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HEALTHY MUSKEGON COUNTY
STATE'S HEALTHIEST BY 2021
A COMMUNITY INITIATIVE

IS A 1 in 21 CHAMPION!

A healthy community is not only a great place to live, learn, work, and play, it is the foundation for academic achievement and economic prosperity, attracting new business and fostering opportunities for all. Becoming a healthier community requires a culture change, one in which each one of us can take an active role.

What does it mean to be a 1 in 21 CHAMPION:

- ✓ Take proactive steps to achieve the goals of 1 in 21
- ✓ Consider the health of the community when making decisions that impact the workplace and community
- ✓ Network with a wide variety of organizations to share expertise and best practices regarding health issues
- ✓ Participate in 1 in 21 events
- ✓ Share resources that help educate the community in making healthy choices
- ✓ When making decisions that impact the workplace and community, consider the following 4-way test:
 - 1 Will it promote Muskegon County in a positive healthy way?
 - 2 Will it be healthy for individuals, families & our community?
 - 3 Does it support & encourage to others?
 - 4 Does it take advantage of & expand our healthy community resources?

1 in 21 Vision

Muskegon will be the Healthiest County in Michigan by 2021, because a healthy community is the foundation for academic achievement & economic prosperity.

1 in 21 Core Values

- ◆ Inclusive participation and ownership, from all levels of the community
- ◆ Collaborative, cross-sector leadership and action
- ◆ Reduction of health disparities
- ◆ Emphasis on evidence-based, best practice strategies
- ◆ Efficient stewardship of community resources
- ◆ Sustainable initiatives and activities

On _____, _____ became a committed
CHAMPION of 1 in 21.

Organization Official

1in21 Representative



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_____ **IS A CHAMPION!**

Our Goals for this year are:

*****Suggested activity list at 1in21.org/champion***