CAROLINAS HEALTHCARE SYSTEM
65,000+ teammates | 47 hospitals across 3 states
25 urgent care locations | 35 EDs | 25 cancer care locations
3,000+ physicians | 16,000+ nurses

COMMUNITY HEALTH: FIVE AREAS OF FOCUS

What is Healthy Together?

Purpose:
The Healthy Together program supports a culture of healthy living through engagement, consistent messaging, collaboration, education, and policy change with partners.

1. Program will showcase the C4P (Healthy Habits) model.
2. Program benefits, benefits, and roll out the program.
3. Address ECD (Early Childhood Development).

Why 5210?

- Endorsed by:
  - American Academy of Pediatrics
  - American Hospital Association (AHA)
  - Standards/Cardiovascular Disease
  - Evidence-Based
  - Sustainable and Scalable
- Comprehensive built with assessment, education, environment, policy, change, and evaluation components.
Studies Have Found:
- A significant link between sugary drink consumption and weight gain in children.
- For each additional 12-ounce soda consumed each day, the odds of becoming obese increase by 6% during 7 years of follow-up.
- In children and adults, reducing sugary drink consumption can lead to better weight control among those who are initially overweight.

Carolina HealthCare System
Pets Serve the Intervening Intervention to reduce sugary drink consumption in patients.

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Questions?

Bring 5210 to Your Organization

Thank you!