LET’S MOVE IT!
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 Programming

based 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