



## THE HEALTHY SACRAMENTO COALITION



### Healthy Sacramento Coalition

The Healthy Sacramento Coalition is working to make Sacramento County healthier by promoting healthy behaviors and making sure that healthy choices are the easy choice for everyone.

The Healthy Sacramento Coalition's goal is to reduce tobacco use, obesity, death and disability due to chronic disease, reduce health disparities, build a safe and healthy physical environment, and improve the social and emotional well-being of Sacramento County residents.

The Coalition has five focus areas:

1. Tobacco-free living
2. Active living and healthy eating
3. Prevention and control of high blood pressure and high cholesterol
4. Social and emotional wellness
5. Healthy and safe physical environments

The Healthy Sacramento Coalition formed in May 2011 to apply for the federal Community Transformation Grant. Led by Sierra Health Foundation, the coalition was awarded \$499,229 Community Transformation Grants in 2011 and 2012 for capacity building to support the development of the Healthy Sacramento Coalition and its work to develop and implement a chronic disease prevention plan for Sacramento County. Healthy Sacramento Coalition meetings are held at Sierra Health Foundation and are open to stakeholders throughout the community.

#### **Background on the Community Transformation Grants**

In September 2011, the Department of Health and Human Services awarded \$103 million in Community Transformation Grants to 61 states and local government agencies, tribes and territories, and state and local nonprofit organizations throughout the country. Administered by the Centers for Disease Control and Prevention (CDC), and funded by the Prevention Fund of the Affordable Care Act, the CDC's goal for the program is to support the planning and implementation of projects proven to reduce chronic diseases, which, according to the CDC, are responsible for 75% of health care costs in the United States. By promoting healthy lifestyles, particularly for those populations experiencing the greatest burden of chronic disease, Community Transformation Grants will help to improve health, reduce health disparities and control health care spending.

#### **Learn More**

Visit the Healthy Sacramento Coalition web page at [www.sierrahealth.org/healthysacramento](http://www.sierrahealth.org/healthysacramento). Please send questions to [hsc@sierrahealth.org](mailto:hsc@sierrahealth.org).

*The Healthy Sacramento Coalition is made possible by funding from the Centers for Disease Control and Prevention through the Community Transformation Grant program. Learn more on the CDC web site at [www.cdc.gov/communitytransformation](http://www.cdc.gov/communitytransformation).*