

**CENTRAL GEORGIA REGIONAL HEALTH SUMMIT**  
2009-2010 Community Action Planning

REGIONAL GOAL

To reduce the burden and impact of obesity related conditions on the region's health.

REGIONAL OBJECTIVES

- Decrease by \_\_\_\_% over the next three years, the rate of obesity being reported by central Georgia residents (adults and children).
- Increase by \_\_\_\_% over the next three years, the number of individuals (adults and children) reporting healthy eating habits as defined by Healthy People 2010 Objective 19.
- Increase by \_\_\_\_% over the next three years, the number of individuals (adults and children) reporting healthy physical activity habits as defined by Healthy People 2010 Objective 19.
- *Record collective weight loss of at least one million pounds, over the next three years, among obese and overweight residents in the region.*

REGIONAL APPROACH

- Support evidenced-based or expert recommended interventions and actions that promote policy development and change, adjustments to the physical environment and community based programs.
- Support interventions and actions that are occurring in the primary settings where residents live, learn, work and play:
  - Neighborhoods/Community
  - Schools
  - Workplaces
- Identify and facilitate opportunities for cross county collaborations.