**Health Rocks @7020**

District 7020 Health & Wellness

**Vision:** Healthy Caribbean communities free of Type 2 Diabetes and other chronic diseases

**Mission:** Promote diabetes awareness/prevention/management with emphasis on child obesity

**Goals**

●Heighten education and awareness opportunities

●Provide access to self-help tools

●Promote available program resources

**Program Objective**

The program aim is to be a sustainable resource for all participants working towards becoming healthier individuals. By increasing awareness of wellness concerns (education) supporting health management (personal change) and setting goals (self-help), individuals can create the perfect formula for achieving results. A Healthy Lifestyle option offers the opportunity to empower Rotarians and communities to embrace the knowledge and resources available to optimize their total well-being.

To ensure that the **3C’s—C**ollaboration, **C**onsistency and **C**ommunication work hand-in-hand for maximum program impact and success

1. 7020 Health & Wellness Program will work closely with industry partners, government entities, NGO’s, and local communities to curb the increase in Type 2 Diabetes diagnoses.
2. 7020 Health & Wellness Program will focus on 3 main areas: Education/Awareness, Child Obesity, and Lifestyle Changes
3. 7020 Health & Wellness Program will promote education/awareness to empower communities to take charge of their family health, by leading a healthy lifestyle

**Program Design**

The program design looks at the following Healthy Lifestyles Dimensions:

1. Nutrition 2. Exercise 3. Mental Attitudes 4. Self-Care 5. Relationships and

6. Resources/Support and uses this framework to affect the education/awareness, personal change, and self-help necessary for achieving our desired results.