

## We Choose Health

Focus is directed at the prevention of chronic disease through a 16 county collaborative effort aimed at building healthier communities by assisting in the development of policy, systems, and environmental changes. Local health departments in the southern most region of Illinois are working together with Southern Illinois Healthcare and local healthy community coalitions to implement strategic efforts in their local communities that will benefit the region through:

- Increasing the number of parks, ball fields and other outdoor spaces that provide smoke free environments
- Increasing the availability of smoke-free multi-unit housing
- Supporting worksites in adopting and implementing wellness policies
- Expanding the number of schools utilizing coordinated school health programming
- Increasing local support of breast feeding



### 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. 303
Perry County Health Dept.	618-357-5371 ext. 119
Randolph County Health Dept.	618-443-2995
Southern Illinois Healthcare	618-457-5200 ext. 67847
Southern Seven Health Dept.	618-634-2297



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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

## WE CHOOSE HEALTH

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



Worksite  
Wellness  
Initiative

