

Rockcastle Healthy Community



Designing a Healthy Community

Dedicated individuals that represent each segment of our community: the work place, schools, community institutions, health care meet each month to identify health issues and work toward establishing programs and policies to improve health. We focus on improving nutrition, increasing physical activity and reducing tobacco exposure. The three most modifiable risk factors of chronic disease.

Improve Nutrition: Encouraging Farmers Market, Farm to School Projects, Healthy Foods Served, Healthy Vending, Community Gardens, Limited intake of sugary drinks

Reduce Tobacco Exposure: Encourage Voluntary Smoke Free Policies, 24-7 Smoke Free Schools, Quit Smoking Programs, Smoking Prevention Programs for Youth and Adults



Improve Physical Activity: Create trails for walking, bicycling, and horseback riding, Increase physical activity in schools, Use the network of sidewalks for safe walking, Increase physical activity opportunities

Join the Movement for a Healthier Rockcastle!
Meetings are held every 2nd Tuesday of the month,
11:30-12:30.

**Call Nancy Keber, 256-2242,
Rockcastle County Health Department**