

# Well-Being for All Virginians



## *What does the health department do?*

The Thomas Jefferson Health District (TJHD) is your community partner in promoting and protecting health where you and your family live, work, and play.

## *How does TJHD help to create a healthy place to live?*

Good health begins with our families, neighborhoods, schools, and jobs. TJHD provides programs and services to help give everyone a chance to live a healthy life:

- **Healthy connected communities** - The Mobilizing for Action Through Planning and Partnerships (MAPP) health assessment process involves the community in reviewing our strengths and opportunities to improve our communities' health.
- **Strong start for children** - The Women, Infants and Children (WIC) program helps pregnant woman, mothers, infants, and young children stay and eat healthy during times of important growth. Last year WIC provided services to over 3,200 clients.
- **Preventive actions** - TJHD helps to bring healthy foods to neighborhoods and schools through innovative programs like Harvest of the Month and Fresh Farmacy.
- **System of health care** - The Community Health Worker Program spreads health education and navigation skills through TJHD communities to improve community health and empower individuals to live healthy lifestyles.
- **Well-being for all Virginians** - Right now your community is coming together to improve health. *Virginia's Plan for Well-Being* is a statewide road map to help pave the way to create conditions for people to be healthy.

*For more information visit:* [www.TJHD.org](http://www.TJHD.org)



Health  Whys

A public health message from  
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