

WHY JOIN HEALTHY ALABAMA COMMUNITIES?



Become a designated Healthy Alabama Community and be recognized for creating a culture of health in your community. Being a Healthy Alabama Community means that your community has made strides in improving the health of all its citizens through partnerships and multi-sector community involvement.

MISSION: Building healthy Alabama communities through access to programs, education, and resources that promote health and wellness.

OUR GOAL: To empower communities to prioritize the health of their residents through environmental, policy, and system changes. To do this, we've designed a year-long program for cities and towns that will provide community leaders with resources, education, and technical assistance to implement these positive changes. Each community enrolled in the

program will receive a list of criteria that will act as a "checklist" to become a designated Healthy Alabama Community.

YOUR ROLE: Starting next year, your city or town can register for the program and work to become a Healthy Alabama Community. We believe that communities can thrive when they prioritize healthy lifestyles for their residents, and we're here to help you achieve that using evidence-based strategies and best practices that improve health outcomes.

WHO WE ARE: Scale Back Alabama was launched in 2007 by the Alabama Hospital Association, the Alabama Department of Public Health, and Blue Cross and Blue Shield of Alabama as a statewide weight loss program. Healthy Alabama Communities was developed by the same stakeholders that developed and implemented Scale Back Alabama for 15 years.

To learn more and fill out an interest form, visit us online at **HealthyALCommunities.org**.

