

Improve Your Health Today

Many people want to be healthy but just need that gentle push or plan to get started.

Ways to Improve your Health

- Perform 30 minutes of physical activity each day.
- Look at food labels when buying your groceries. Choose foods that are lower in salt and saturated fats.
- Take your medications as prescribed by your Primary Care Provider.
- See your Primary Care Provider for regular appointments.
- Let your Primary Care Provider know of any problems you are having

What you do **TODAY**
to improve your health
will help you live a longer,
healthier, and active life.



The Caroline County Health Department (CCHD) received funds from the Maryland Department of Health and Mental Hygiene through the Centers for Disease Control (CDC) to assist in the prevention of obesity, diabetes, heart disease, and stroke.

Mission

Working together to improve the health and safety of all Caroline County Residents through disease prevention, access to care, improving the environment, quality management, and community engagement.

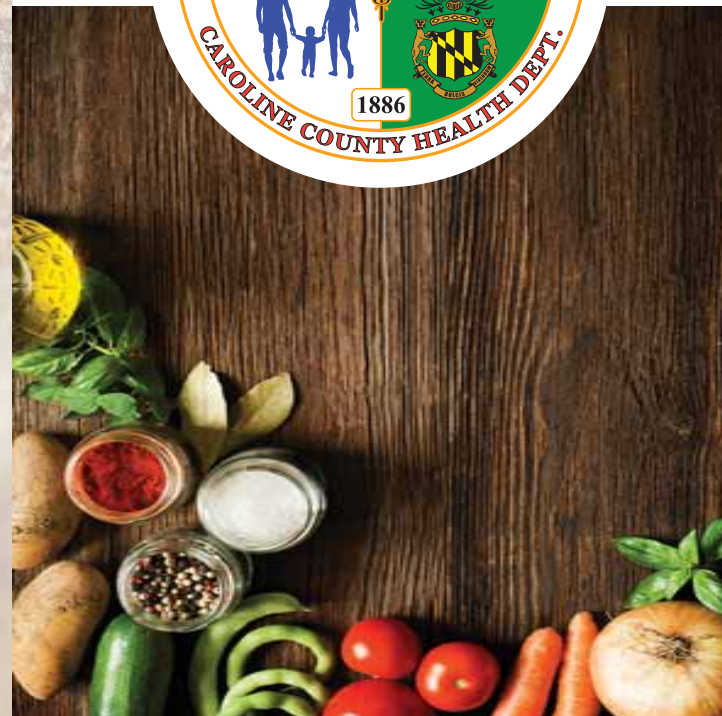
Goals

- Lower rates of death and disability from tobacco use.
- Lower incidence of obesity.
- Lower rates of death and disability from diabetes, heart disease and stroke.

Wellness Promotions Room 268
403 South Seventh Street
Denton, MD 21629
Phone: 410-479-8080
dhmh.maryland.gov/carolinecounty

Healthy Living in Caroline County

Caroline County Health Department initiatives to provide for lifelong health and wellness for all residents.





Physical Activity

Physical Activity is good for your health! Our local Parks are a great way to be active and provide a scenic place to increase your physical activity.

Healthy Parks, Healthy People is a partnership with the Maryland Department of Natural Resources promoting physical activity at Martinak and Tuckahoe State Parks. [For more park information visit: http://dnr.maryland.gov](http://dnr.maryland.gov)

The Parks have a monthly activity schedule of all the events they are having, supporting individuals of all ages and abilities.



Search Caroline County Health Department on Facebook for a list of events



Community Partnerships

The Caroline County Health Department (CCHD) maintains partnerships with many providers in the community to support the promotion of healthier lifestyles and prevention of obesity, diabetes, heart disease, and stroke.

These partners include:

- Primary Care Physicians
- Oral Health Providers
- Pharmacists
- Community Action Organizations
- Local Career and Technology Center (CCTC)

**Working together for a healthier
Caroline County!**



Healthy Eating

Proper nutrition plays a big role in your overall health. The Caroline County Health Department (CCHD) promotes this idea in many ways:

- Educational talks at local businesses and community organizations.
- Partnerships at food banks to provide healthy recipes and nutritional information to those in need.
- Seasonal produce information

For information on healthy eating, food choices, and locations for educational talks, contact the CCHD.

For more information on food pantries please call Rena Brooks at 410-228-8800 Ext.107