



"Personians helping Personians to be healthy"

What is Healthy Personians?

Healthy Personians is a community-based partnership that strives to assist the residents of Person County with establishing and maintaining healthy lifestyles. This partnership started in 2000 as a means to address health issues and concerns in the county, as identified through the community health assessment process. **For more information on Healthy Personians call (336) 597-2204 x2277.**



Healthy Personians Priority Areas 2023-2027

***Overweight/Obesity**

***Substance Abuse**

Healthy Personians has supported & offered many initiatives. Some of which include a/an:

- *Eat Smart, Move More Weigh Less Program*
- *Living Healthy with Diabetes Self-Management Program*
- *Physical Activity & Nutrition Prescription Pad Program*
- *Cook Smart, Eat Smart Program*
- *Healthy Living for a Lifetime Community Screening Event*
- *10-in-10 Weight Loss Challenge*
- *National Take Back Day/Operation Medicine Drop*
- *Uptown Walking Route Project*
- *Fitness Frenzy*
- *Substance Misuse Summit*
- *Cancer Symposium*
- *Diabetes Prevention Program*
- *Navigating the Diet Maze Community Workshop*
- *Hope with the Scope: Colon Cancer Awareness Event*
- *When Love is Not Enough Community Event*
- *Virtual education sessions around substance misuse*



Why is Healthy Personians Important to the Community?

Healthy Personians is dedicated to assisting Person County residents with improving their health and well-being. Taking control of lifestyle factors (through practices such as increasing physical activity; eating healthier; decreasing or eliminating tobacco, alcohol and drug use; and getting routine health screenings) can help reduce rates of disease, disability, and death. The partnership is committed to being a resource for Person County and helping to link Personians to programs and services that will help them to be productive citizens and live long, healthy lives.

SUDS (Substance Use Disorder Subcommittee) is a partner group of Healthy Personians.

Anyone is welcome to serve on SUDS. You do not have to be an advisory board member to serve. To inquire about serving on SUDS, contact 336-597-2204 x2277 or x2263.

Healthy Personians is coordinated through

