

**To Get Involved Contact Your Local Representative:**

Egyptian Health Dept.	618-272-4691
Franklin-Williamson Health Dept.	618-993-8111 ext. 223
Hamilton County Health Dept.	618-643-3522 ext. 114
Jackson County Health Dept.	618-684-3143 ext. 100 or 134
Perry County Health Dept.	618-357-5371 ext. 119
Randolph County Health Dept.	618-443-2995 ext. 115
Southern Illinois Healthcare	618-457-5200 ext. 67847
Southern Seven Health Dept.	618-634-2297

# WE CHOOSE HEALTH

Making our communities places  
where the healthy choice is  
the easy choice through  
policy, systems, and environment



TRANSFORMING SOUTHERN ILLINOIS INTO A REGION THAT  
SUPPORTS AND ENHANCES HEALTHY LIVING.

[www.hsidn.org](http://www.hsidn.org)

This project is part of the Illinois Department of Public Health's We Choose Health Initiative, which is made possible by funding from the Centers for Disease Control and Prevention

 Find us on  
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[www.facebook.com/wechoosehealthsouthernmostillinois](http://www.facebook.com/wechoosehealthsouthernmostillinois)

## **What is PSE?**

Modifying the environment to make the healthy choices practical, sustainable and easily accessible by impacting individuals and communities in the 16 southernmost region of Illinois through:

- **P**olicy development- law, ordinance, resolution, mandate, regulation, or rule
- **S**ystem changes- all elements of an organization, institution, or system
- **E**nvironmental changes- economic, social, or physical environment

## **PSE Accomplishments:**

- Over 70 schools, pre-K and after school programs are implementing at least one component of the Coordinated Approach to Child Health (CATCH) Program
- Designated over 50 START! Walking paths at: [www.startwalkingnow.org](http://www.startwalkingnow.org)
- Locally grown foods are being promoted through Farmer's Markets and Farm-to-School efforts
- Created a "Healthy Living Guide" to assist in making positive health behavior changes in worksites, churches, schools, and communities
- Community gardens have been established throughout the region
- Established procedures that support breast feeding at Memorial Hospital of Carbondale

## **We Choose Health Goals:**

**Coordinated School Health**—Increase the number of K-12 schools that have healthier environments through the coordination of health education, physical education, health services, nutrition services, social services, safe environments, health promotion for staff, as well as family and community involvement in the classroom and in the school

**Baby Friendly**—Reach out to local hospitals and assist in identifying Baby-Friendly pathways and increase local support of breastfeeding

**Smoke-Free Multi Unit Housing**—Increase the number of multi-unit housing buildings that are smoke-free

**Smoke-Free Public Places**—Increase the number of smoke-free public sites

**Worksite Wellness**— Increase the number of employees with access to worksites with supportive nutrition and physical activity policies