ACHIEVING THE HIGHEST LEVEL OF HEALTH & WELLNESS FOR ALL IN Lake County

**Vision**
- Cardiovascular Disease and Hypertension
- Obesity
- Behavioral Health Capacity and Infrastructure
- Diabetes

**Strategies**
- Improve Policies, Systems, and Environments to Promote Healthy Lifestyles
- Increase Physical Activity in Adults and Youth
- Improve and Promote Nutritional Opportunities in the Food Environment
- Improve Clinical Interventions for Chronic Disease
- Improve Behavioral Health Capacity and Infrastructure in Lake County

**Health System Needs**
- Improve Surveillance and Data Sharing
- Increase Health Equity Education
- Increase Public Health Awareness
- Improve System Connectivity
- Improve Research Infrastructure

**Emerging Trends**
- Mental Health
- Healthcare Access
- Electronic Health Records & the Health Information Exchange
- Health in All Policies Approach
- Economic Inequities

**Community Health Data**
- Hypertension and Cardiovascular Disease
  - 23% of Lake County adults are obese
  - 34% of Lake County adults are overweight
  - 35% of Lake County adults have been diagnosed with hypertension
  - 6% of Lake County adults have been diagnosed with diabetes

**Goals**
- Reduce prevalence of Lake County adults who have been diagnosed with hypertension by 10% by 2031
- Reduce the average annual count of emergency room visits due to hypertension by 10% by 2031

**Health Equity**
- Health Equity is where every person has the opportunity to achieve their full capabilities and potential for health and well-being (NACO, 2016).
- Social determinants of health are conditions in the environments in which people are born, live, learn, work, play, worship, and age that affect the range of health, functioning, and quality-of-life outcomes and risks (Healthy People 2030).

**Get Involved:**
- Want to be part of the movement to improve community health?
- For more information on the Live Well Lake County Community Health Improvement Plan, visit: LiveWellLakeCounty.org