

CHRONIC DISEASE IMPACTS MANY ISLANDERS AND OUR HEALTH SYSTEM

Helping Island Communities Take Action on Health

PEI community groups and organizations are deeply connected to their communities. They are in an ideal position to lead action to promote the health of the people they serve, supporting healthier behaviours and changing thinking about those behaviours.



These risk factors contribute to chronic disease but they can be changed:

- Smoking
- Alcohol use
- Physical inactivity
- Unhealthy diet

Changing these requires environments that support healthy choices.

The Live Well PEI website and granting program are adding resources and supports to help community organizations lead actions that make healthy choices easier for the populations they serve.



Some groups may be more vulnerable to chronic disease. These include:

- People with lower incomes or lower education
- People who are unemployed
- Males and young adults



Live Well PEI can support community organizations to take action on health by:

- Providing community-level health information
- Sharing approaches, resources and tools to promote health
- Offering relevant examples of health promotion actions
- Providing access to grants and supports for completing them
- Building awareness of other local community health promotion action

Full report available here: livewellpei.ca/live-well-pei-design-phase

LiveWellPEI.ca updates regularly.
Visit often and share widely!

SUPPORTED BY:



Public Health
Agency of Canada

Agence de la santé
publique du Canada



LIVE WELL PEI
together we can