HEALTHY EATING ACTIVE LIVING (HEAL) SUMMIT
Brings Diverse Sectors Together for the Health of our Community

(SANTA BARBARA, Calif.) -- The HEAL Summit, scheduled for Thursday, November 2nd at the Santa Ynez Valley Marriot, will feature presenters working on access to healthy foods, workplace wellness and community planning initiatives throughout the state. Recognizing the important role that city and county governments play in creating communities where people can be healthy, many central coast cities and one county have passed Healthy Eating Active Living resolutions, also known as HEAL Resolutions.

In Santa Barbara County, the City Councils in Lompoc, Santa Barbara, and Santa Maria have adopted HEAL Resolutions. In February 2016, the Santa Barbara County Board of Supervisors adopted a HEAL Resolution, becoming only the second county in California to do so. In our neighboring counties, the cities of Arroyo Grande, Grover Beach, San Luis Obispo, Ventura, and Moorpark are all HEAL Cities.

Who is responsible for creating a healthy community? The answer is that no single agency or sector can tackle issues of health, inactivity and obesity on their own. In an effort to support cities and counties along the Central Coast in achieving the goals set out in HEAL Resolutions, the Live Well Santa Barbara County Coalition is hosting the HEAL Summit, which will feature panelists from various sectors to discuss their successes and challenges in working to support healthy food systems, employee wellness programs, and considering human and environmental health impacts when building communities.

“We will be bringing together experts to talk about Food Systems, Workplace Wellness and Community Planning, to share about the work that is being done across the state which impacts health of local residents” Van Do-Reynoso, PhD Director of the Santa Barbara County Public Health Department.

The summit is open to anyone interested in attending. To register for the HEAL Summit or learn more about the Healthy Eating Active Living campaign and the Live Well Santa Barbara County Coalition, visit http://livewellsbc.org/.

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