



Clayton County Board of Health

News Release

For immediate release: November 18, 2008

Contact: Jamie W. Carlington
Public Information Officer
678.610.7693 (office)
jwcarlington@dhr.state.ga.us

Board of Health Launches Healthy Behaviors Program *A program designed for the mind, body and soul*

The Clayton County Board of Health (CCBOH) recently established its Healthy Behaviors Program, a health promotion and community outreach program designed to improve the overall health of the Clayton County community and Clayton County Board of Health employees. The Healthy Behaviors total wellness program is entitled *Mind, Body & Soul Series* and focuses on various core areas of health issues directly affecting the Clayton County community, such as cardiovascular disease, diabetes, obesity, and men's health. However, other health related concerns that can serve as contributing health factors will also be addressed such as physical fitness, healthy eating and mental stress.

"I feel that due to the harsh economic times that we all are experiencing, a program such as the Healthy Behavior total wellness program will at least provide our community and staff with an additional, free health care resource tool," stated Dr. Alpha Fowler Bryan, District Health Director. "Hopefully, Clayton County will recognize and understand that the Board of Health is being proactive in leading Clayton County into a healthier tomorrow. It is our mission to protect and promote the health of the people through high standards of quality community health by prevention, surveillance, assessment, treatment, and collaborative community partnerships."

Under the *Mind, Body & Soul Series*, health screenings and support groups will be organized and supported by CCBOH Education Coordinators. These health care professionals will work within the community and agency to 1) develop new and enhance existing health and wellness programs that directly affect the overall healthy behaviors of individuals 2) recruit volunteers to serve as health care ambassadors within the community and workplace and 3) maintain result-driven health and wellness programs throughout the community. The program's underlying goal is to work towards bringing the mind, body and soul into harmony with the ideal projected results reflected in each individual's workplace and home life. The first workshop will be presented to the employees of the CCBOH's Comprehensive Health Facility (1117 Battlecreek Road, Jonesboro) on Thursday, November 20, 2008 at noon as part of a Lunch & Learn series. The program will focus on preparing traditional holiday foods that are nutritional, low fat, taste great and require just minimum preparation time.

The Health Behaviors program is currently being funded by a one-year grant and the CCBOH would like to see it develop into a continuous community outreach health initiative through the support of corporate partnerships and the faith-based community. For more information regarding the Healthy Behaviors program, contact the Clayton County Board of Health at (678) 610-7693.

###