



CINCH@evms.edu
www.cinchcoalition.com

Healthy Portsmouth, 2010 – Present

As a result of a collaborative grant submitted successfully by CINCH and selected leaders in Portsmouth, the City of Portsmouth was designated to be a national ACHIEVE community in 2010. This grant was the catalyst for creating Healthy Portsmouth - a city-wide health and wellness initiative - led by community leaders committed to promoting change through partnership-building and policy-making to make Portsmouth the healthiest place to live, work, play and worship.

After completing an initial assessment in 2010 of the policies, systems and environments in the school system; the community-at-large; selected businesses, healthcare and community organizations, the leadership team developed a community action plan that outlines the five areas which Healthy Portsmouth would focus on including:

- Increasing "walkability" (i.e. improving the walking environment) in neighborhoods
- Supporting children's health and wellness where they live, learn and play
- Decreasing tobacco smoke exposure in public spaces
- Promoting breastfeeding friendly policies and places
- Increasing awareness of healthy activities and resources through a comprehensive multimedia campaign

For more information on this dynamic initiative, visit the Healthy Portsmouth website at: <http://www.healthyportsmouthva.org/>



Action Communities for Health, Innovation and Environmental Change (ACHIEVE) is funded by the Center for Disease Control and Prevention's Healthy Communities Program in collaboration with the National Association of Chronic Disease Directors.