

## **Summary Report of the 27<sup>th</sup> Annual Pinal County Town Hall**

**October 2 – 3, 2014**

### **Economics of a Healthy Community**

Delegates to the 27<sup>th</sup> Annual Pinal County Town Hall developed recommendations for enhancing local area and countywide good health measures to improve the overall health of county residents. More than 120 attendees heard six speakers on varying topics related to health in Pinal County and Arizona. Topics ranged from: statistics taken from a recent health assessment of Pinal County residents; to the impact of infrastructure on a healthy county; to current, successful programs that can be replicated in other parts of the county. The delegates then divided into five breakout groups to discuss strategic recommendations and personal commitments to form a healthier county.

All groups agreed good paying jobs with good benefits were critical to a healthy economy. A healthy workforce plays a major role in creating a sound foundation for economic development.

What makes a healthy community?

- Interaction within the community/knowing your neighbors/communication
- Healthy workers and good jobs with good benefits - creating a good economy
- Access to services, healthcare
- Infrastructure: water, sidewalks, parks, connectivity, places to recreate (opens spaces and trails)
- Having an active lifestyle/prevention of obesity
- Education on health issues/role models/ leadership in health issues

Do you and your family have healthcare insurance or access to healthcare?

- All delegates had healthcare insurance and access to healthcare. Some delegates had all services available within Pinal County, however, many had to use specialists and medical facilities in either Pima or Maricopa counties.

- Transportation was listed as an issue in many locations

Specific health concerns in Pinal County were:

- Mental health/Substance abuse/Smoking/Alcohol
- Obesity
- Mental health with lack of local resources/Homelessness
- Access to healthy food choices (popularity of fast food was seen as an issue)
- Lack of indoor/outdoor workout facilities
- Lack of local resources for veterans and seniors

What types of programs do you want to see implemented in your community to improve health?

- Employers promoting fitness programs/access to fitness facilities
- Centralized community resources focused on health
- Programs to reduce isolation
- Increased preventative healthcare/access to health education
- Peer to peer programs
- Start drug education programs earlier (elementary school)
- Support farmer's markets, local growing of foods, community gardens
- Community investment in open spaces and trails for active lifestyles
- Programs on nutrition/access to good nutrition
- Need for grassroots movement to affect a behavioral change
- School facilities opened longer/after school hours for activities

What are you willing to do?

Personal Commitments:

- Talk to my Town Council and let them know about what we learned at Town Hall about healthy choices!

- Educate and promote local, available services (HOA, as a member of local clubs, associates at work).
- Volunteer my time as a person knowledgeable in health insurance to help build a wellness model for the county identifying insurance benefits tied to good health to be deployed through local chambers of commerce, city/town governments, United Way, non-profits.
- Play the game show that was part of the Town Hall called “Eat This or That”, (a game identifying the best food choice between two items) at school during the Central Arizona College Health Fair held each year.
- Help connect Pinal County law enforcement agencies with training programs on mental health/domestic violence issues.
- Join with neighbors in exercising before going to work.
- Professionally collaborate with industry to promote wellness programs.
- Re-educate myself on minimal walking exercise to keep healthy and share with people in my family, friends and work group.
- Be a role model for healthy practices.
- Get local community group to keep Arizona Trail in good condition and use it for regular hiking.
- Disseminate information on social media
- Take charge of my wellness!
- Have healthy behaviors (buckle up, stop smoking, no texting while driving)
- Work on getting a mobile unit for veterans implemented
- Start safe driving.
- Motivate other youth to assume leadership roles/inspire others to better health and healthier life styles
- Communicate what was learned during Town Hall to my community.
- Change my attitude toward health.
- Start a leadership for young women’s group.
- Get sports teams to do volunteer projects regarding healthier lifestyles
- Follow up on outreach to Child Protective Services

- Open a Veterans One-Stop Center
- Bring non-profits together to work more efficiently
- Create a healthcare directory for the City of Maricopa
- Engage with organizations across the county to work together
- Continue to advocate for children and families.