

Caring Adults

Safe Places

Healthy Start

Effective Education

Opportunities to Help Others

Healthy Start Defined

Every child and youth needs and deserves the healthy bodies, healthy minds and healthful habits and choices resulting from regular health care and needed treatment, good nutrition and exercise, comprehensive knowledge and skills and role models of physical and psychological health.

- *More than one-third of teens and nearly one-fourth of younger children do not have the following critical components of good health care: health insurance coverage and annual visits to a doctor and a dentist.**
- *Although 80 to 90 percent of young people live in families with rules about eating healthy foods, nearly half still do not eat fruits and vegetables twice or more in a typical day.**
- *Between 25 and 30 percent of teens say that at least some of their close friends use alcohol, drugs or cigarettes.**



KEY INDICATORS:

Young people who experience these eight key indicators have a healthy start

- Regular checkups and health insurance
- Good nutrition
- Daily physical activity
- Recommended amount of restful sleep
- Health education classes with comprehensive content
- Positive adult role models
- Peer influence
- Emotional safety

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Use the “Sharing Your Community Conversation” sheets in the Tool Kit to capture the answers to these questions ...

How is this promise being delivered in Dubuque County? Who is delivering it?

- What groups or individuals are helping to deliver this promise?
- What are some success stories you know about?
- Why is it working?

Where are we falling short as a community in delivering this promise?

- What’s not working?
- Where are the gaps?
- Is there duplication?
- What’s missing in our community?

How can you make a difference? How can you deliver this promise?

- What can you as an individual do?
- What can a group or groups do?
- Who should step up to deliver this promise in our community?

What are the most urgent needs in our community?

- *Forty-two percent of local eleventh grade students reported having five or more drinks in a row on at least one day in the past 30 days (compared with a 32 percent state level).[†]*
- *Seventeen percent of area eleventh graders report having made a plan to kill themselves. This compares to 14 percent of Iowa eleventh grade students.[†]*
- *The number one concern cited by youth in the 2006 Community Youth Assessment Report was underage drinking and illegal substance abuse.[†]*
- *Over 700 families in Dubuque County with children 0–5 years old are living below the poverty level.[†]*

every child | *every* promise