What do we believe about health?
People around Thurston County believe that the choices they make matter for their health. We live out our beliefs in how we treat our environment. We share them in how we treat each other.

We believe in clean air, fresh water, pleasant neighborhoods, good food, great schools, living wage jobs, decent housing, thriving kids and families and we believe in caring for one another. We value our veterans and military families and honor their contributions by supporting them. We believe in a strong and healthy community.

What is Thurston Thrives?
The Thurston County Board of Health is joining with community leaders from business, education, city government, neighborhoods, local charities, social and medical care groups to honor what we do for our families’ health, to celebrate our collective efforts, and find ways to do even better together. They call it Thurston Thrives!

When it comes to health, our community is recognizing the many ways we can promote it in our daily lives. We can build health into how we live, learn, work and play.

Thurston Thrives has brought together community partners of Thurston County around the work we share. The main focus is to honor those who make Thurston County a healthy and safe place to live, and to align efforts to make an even bigger difference. We want to engage our leaders and the community across the board to move forward an action agenda we can all believe in to improve health for all Thurston County residents.

How can you participate?
Improving health is not a mystery, really. It takes effort not just from doctors, and not just from government. It takes action by all parts of the community. We have reached out across our community to achieve these connections and to align efforts behind common goals. We are building on what is already going on. What is new in Thurston Thrives is keeping better in touch with each other’s progress, and supporting each other’s work.

Everyone has a part to play in the health of our community - we hope you will join us to engage this strategic approach. Because a healthy community is something we all believe in.

For more information contact:
Thurston County Board of Health
tcbocc@co.thurston.wa.us

Chris Hawkins, Coordinator
(360) 867-2513
hawkinsc@co.thurston.wa.us

Don Sloma, Director
(360) 867-2502
slomad@co.thurston.wa.us

Visit:
www.ThurstonThrives.org
What’s Going To Be Happening?
The Thurston Thrives Advisory Council met in 2013 and 2014 to advise the Thurston County Board of Health during Phase 1 of the initiative. In early 2015, a public-private partnership called the **Thurston Thrives Coordinating Council** is forming to serve as the backbone structure to measure, promote and sustain the initiative during Phase 2. Action Hubs/Teams (see next page) in the areas that are major factors in the health of our community continue their collaborative work implementing strategies to move the community toward the health improvement targets they have set. The **strategy maps** that guide this action can be found at each team’s page or on the main page at [www.thurstonthrives.org](http://www.thurstonthrives.org).

### Thurston Thrives Phases

**Phase I:**
2013 - 2014

**Phase II:**
2014 - 2020

**Phase III:**
2020 - 2021

### Develop
- Name advisors & action leads
- Map strategies
- Set measures
- Continue action strategies already underway
- Name ‘backbone’ organizations

### Implement
- Carry out and continue action strategies
- Communicate continuously
- Engage public in action
- Celebrate progress annually

### Re-assess
- Review strategies
- Adjust targets
- Complete revised action agenda
<table>
<thead>
<tr>
<th>Action Team</th>
<th>Lead</th>
<th>Areas to Address</th>
<th>Contact Information</th>
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<tbody>
<tr>
<td>Child/Youth Resilience</td>
<td>Commissioner Sandra Romero - Chair, Thurston Coalition for Children and Youth</td>
<td>Adverse Childhood Experiences (ACEs), Early Learning, Risk and Protective Factors, etc.</td>
<td>360-786-5747 <a href="mailto:romeros@co.thurston.wa.us">romeros@co.thurston.wa.us</a> Blog: thurstonthrives-childandyouth.blogspot.com</td>
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<tr>
<td></td>
<td>Liz Davis - NW Venture Philanthropy - facilitation and support</td>
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<td>Clinical Care &amp; Emergency Care</td>
<td>Mark Freedman - Social Services Division Director, Thurston County Public Health &amp; Social Services (TCPHSS)</td>
<td>Medical Care, Access, Behavioral Health, Clinical Prevention, Communicable Disease Control, Cost and Quality</td>
<td><a href="mailto:thurstonthrives@co.thurston.wa.us">thurstonthrives@co.thurston.wa.us</a> [<a href="http://www.thurstonthrives.org">www.thurstonthrives.org</a> Blog: thurstonthrives-clinicalcare.blogspot.com</td>
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<td></td>
<td>Dr. Kevin Haughton</td>
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<td>Community Design</td>
<td>Chris Hawkins - Active Healthy Communities Coordinator (TCPHSS) &amp; Thurston Regional Planning Council (TRPC)</td>
<td>Built Environment (land use, transportation and other surroundings for living, working, playing)</td>
<td><a href="mailto:thurstonthrives@co.thurston.wa.us">thurstonthrives@co.thurston.wa.us</a> [<a href="http://www.thurstonthrives.org">www.thurstonthrives.org</a> Blog: thurstonthrives-communitydesign.blogspot.com</td>
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<td>Paul Knox - United Way of Thurston County</td>
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<td>Community Resilience</td>
<td>Daniel Kadden - Interfaith Works (with willing community service organizations)</td>
<td>Factors of Social Cohesion, such as culture, norms, social capital, etc.</td>
<td><a href="mailto:thurstonthrives@co.thurston.wa.us">thurstonthrives@co.thurston.wa.us</a> [<a href="http://www.thurstonthrives.org">www.thurstonthrives.org</a> Blog: thurstonthrives-communityresilience.blogspot.com</td>
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<td>Paul Knox - United Way of Thurston County</td>
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<td>Economy</td>
<td>Michael Cade - Executive Director, Economic Development Council (with Pac Mountain, Enterprise for Equity)</td>
<td>Adequate Income, Wealth, Workforce Development, Vocational</td>
<td><a href="mailto:thurstonthrives@co.thurston.wa.us">thurstonthrives@co.thurston.wa.us</a> [<a href="http://www.thurstonthrives.org">www.thurstonthrives.org</a> Blog: thurstonthrives-economy.blogspot.com/</td>
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<td>Education</td>
<td>Mike Hickman - ESD #113 (with Superintendents Group)</td>
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<td>Environment</td>
<td>Art Starry - Environmental Health Division Director (TCPHSS)</td>
<td>Air/Water Quality, Waste, Toxics, Vectors of Disease</td>
<td>360-867-2587 <a href="mailto:starrya@co.thurston.wa.us">starrya@co.thurston.wa.us</a> Blog: thurstonthrives-environment.blogspot.com</td>
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<td>Food</td>
<td>Robert Coit - Executive Director, Thurston County Food Bank</td>
<td>Adequacy, Nutrition, Safety</td>
<td><a href="mailto:thurstonthrives@co.thurston.wa.us">thurstonthrives@co.thurston.wa.us</a> [<a href="http://www.thurstonthrives.org">www.thurstonthrives.org</a> Blog: thurstonthrivesfood.blogspot.com</td>
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<td>Katie Rains - Executive Director, Garden Raised Bounty</td>
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<td>Housing</td>
<td>Commissioner Bud Blake</td>
<td>Adequacy and Quality (includes housing for low income; market; homeless)</td>
<td>360-786-5414 <a href="mailto:blakeb@co.thurston.wa.us">blakeb@co.thurston.wa.us</a> Blog: thurstonthrives-housing.blogspot.com</td>
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<td>Gary Aden. Housing Program Manager (TCPHSS) - facilitation and support</td>
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To request this brochure in an alternative format, please call (360) 867-2513.