



LiveWell Douglas County

“All people in Douglas County live, work, play and learn in communities that support health.”

A vision for Douglas County

many partners, one mission

LiveWell Douglas County is an alliance of individuals and organizations that work individually and collectively to advance policies, systems, and environments that promote health and prevent disease.

What We’re Doing to Promote Healthy Communities

- **Tobacco-Free Environments** – advancing safe, healthy and tobacco-free workplaces, schools, health systems, and outdoor places and spaces.
- **Chronic Disease Prevention and Self-Management** – supporting local efforts to increase access and referral to classes and resources to prevent and manage chronic conditions.
- **Wellness at Work** – working to promote employee health through physical activity, healthy eating, tobacco cessation, and chronic disease prevention and self-management.
- **Active Community Environments** – promoting community environments where physical activity and healthy eating are accessible and affordable for everyone.
- **Promotion of Existing Community Resources** – supporting local efforts to promote healthy lifestyles and healthy communities.
- **School Community Support** – supporting school communities to promote tobacco-free school environments, safe biking and walking routes, healthy food choices, and physical activity.
- **Community Assessment & Grant Support**– support of community health assessments, grantwriting, and facilitating community information sharing and advocacy to promote healthy communities.

How You Can Help Create a Healthier Douglas County

Contact us to find out how you can get involved with local efforts to create a healthier Douglas County.

Public Health Division
Douglas County Health & Social Services
541-440-3563 | mjcarter@co.douglas.or.us

LiveWell Douglas County participants have dedicated time and expertise to the completion of a local Healthy Communities assessment, and have championed a number of policy initiatives.

Tobacco-Free Policies & Initiatives

- . Adapt Prevention and Addictions Treatment
- . Casa de Belen
- . Douglas County Fair
- . Dunes Family Medicine
- . Eastwood Apartments
- . Edenbower Medical Park
- . Family Development Center & Head Start
- . Harvard Medical Park
- . Lower Umpqua Hospital & Reedsport Medical Clinic
- . Mercy Medical Center
- . NeighborWorks Umpqua Housing Properties
- . Roseburg Parks System
- . SouthRiver Medical Center
- . Thora Leiken Shopping Center
- . Umpqua Community College
- . Umpqua Community Health Center
- . United Community Action Network Campus
- . Winston Parks System

Disease Prevention & Management

- . Colorectal Cancer Screening Campaign
- . Promoting and increasing access to evidence-based Chronic Disease Prevention & Self-Management
- . Outreach to increase clinical referral to Quit Line and chronic disease self-management
- . Support for providers of community-based programs, e.g., Living Well with Chronic Conditions, Diabetes Prevention Program, Arthritis Foundation Exercise Program
- . Meetings, community education, information sharing, and collective action
- . Participation on local, regional and statewide planning and leadership committees to promote healthy people and healthy communities

Physical Activity & Nutrition

- . Wellness@Work business outreach and education
- . Support and advocacy to increase opportunities for active transportation
- . Support and collaboration to increase access to healthy food options
- . Promotion of Breastfeeding Friendly Worksites
- . Partner and support for School Gardens, Sustainable Local Foods, WIC, OSU Extension, USDA summer food initiatives
- . Partner and technical support to community grants, e.g., Transportation, Safe Routes to School, Parks & Recreation, Community Gardens
- . Community networking to promote learning and funding opportunities.