



Health Happens in Our Neighborhoods

Did you know how *long* you live, depends on *where* you live?

Being healthy is about more than doctor visits and diets. It's also about the places where we live, work, and play. Things like education, income, housing, and neighborhoods play a large role in shaping our health.

Your Neighborhood Affects Your Health

Everyone may not have the same opportunities to make healthy choices. It's easier to live a healthy lifestyle in a community with fewer health risks—like poverty, violence, and unemployment—and more healthy options—like fresh foods, parks, and quality healthcare.

Health Happens Here— In Family Resource Centers

Family Resource Centers help improve community health and well-being by offering a variety of resources. This includes helping families meet their basic needs, access health coverage, and find jobs. They also offer things like family cooking classes, parent support groups, and early childhood education programs.

FRCs help families develop healthier personal habits and gain access to needed health services, but they don't stop there. They also help families develop the skills to become more active citizens, advocates, and community leaders who can change their neighborhoods from within. FRCs work together with families to reduce local health risks and transform their communities for the better.

Strong Families, Healthy Communities:

Strong families are the foundation of healthy communities. We have the power to give every child in California the chance to live a longer, healthier life. Because health doesn't only happen in a doctor's office, health happens here — in our neighborhoods.

Take Action!

Get a check-up. Under the new health care law your annual wellness visit is covered (free) with your health care plan. Raise awareness about where health happens. "Like" Health Happens Here on Facebook.

Visit a Family Resource Center to learn more about keeping your family healthy.

