

What if:

You could always find a walking trail that was safe and connected to places you need to go?

It was easy to find help to quit smoking?

Our parks and sidewalks were free from secondhand smoke?

Changes to make healthier choices easy can happen all over the community:

- Worksites
- Schools
- City roads and parks
- Individuals & families
- Community events
- Businesses
- Child care sites
- Neighborhoods

Imagine Grays Harbor... The Picture of Health

Small improvements added together create a new picture of our community - one in which it is easy to be active, to eat right and to avoid exposure to tobacco smoke.

You can help change our health by introducing healthy changes *wherever* you are.



To get started, visit us at
www.HealthyGH.org
or give us a call at (360) 532-8631 ext. 485.

Picture This, Grays Harbor:

Healthier Communities



Making the
healthy choice
the *easy* choice.

Chronic Disease - A Big Problem...

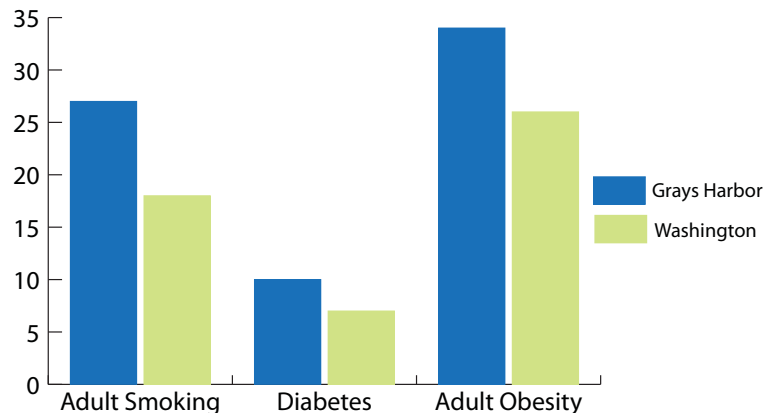
Chronic diseases include heart disease and stroke, cancer, diabetes, and lung conditions that make it difficult to breathe. They rob people of healthy years - leading to long term sickness, disability, and early death.

On Grays Harbor, chronic disease is taking a heavy toll on our health: the average number of years of healthy *life* we can expect is **6 years less** than the state average. We are sick longer and die sooner than we should expect. It is expensive and, more importantly, it lessens the quality of our lives.

...That Doesn't Have to Be

Most of these diseases can be prevented. Three unhealthy habits underlie our chronic disease rates: tobacco use, poor food choices and lack of physical activity.

These are behaviors we *can* change to create a better picture of health on the Harbor.



Changing Behavior is Hard! Is There Any Good News?

Yes. Many communities have made changes - big and small - that brought health improvements enjoyed by all their residents. What did they do? They made the *healthy* choice the *easy* choice.

Picture This:



What if places you live, work and play made it easy to make the *healthy* choice?

What if:

It was simple and convenient to eat healthy - even on the run?

Eating healthy was very affordable for everyone?

You could easily and safely walk or bike throughout your community?

It was just as easy to walk to the store as it is to drive?

