

Healthy Living In Ogden

By: Council Vice Chair Richard Hyer



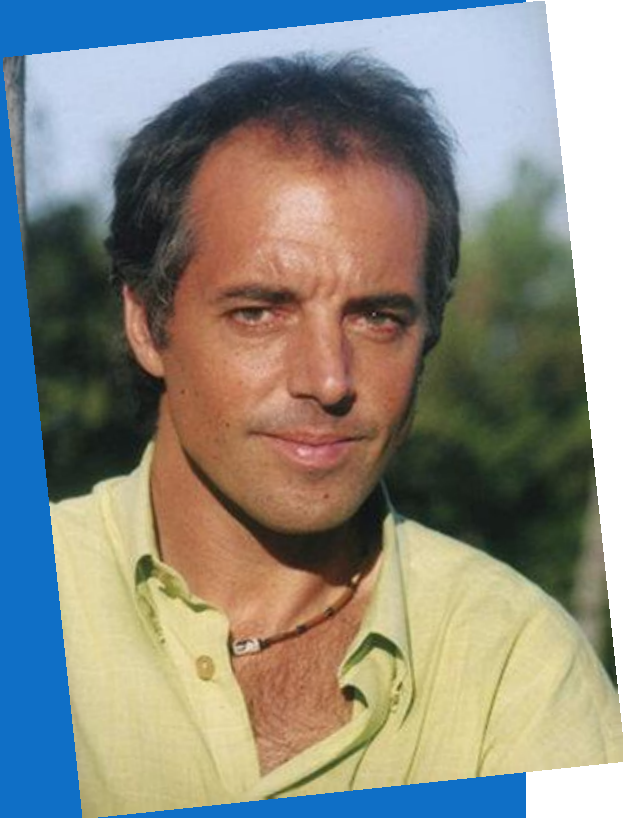
Healthy Living In Ogden

Community Health Contributors

- Physical, social and financial wellbeing
- Built environment
- Local economy
- Public safety



Healthy Living In Ogden



Introduction to Blue Zones

- February 2016 –
*Local Officials' Day at the
State Legislature*
- Dan Buettner –
*New York Times Best-Selling
Author*

Healthy Living In Ogden

City efforts to build upon

- Recreational Amenities
(parks, facilities and programs)
- Ogden General Plan/Community Plans
- Bicycle Master Plan
- Community Wellness Joint Resolution
- Idle-Free Week
- Mayor's Walk



Healthy Living In Ogden

Additional Projects Underway

- Transportation Master Plan
- Recreation Master Plan
- Civic Action Plan
- Diversity Commission
- Arts and Culture Master Plan



Healthy Living In Ogden

Exploring Opportunities

- Blue Zones
- Gallup-Healthways
- Intermountain Live Well
- Ogden Regional Medical Center
- Weber-Morgan Health Department



Healthy Living In Ogden

Benefits of community wellness

- Enhanced quality of life
- Longevity
- Personal well-being and growth
- Increased productivity and economic development



Healthy Living In Ogden

Survey

Share your thoughts on healthy living and Blue Zones in Ogden.

Healthy Living and Blue Zones in Ogden - Survey

1. Adequate opportunities and resources make healthy living accessible in Ogden.
Mark only one oval.

1 2 3 4 5
Strongly Disagree Strongly Agree

2. Our community should consider a proactive approach to improving the health of residents.
Mark only one oval.

1 2 3 4 5
Strongly Disagree Strongly Agree

3. Which of the following organizations should the City consider partnering with to promote community health:
Check all that apply:

- Blue Zones
- Intermountain Healthcare and Live Well
- Ogden Regional Hospital
- Weber-Morgan Health Department
- Other: _____

4. Would you be interested in volunteering to support a community health initiative?
Mark only one oval.

Yes
 No

5. If so, which topic(s) interests you the most (select one or more of the following)?
Check all that apply:

- Policy
- Schools
- Workplaces
- Food Environment
- Faith Based and Civic Organizations
- Engagement
- Other: _____

6. E-mail address (optional): _____

Making Community Health An Accessible Asset

Efforts to Build Upon

- Recreational Amenities (*parks, facilities and programs*)
- Ogden General Plan/Community Plans
- Bicycle Master Plan
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Enhance Efforts

Blue Zones
Gallup/Healthways
LiVe Well
Civic Action Plan
Weber-Morgan Health
Ogden Regional



Outcome

A collaborative and proactive approach to community health and wellness



Healthy Living In Ogden



Blue Zones Presenter
Tony Buettner