of Person County residents; and to increase support and opportunities for healthy eating and physical activity. Some of the FAN Club's signature initiatives include the:

- *Healthy Homework Program
- *Havin' Fun, Gettin' Fit Program
- *Uptown Roxboro Walks to Better Health Initiative
- *Read All About It Initiative

The HIV Task Force strives to educate the residents of Person County on ways to prevent the spread of HIV. This partner group has been responsible for bringing the NAMES AIDS Quilt to Person County middle and high schools as well as various community sites. The HIV Task Force conducts community outreach events on an annual basis in recognition of the following national observances:

- *National HIV Testing Day
- *World AIDS Day

Healthy Personians Ad Hoc Committee

A Chronic Disease Action Team was established under the Healthy Personians umbrella in November 2008 to coordinate a Diabetes Education Pilot Study. The study was funded through the Office of Healthy Carolinians and was conducted from February – April 2009. In 2009-2010, the team will coordinate a social marketing campaign to continue addressing diabetes in Person County. The campaign and continued work of the Chronic Disease Action Team is funded by a mini-grant through the Central North Carolina Partnership for Public Health.

WHY IS HEALTHY PERSONIANS IMPORTANT TO THE COMMUNITY?

Healthy Personians is dedicated to assisting Person County residents with improving their health and well-being. Taking control of lifestyle factors, through such practices as increasing physical activity; eating healthier; decreasing or eliminating the use of tobacco, alcohol and drugs; and understanding the consequences of having unprotected sex; can help reduce rates of disease, disability, and even death. The partnership is also committed to being a resource for Person County and helping to link Personians to programs and services that will help them to be productive citizens and live long, healthy lives.

Healthy Personians has produced a **Community Health Resource Guide** in English and Spanish. This guide provides a list of educational and healthcare resources for residents seeking discounted services. The **Move More in Person** brochure is also available through the partnership. It lists places in the county where people can go and be physically active for little to no charge. Both of these publications can be found on Person County Health Department's website at <http://health.personcounty.net> (click on the "Community Resources" link) or by calling the Healthy Personians Coordinator at the contact number provided at the bottom of the page.

WHO PARTICIPATES IN HEALTHY PERSONIANS?

The overall Healthy Personians partnership is made up of representatives from the community, hospital, health department, school system, local business and industry, faith-based organizations, county government, extension, county transportation, community health center, recreation, Partnership for Children, mental health, the community college, etc. The group collaborates to bring resources together to address the health needs of the community.

For more information on Healthy Personians contact:

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HEALTHY PERSONIANS

A Healthy Carolinians Partnership



MISSION STATEMENT:

“Helping Personians to be healthy”