

Rutherford

Rutherford Regional Health System & Rutherford-Polk-McDowell Health District

Community Health Priorities & Key Strategies

Reduce Chronic Disease

- Healthy living for a lifetime screening events
- Committee on Chronic Disease
- Developed a survey tool for community input on intervention strategies

Substance Abuse

- Community structure to address priorities established

Healthy Eating & Active Living

- Priority integrated with chronic disease committee to address issues collaboratively



Spotlight on Success

The Rutherford, Polk, McDowell Health District, Rutherford Regional Health System and partners associated with the Community Health Council of Rutherford County collaboratively address community health priorities through monthly Board meetings and two primary committees: Chronic Disease and Substance Abuse. The Health Council recently hosted a North Carolina Farm Bureau program called "Healthy Living for a Lifetime". One hundred thirty-three community members were screened for blood pressure, cholesterol blood glucose, and Body Mass Index (BMI). Community partners provided education exhibits as well, as well as providing CHIP newsletters to the community.

For more information on community health improvement in Rutherford County, visit:

www.wnchealthyimpact.com

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