

HEALTH & HUMAN SERVICES

VISION: All residents enjoy a positive state of health including physical, mental and social well-being and not merely the absence of disease or infirmity.

Goal 1: By 2018, all Corvallis residents will have access to programs that promote healthy behaviors.

Strategy 1: Promote healthy lifestyles in multiple settings (e.g., community, schools, worksites, health system policy) by adopting policies, creating environments and programs that support healthy behavior.

Action 1: *Create* access for all Corvallis residents to environments that support healthy behavior (e.g. access to tobacco-free environments, healthy food choices, and physical activity opportunities).

Action 2: *Ensure* that Corvallis residents have optimal availability of and access to chronic disease self-management programs in English and Spanish.

Action 3: *Support* outreach programs, such as Neighborhood Navigators, that promote healthy lifestyles.

Strategy 2: Develop a program to encourage interdisciplinary exchange between health care providers.

Action 1: *Sponsor* a community forum featuring diverse health care providers.

Action 2: *Survey* health care providers to assess their networking interests.

Strategy 3: Support universal health care so that all Corvallis residents have health care coverage.

Action 1: *Facilitate* access to the Affordable Care Act as an initial step toward health care coverage for the uninsured.

Action 2: *Publicize* the work of health care reform groups in our area.

Action 3: *Provide* ongoing education about health care reform, especially in preparation for the next legislative opportunity.

Goal 2: By 2025, our community's discharge and exposure to persistent, bio-accumulative and/or toxic pollutants into the local biosphere will be eliminated.

Strategy 1: Establish a framework that requires a systematic study of health impacts for new projects, products or policies in the Corvallis area (e.g. Natural Step, Precautionary Principle, Health Impact Assessments).

Action 1: *Assign* an appropriate task force to evaluate existing strategies.

Action 2: *Draft* legislation requiring the consideration of health impacts on Corvallis projects or policies.

Action 3: *Provide* training and/or information about chosen framework.

Goal 2: (continued)

Strategy 2: Identify and promote safe alternatives to regularly used toxics that are discharged into the local biosphere.

Action 1: *Adopt* policies for 1) building maintenance and operations at publicly-owned facilities that are aligned with LEED (green building) for existing buildings, 2) new construction and remodels of publicly-owned buildings that meet LEED standards, and 3) eliminating pesticide/herbicide spraying on publicly-owned property.

Action 2: *Develop* legislation that focuses on incentives for residential land owners, businesses, and institutions that have found alternatives to using or releasing toxic chemicals.

Action 3: *Help* businesses identify and use alternatives to toxic chemicals.

Strategy 3: Provide education on toxics, their effects and viable alternatives for all ages and cultural groups in Corvallis.

Action 1: *Advertise* Oregon Environmental Council's (OEC) Tiny Footprint materials (Green Cleaning Guide, Family Pledge, Sage toys, etc.) and "No Idling/No Topping Off" benefits in *The City* newsletter, local school programming and through other family awareness avenues.

Action 2: *Provide* comprehensive education of alternatives to toxic agricultural chemicals aimed at conventional agriculture farmers in the area.

Action 3: *Require* "Right to Know" notification in stores that sell products with chemicals known to cause cancer, birth defects or reproductive harm, and restrict discharge of these chemicals in a manner that could end up in the local biosphere.

Goal 3: By 2025, 50% of Corvallis residents will volunteer in the community.

Strategy 1: Promote volunteerism.

Action 1: *Educate* the community on the value of and long-term health benefits of volunteering for one's community.

Action 2: *Provide* incentives to engage more organizations and individuals in the Day of Caring, Martin Luther King Day, and other volunteer opportunities.

Action 3: *Publicize* volunteer opportunities, and promote HandsOn Willamette to match volunteers with needs.

Strategy 2: Address costs of living, financial needs and other obligations that inhibit some residents from having time to volunteer (e.g., adopt a living wage including health insurance, 35-hour work week, family volunteer opportunities, etc.).

Action 1: *Organize* an educational program to introduce local employers to the concept of a living wage and to identify roadblocks.

Action 2: *Explore* options for supporting local employers in providing a living wage or "paying" for volunteerism (reduced full-time workweeks, etc.).

Action 3: *Investigate* the overall benefits of a shorter work week.

Strategy 3: Encourage volunteerism that connects residents with resources to help them meet their own needs.

Action 1: *Engage* volunteers in promoting universal health care reform.

Action 2: *Engage* volunteers in providing information to the public about 211 (free information about health, community, and social services).