



COUNTY OF LAKE

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A message from the Lake County Public Health Officer

I'd like to challenge everyone in Lake County to take steps, small or large, to promote better health in our community. This message is for everyone -- individuals, families, schools, businesses, and community groups.

Lake County Health Services Department, in collaboration with interested community leaders who meet as the "Health Policy Cabinet," developed a tool to identify simple and practical ways to improve personal health and to contribute to the overall health of others.

We invite you to use the "Climb to the Peak of Health" booklet as a tool to stimulate ideas that can be applied by individuals and groups. Be creative and use our suggestions as a springboard to other ideas. There are many resources available to provide additional guidance. Choose activities that are enjoyable. Encouragement from friends, co-workers and groups often contributes to successful achievement of goals.

Lake County has many health challenges, which are demonstrated by data, such as the *County Health Status Profiles* (<http://www.cdph.ca.gov/programs/ohir/Pages/CHSP.aspx>). Lake County ranks among the lowest 10 counties (out of 58 in California) in several important areas, such as lung cancer, coronary heart disease, chronic liver disease, accidents, motor vehicle traffic crashes, suicide, drug-induced deaths, and others.

A *Community Health Needs Assessment* (<http://health.co.lake.ca.us/Assets/Health/Public+Health+Division/Health+Needs+Assessment+Dec+2010.pdf>) conducted in 2010 helped to identify priority areas for action. These serve as the basis for our challenge to "Climb to the Peak of Health." The top four priority areas are:

**Mental and Emotional Health
Wellness Activities
Senior Support services
Substance Abuse**

Health is not the mere absence of disease. It is a holistic state of wellbeing that supports healthy, active and productive living.

The familiar sight of beautiful Mt. Konocti is in the consciousness of all Lake County residents. Although we may not all be able to literally undertake the rigorous hike to the top, we can all relate to the symbolism of taking any steps that we can toward the goal of reaching the "Peak of Health." I encourage you, as individuals and as leaders, to use this booklet (available at <http://health.co.lake.ca.us/Assets/Health/Public+Health+Division/ClimbPeakHealth.PDF>) in conjunction with your own creativity, additional authoritative information resources, and Lake County's greatest asset – its beautiful environment – to move our community closer to its goal of optimal health.

Sincerely,

Karen M. Tait, M.D.
Lake County Health Officer

Related information links:

Physical Activity: <http://www.cdc.gov/physicalactivity/everyone/guidelines/index.html>

Nutrition: <http://www.choosemyplate.gov/>

Vaccines & Immunizations: <http://www.cdc.gov/vaccines/default.htm>

Health Screening Recommendations: http://www.cdc.gov/nccdphp/dnpao/hwi/resources/preventative_screening.htm