



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. On average, those with more education and income experience less chronic disease, less obesity, and live 8-9 years longer than those without a high school diploma.

Your Neighborhood Affects Your Health

Individual health habits are very important, but they are only part of the equation. Everyone may not have the same opportunities to make healthy choices. It's easier to live a healthy lifestyle if you live in a community with fewer health risks—like poverty, violence, and unemployment—and more healthy options—like easier access to fresh foods, parks, and quality healthcare.

Many families live in neighborhoods without access to the basic necessities for good health, but Family Resource Centers (FRCs) are working to change that.

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, as well as offering 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. When families have the tools and resources they need to thrive, they can become better parents, neighbors, and citizens, working together to improve the places where they live, work, and play.

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.



California Family
Resource Association
Strong Families. Strong Communities.

