



## OUR PARTNERS

Allen Lomax, Chair & Janet Bezner, Vice Chair, Steering Committee ◦ The Honorable William D. Euille and Alexandria City Council ◦ Alexandria Health Department ◦ Department of Human Services ◦ Community Services Board ◦ Public Health Advisory Commission ◦ Inova Alexandria Hospital ◦ Senior Services of Alexandria ◦ Alexandria Chamber of Commerce ◦ Alexandria City Public Schools ◦ Alexandria Police Department ◦ Alexandria Neighborhood Health Services, Inc. ◦ Campagna Center ◦ Alexandria Office on Women ◦ Alexandria United Way ◦ GWU School of Public Health ◦ City of Alexandria Fire/EMS ◦ American Red Cross ◦ YMCA Alexandria ◦ Alexandria Redevelopment & Housing Authority ◦ Alexandria Cooperative Extension ◦ American Cancer Society ◦ City of Alexandria Pedestrian & Bicycle Program ◦ American Lung Association ◦ ECDC African Community Center ◦ Dept. of Recreation, Parks & Cultural Activities ◦ ALIVE! Inc. ◦ NAMI ◦ ACPS School Board ◦ Virginia Cooperative Extension ◦ Parks & Recreation Commission ◦ Healthy Families Alexandria ◦ Northern Virginia Health Foundation ◦ Substance Abuse Education and Violence Prevention Advisory Committee ◦ Youth Policy Commission ◦ Families First of Alexandria, Inc. ◦ Local Businesses ◦ CrisisLink ◦ Dept of Planning & Zoning ◦ Alexandria Citizens ◦



**Our Mission:** To promote a safe and healthy Alexandria through coalition building, collaborative planning and community action.

The *Partnership for a Healthier Alexandria* is a citizen-led coalition of non-profit organizations, schools, municipal agencies, local businesses, the faith community, advocacy groups, government and community leaders, and concerned citizens joined together to promote and preserve a healthy Alexandria community.

In April 2006, the *Partnership for a Healthier Alexandria* was formed to focus on health concerns that arose from Alexandria's first Community Health Assessment. Based on existing data and surveys of Alexandria residents, the Community Health Assessment Steering Committee established a priority list for action. Four work groups have been created to address the health priorities identified:

- Alexandria Coalition for Clean and Smoke-Free Air
- Healthy Lifestyles Work Group
- Mental Health Anti-Stigma HOPE Campaign
- Substance Abuse Prevention Coalition of Alexandria

[www.healthieralexandria.org](http://www.healthieralexandria.org)

**Get involved!** Contact Carrie Fesperman Redden, Health Planner for the Partnership for a Healthier Alexandria, at [Carrie.Fesperman@vdh.Virginia.gov](mailto:Carrie.Fesperman@vdh.Virginia.gov) or (703) 746-4914.



## Partnership for a Healthier Alexandria

**Mental Health Anti-Stigma HOPE Campaign:** This work group is dedicated to reducing the stigma of mental health illnesses. A government publication from the President's New Freedom Commission on Mental Health identified stigma as the #1 obstacle preventing Americans with mental illnesses from getting the care they deserve. In 2011, the HOPE Campaign has focused on raising awareness about mental health illness through the arts. It is currently displaying an art exhibition called, "Art Uniting People: A Celebration of Creativity and Mental Health" that is now being displayed at the Beatley Library. The Campaign is also collaborating with SAPCA and Metro Stage to celebrate Recovery Month with a Talent Showcase. In October, it will be working with the Torpedo Factory to host an art therapy mask making workshop.

**Substance Abuse Prevention Coalition of Alexandria:** The mission of the Substance Abuse Prevention Coalition of Alexandria (SAPCA) is to engage diverse sectors of the community in comprehensive substance abuse prevention activities that result in a reduction of underage substance use and abuse in the City of Alexandria. In November 2008, SAPCA received a 5-year federal Drug Free Communities grant for \$600,000 to fund the coalition's community-wide prevention activities. Annually, SAPCA organizes a community-wide Sticker Shock/Know the Law campaign that places "Stop" stickers on beer cases and other alcohol products in more than 50 Alexandria stores; Communities of Concern Dinners that brought middle and high school parents and youth together to discuss the dangers of drug use; a "know the consequences" tv and radio campaign, and is currently conducting a Community Youth Mapping project for its second summer.

**Healthy Lifestyles Work Group:** This work group is focused on tackling the obesity epidemic here in Alexandria. In February 2009, the Healthy Lifestyles Work Group formed the Childhood Obesity Action Network (COAN) to develop and implement an action plan to address the rising rates of childhood obesity among children, ages 2-5. COAN has partnered with public housing to pilot a cooking and gardening program. It's also working with childcare providers to support nutrition and physical activity programming and is collaborating with the Four Mile Run Farmers Market to accept food stamps. The Healthy Lifestyles Work Group is also partnering with Mayor Euille and local health and fitness organizations to launch the Mayor's "Get Healthy Alexandria!" initiative in an effort to encourage all residents to: participate with their family, friends and neighbors in fitness and nutrition education activities; connect residents to key community resources; and adopt a healthier lifestyle.

**Clean & Smoke-Free Air Coalition of Alexandria:** The Coalition is focused on promoting respiratory health by reducing the level of tobacco use and exposure to second-hand smoke and other unhealthy air contaminants. It partnered with the Health Department to launch "Smoke Free Alexandria" to encourage restaurants and businesses to voluntarily go smoke-free. In March 2010, it kicked off its "Smoke Free Homes & Cars Campaign" requesting parents and guardians to pledge to keep their homes and cars smoke-free. In May 2011, the Coalition successfully advocated for City Council to adopt a plan to discourage smoking in playgrounds, parks and bus shelters. Moving forward, the Coalition plans to focus advocacy efforts on reducing smoking among teens and young adults, while expanding access to tobacco cessation and treatment services for smokers.

**Get involved!** If you're interested in joining one of these efforts, please contact Carrie Fesperman Redden, Health Planner for the Partnership for a Healthier Alexandria, at [Carrie.Fesperman@vdh.Virginia.gov](mailto:Carrie.Fesperman@vdh.Virginia.gov) or (703) 746-4914. *New members are always welcome.*