

N.C. Center for
Health & Wellness
at UNC Asheville



WHO WE ARE

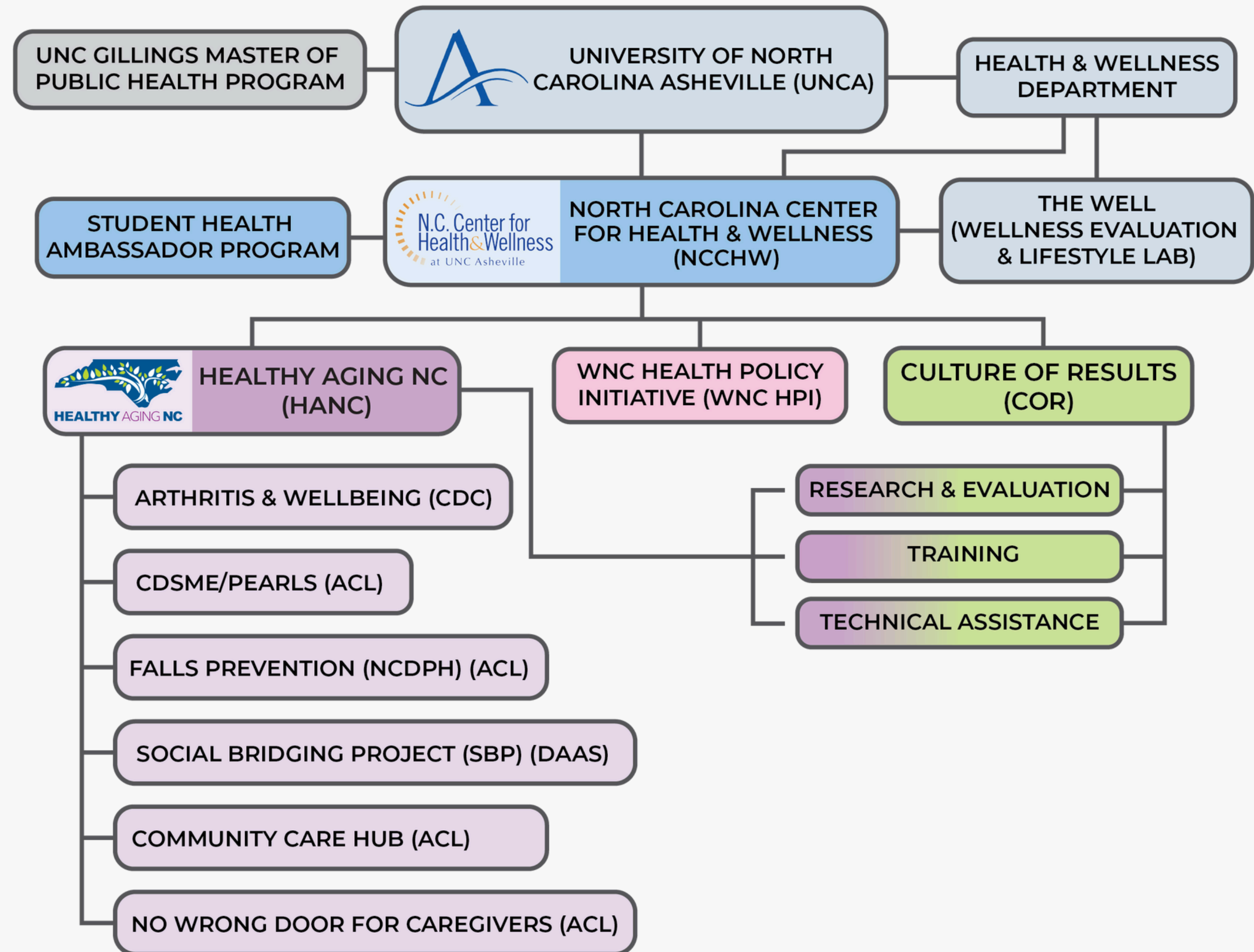
OUR MISSION

Foster healthier NC communities by leading innovation and developing equitable opportunities with partners statewide.

NCCHW works to build the capacity of diverse community and institutional partners statewide, to advance more equitable policies, and to ignite community initiatives.



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MAIN INITIATIVES

CULTURE OF RESULTS

Provides training and support to assess opportunities and impact, strengthen coordination, and improve and sustain programs and systems statewide.

HEALTHY AGING NC

A statewide resource center for evidence-based health programs that connect people to programs and agencies that improve community health.





EVIDENCE-BASED PROGRAMS

Evidence-based programs (EBPs) offer proven ways to promote health and prevent disease among older adults.

- They are based on research and provide documented health benefits.
- Many EBPs allow for more efficient use of available community and health care resources as they use trained lay leaders and/or coaches.



IMMEDIATE BENEFITS OF EVIDENCE-BASED PROGRAMS

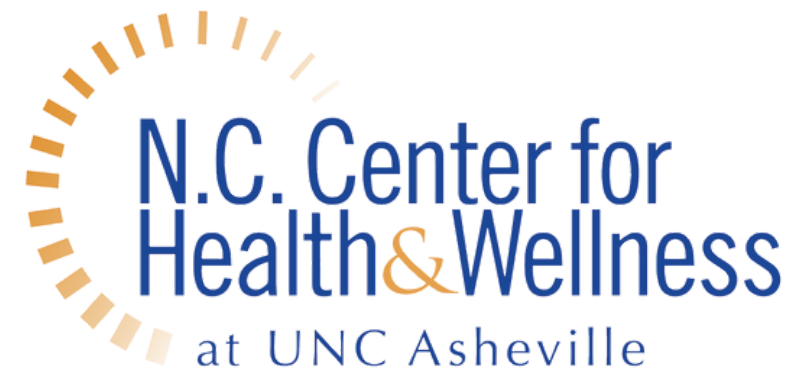
- The programs addresses specific problems and goals for people with ongoing health problems.
- Participants choose their own goals and track their own progress toward success.
- Support and social interaction with peers who are living with ongoing health conditions
- Trained peer leaders offer guidance and support, but participants find practical solutions individually and together.

NC PARTNERSHIPS

- Area Agencies on Aging (AAAs)
- Health Departments
- Senior Centers
- Centers for Independent Living
- Coalitions
- Parks and Recreation
- YMCAs
- Faith Communities
- Clinical-Community Outreach
 - Federally Qualified Health Centers (FQHCs)
 - Hospital Systems
 - Private Practices
 - Area Health Education Centers (AHECs)



CONNECT WITH US



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 @HealthyAgingNC