

## Become A Partner

Committed partners provide the direction, inspiration, and the will to bring together needed partnerships and resources to ensure success. Partners also ensure that there is an active plan to sustain a community's ongoing ability and commitment to work together to establish, advance, and maintain effective strategies that continuously improve health and quality of life for the residents of the Derby community. Membership is free and meetings are once a month. Please join us as we work together to make USD 260 the healthiest it can be!



## Fundamentals of Well-Being

**Purpose:** Liking what you do each day and being motivated to achieve your goals

**Social:** Having supportive relationships and love in your life

**Financial:** Managing your economic life to reduce stress and increase security

**Community:** Liking where you live, feeling safe and having pride in your community

**Physical:** Having good health and enough energy to get things done daily

The DHC meets the fourth Thursday of each month at one of the DHC member organizations. For more information on the Derby Health Collaborative contact:

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The Derby Health Collaborative is supported by the Derby Recreation Commission and nearly 25 community partners. For more information, contact the Community Wellness Coordinator at (316) 788-3781.



**Derby Health**  
collaborative



“Improving the health and well-being of citizens residing in Derby and the USD 260 school district.”  
[www.DerbyRec.com](http://www.DerbyRec.com)

# The Derby Health Collaborative

Founded in 2010 by the Derby Recreation Commission, the Derby Health Collaborative (DHC) acts as a unifying force in its efforts to improve the health of the USD 260 community through initiatives that lead to individual well-being and a healthy community culture. DHC is composed of community organizations, policy makers, school leaders, businesses, health providers and community residents working together to be powerful advocates for legislation, organizational and environmental change. As a network, DHC provides opportunities for joint planning, system-wide problem solving and collaborative policy development to ensure that the voices of all community sectors are represented in health prevention programs.



# What is a Healthy Community?



Healthy communities don't happen by accident. A healthy community has leaders in organizations of all types who are committed to solving today's and tomorrow's critical health issues. These leaders make needed changes in policies, systems and environments to make the community an inviting place in which to live, work, learn, worship, and play.

With the rising cost of health care, it's more important than ever that the community and organizations make the most of the available resources to prevent chronic diseases and conditions, such as cancer, heart disease, stroke, obesity, diabetes, and arthritis. Since the majority (70%) of these diseases and conditions are caused by preventable risk factors (e.g., tobacco use, physical inactivity, unhealthy eating), communities can effectively impact chronic disease by making changes in systems and environments to support healthful lifestyles.

# About the Derby Health Collaborative

## Our Goals

- Educate and engage community members where they live, work, worship, play, and learn.
- Analyze local health issues to take effective action.
- Shape policies, systems and sustainable environments that promote health and quality of life.
- Create sustainable, community-based improvements that address the root causes of chronic disease.
- Learn from other's efforts to be prepared so future health challenges are met.

## Our Position

- Get regular medical care
- Get immunized
- Avoid tobacco and nicotine use
- Exercise 60 minutes most days
- Eat a healthy diet full of fruits and vegetables
- Get routine screenings
- Manage stress
- Avoid risky behaviors
- Protect yourself from the sun
- Utilize safety measures (i.e. car seats, bike helmets, etc.)
- Keep a healthy home environment.



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