



PRESS RELEASE FOR LOCAL MEDIA

Central Michigan District Health Department
"Promoting Healthy Families, Healthy Communities"

For more information, please call: (989) 773-5921 ext. 8409
2012 E. Preston Avenue, Mt. Pleasant, Michigan 48858, www.cmdhd.org

To: News Media

From: Central Michigan District Health Department

Release Date: June 4, 2012

RE: Central Michigan District Health Department's Community Health Assessment & Health Improvement Plan

**CENTRAL MICHIGAN DISTRICT HEALTH DEPARTMENT
UNVEILS COMMUNITY HEALTH ASSESSMENT
AND HEALTH IMPROVEMENT PLAN**

Central Michigan District Health Department (CMDHD) in collaboration with the Together We Can! Initiative partners are pleased to announce the completion of their Community Health Assessment and Health Improvement Plan. The plan, unveiled at the Public Health Summit in April 2012, creates a blueprint for the health improvement in the counties of Arenac, Clare, Gladwin, Isabella, Osceola and Roscommon.

"The level of participation in planning efforts has far exceeded the CMDHD's expectations and indicates the public's willingness to participate in addressing the community health issues," states Mary Kushion, Health Officer for Central Michigan District Health Department.

In 2010, the Together We Can! Health Improvement Initiative began after the County Health Rankings were released and a day-long Public Health Summit was held. Workgroups were formed at the county and district levels that same year. In late 2010/early 2011, surveys were conducted, the current situations were assessed, strategies and outcomes began to be created, and a 2nd Public Health Summit was held. Late 2011/early 2012 efforts focused on putting the final plan together in time for the 3rd Annual Public Health Summit.

With the completion of the Community Health Assessment and Health Improvement Plan, it's time to progress into the next stage (ACTION) of improving health and wellness in central Michigan, which is the development of interventions, campaigns and initiatives set forth in the plan. Many strategies are already being worked on, such as improving access to health care services, working on the development of a regional medical transportation plans, installation of more permanent drug boxes, and the list goes on and on.

"We welcome more people to become involved in improving the health status of our central Michigan communities. This can happen by making healthy food choices and getting 30-60 minutes of exercise every day. We also seek additional members to our Health Improvement Planning working groups." Kushion stated.

The plan can be accessed on the Central Michigan District Health Department's website (www.cmdhd.org) under "Together We Can!". For more information on the plan or to join the Together We Can! Initiative, call (989) 773-5921 ext. 8413.

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