

**POPULATION  
OBJECTIVES**

**MISSION (LOCAL)**

**VISION (LOCAL)**

**OHHP - TAFHL  
GOAL**

Prepared By:  
Jackie Van Ryswyk  
Health Promoter  
Elgin St. Thomas Health Unit  
99 Edward St.  
St. Thomas ON N5P 1Y8

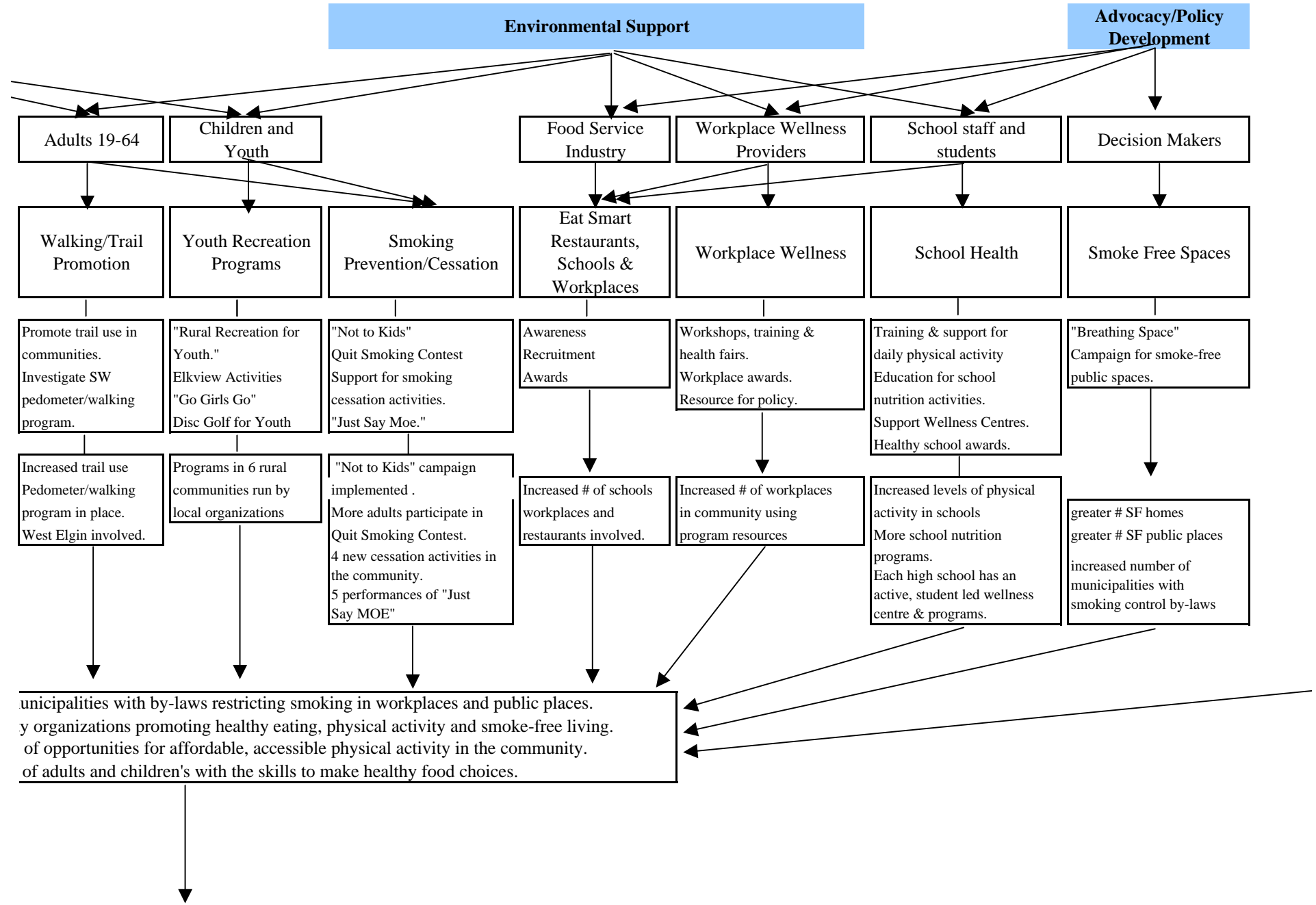
Phone: 519-631-9900 ext. 247  
Fax: 519-633-0468  
After hours: 519-631-3159 ext. 247  
e-mail: heart@elginhealth.on.ca

\*Decreasi  
\*Decreasing the per  
\*Increasing the percent of  
\*Increasing the percent of  
\*Increasing the percent of Om  
\*Decreasing the percent

To improve the health status of the pop  
physical inac

Elgin residents will r

To prevent carc  
Ty



unicipalities with by-laws restricting smoking in workplaces and public places.  
 y organizations promoting healthy eating, physical activity and smoke-free living.  
 of opportunities for affordable, accessible physical activity in the community.  
 of adults and children's with the skills to make healthy food choices.

ing the percent of teens who are current cigarette smokers.  
percent of adults who are current cigarette smokers (ages 18 and older)  
daily smokers who will make at least one attempt to quit smoking per year.  
Ontarians who consume five or more servings of vegetables and fruit daily.  
tarians who participate in moderate to vigorous activity on most days of week.  
t of Ontarians who as obese as measured by a BMI greater to or over 30.

ulation of Elgin by reducing the prevalence of the modifiable risk factors of smoking,  
tivity and unhealthy eating , associated with chronic diseases.

ake healthy choices a priority to reduce the risk of Chronic Diseases

liovascular disease (CVD) and other chronic diseases such as  
ype II Diabetes, stroke and other forms of cancer.

**Evaluation**

To be determined

Healthy Weights Initiative

"Healthy Measures"  
Determine other options for local program delivery.

"Healthy Measures" campaign implemented. Other objectives set at a later date.

Local Program Evaluation

Choose a local project to evaluate.  
Investigate doing this on a southwest region level.

Local project chosen & evaluated.

