

# Let's Improve Our Community's Health

## *What is MAPP 2 Health?*

*MAPP 2 Health* is the 2012 community health assessment and improvement plan for the Thomas Jefferson Health District (TJHD) - Albemarle, Charlottesville, Fluvanna, Greene, Louisa & Nelson. This plan calls organizations and individuals to action to improve our community's health.



## *What are the results of MAPP 2 Health?*

Over 60 agencies in TJHD came together to review data and identify community health priorities. The four goals are to:

1. Decrease the percent of persons who are obese by promoting school and corporate wellness programs and engaging residents in a *Move 2 Health* campaign.
2. Decrease the number of poor mental health days among residents by increasing access to mental health services and decreasing judgments and fears about mental health illness.
3. Improve pregnancy outcomes by (1) increasing the percentage of women who plan pregnancies and receive prenatal care, (2) targeting programs towards vulnerable populations, and (3) promoting smoking cessation.
4. Decrease the percent of people who use tobacco products.

## *What are the next steps?*

Four collaboratives are leading the charge: *Community Action on Obesity*, the *Community Mental Health & Wellness Coalition*, the *Improving Pregnancy Outcomes Workgroup*, and TJHD's *Tobacco Use Control Coalition*.

## *What can I do?*

Review the *MAPP 2 Health* plan at [www.tjhd.org](http://www.tjhd.org), and join the *Move 2 Health* campaign when it is launched in 2013.



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