



# CITY OF PRINCE GEORGE POLICY

## Community Health

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Social Development – Health and Wellness

Approved by Council: November 7, 2011

### **Purpose:**

To encourage and enable Prince George residents to make positive choices with respect to physical activity, healthy eating and overall wellness.

### **Policy:**

The City of Prince George is committed to fostering a community environment that aims to improve the health of all Prince George residents.

This commitment will be acted upon with a population health approach. Population health is an approach to health that aims to improve the health of the entire population and to reduce health inequities among population groups by:

- Basing decisions on evidence;
- Increasing investment in prevention;
- Considering multiple strategies;
- Collaborating across sectors;
- Involving the public and;
- Demonstrating accountability for outcomes.

This policy will be implemented through comprehensive regulations, guidelines and programs that address the broad range of factors and conditions that influence health.