



LET'S MOVE IT!
Healthy Communities Initiative

Healthy Communities Initiative

- The Healthy Communities Initiative (HCI) is a customized approach to well-being that targets four core areas:
 - Health education
 - Nutrition
 - Physical activity
 - Lifestyle management



Healthy Communities Initiative

- While using the combined resources of the Cleveland Clinic and the community, HCI will positively impact each community through:
 - Education
 - Awareness
 - Strategic Programmingbased on the current community health needs assessment (CHNA).



HCI Mission Statement

HCI is a collaborative effort between Cleveland Clinic and community partners to promote optimal health and well being.

HCI Goals

- Sustainable community partner relationships
- Utilization of available resources and local amenities
- Promotion of economic vitality through utilization of local resources
- Positively impact community perception
- Increased level of awareness and access to healthy living

Measuring Outcomes

- HCI kicks off with 8 week Wellness Challenge
 - Pre and post BP and BMI during weeks 1 and 8 of Wellness Challenge
 - Risk Assessment with a Wellness Pre and Post Survey
 - Provides wellness risk category and creates snapshot of attendees