

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 2025, all Corvallis residents will have awareness of and 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 Health Navigators, that promote healthy lifestyles.

Strategy 2: Support universal health care so that all Corvallis residents have health care coverage.

Action 1: *Facilitate* access to government-provided health care 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 will eliminate the use of persistent, bio-accumulative and/or hazardous pollutants.

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: *Support* Benton County's "Health in All Actions" framework.

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.

Strategy 2: Identify and promote safe alternatives to regularly used hazardous products

Action 1: *Adopt* policies for eliminating pesticide/herbicide spraying on publicly-owned property.

Action 2: *Help* residents, businesses, and institutions identify and use alternatives to hazardous chemicals.

Action 3: Promote policies that require "Right to Know" notification in stores that sell products with chemicals known to cause cancer, birth defects or reproductive harm.

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: *Publicize* volunteer opportunities, and promote programs that match volunteers with needs.

Action 3: *Recognize* organizations and individuals who participate in the Day of Caring, Martin Luther King Day, and other volunteer opportunities.

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: *Identify* opportunities that allow people to access resources they need (e.g., gleaners, gardening in exchange for produce, etc.).

Action 2: *Promote* opportunities that allow people to access resources they need.