

# TAMPA BAY BOLD GOAL HEALTH COLLABORATIVE

Making Tampa Bay 20% healthier by 2020



The Tampa Bay Bold Goal Health Collaborative is a diverse group of health and well-being champions working to increase the number of Healthy Days\* in the Tampa Bay community. Through collaboration, we are creating the pathways to improve physical and emotional health where we live, learn, work, worship, and play.

## BEHAVIORAL HEALTH

The strategic focus of the Behavioral Health Committee is on establishing a structural community network of support for faith leaders of all denominations across three of the counties in the Tampa Bay region. Our goal is to host a community event in Hillsborough, Pasco, and Pinellas counties by the end of October focusing on the opioid and substance addiction crisis. These meetings will serve as a launch point for growing a new support network for faith leaders in an effort to better equip them to address behavioral health issues.

## HEALTHY BEHAVIORS & NUTRITION

The Nutrition and Healthy Behaviors Committee is a group of stakeholders in the Tampa Bay community committed to improving food access, encouraging healthy behaviors, and reducing chronic disease. Ongoing projects are designed around the heart of these issues and are making strong impacts in Tampa Bay.

## MARKETING & COMMUNICATIONS

The Marketing & Communications Committee focuses on fostering communication among the Tampa Bay Health Collaborative and our community partners. Some of the core initiatives includes creating our one-pager, Facebook content, and newsletters to drive community awareness of the Healthy Days initiative.

## COMMUNITY RESOURCES

The Community Resources Committee has been leading a charge to find a single source in which to house Tampa Bay Area health resources. We think we may have found the answer in Aunt Bertha.

[www.tampabayhealthresources.org](http://www.tampabayhealthresources.org).

For more information or to join one of our Committees,  
please contact via email: [tampabold@humana.com](mailto:tampabold@humana.com)

**Barriers to Health**  
ACCESS TO BEHAVIORAL  
HEALTH SERVICES  
HEALTHY LIFESTYLE  
LITERACY  
FOOD INSECURITY



**Priority Conditions**  
DIABETES  
BEHAVIORAL HEALTH  
FOOD INSECURITY  
CHRONIC DISEASES

**#MoreHealthyDays | #TampaBay | #BoldGoal | Facebook: @TampaBayBoldGoal**

\*Healthy Days is a U.S. Centers for Disease Control and Prevention (CDC) survey that has been around since the 1990s and is an excellent tool for measuring population health as it takes into account the whole person.