



Mayors Wellness Campaign
Put your community in motion.

Environment & Health



SUSTAINABLE COMMUNITY

A BROAD DEFINITION

- Community wellness is a broad definition that encompasses physical, mental, spiritual, and community wellbeing.
- Part of community wellbeing means making sure your municipality preserves open space, recycles, is walkable, reduces waste, and promotes a healthy environment that supports the health and prosperity of your residents.
- The environment can influence health behaviors and cause stressors that can affect health.
- Be proactive and improve the environment for your community!

ACTION STEPS

Create a Community Sustainability Initiative

- Having a sustainability program provides a road map to conserving resources, promoting innovation, and saving money.
- An important resource of information and funding can be found at **Sustainable Jersey**.

Start a Recycling Program

- Distribute reusable cloth bags to community members to reduce the use of plastic shopping bags.
- Host educational workshops on residential backyard composting.

Protect Open Space

- Maintain preservation of green space, host

anti-idling education and enforcement programs, and create a water conservation ordinance.

Promote Sustainable Living

- Create and advertise community education events to promote state programs such as "**Direct Install**" and "**Home Performance with ENERGY STAR.**"

FOLLOW THEIR LEAD!

Camden County Board of Freeholders introduced the county's first long-range Sustainability Plan. Each municipality of Camden County actively participates in the county-wide Green Initiative. "Living Clean & Green!" is a series of programs and workshops designed to inform the public and improve the local environment. To learn more, click **here**.

 **MORE RESOURCES**

Sustainable Jersey Actions

New Jersey's Clean Energy Program

NJ Department of Environmental Protection: Office of Sustainability

World Health Organization: Impact of the Environment on Health

Healthy People: Environmental Health

For more information, contact the New Jersey Health Care Quality Institute's Mayor's Wellness Campaign at 609-452-5980 or info@njhcqi.org