

Charlotte

Strategic Planning

Health & Wellness



INTRODUCTION: A healthy community assures access to high quality health services on a personal, community and systems level and promotes a healthy lifestyle.

Residents with equitable access to health services, healthy food choices and opportunities to incorporate physical activities into their daily lives are more likely to lead longer, healthier, happier and more productive lives. In Charlotte, the community has access to a variety of health services that reach out to all, regardless of income, which is important because 43% of the students in Charlotte Public Schools are “economically disadvantaged.” This number includes students who have been determined to be eligible for free or reduced-price meals via locally gathered and approved family applications under the National School Lunch program, are in households receiving food (Supplemental Nutrition Assistance Program) or cash (Temporary Assistance to Needy Families) assistance, are homeless, are migrant, are in foster care, or, beginning in 2017-18, certain MEDICAID eligible children. For these students, thriving in school can be challenging; for their parents, finding work, stable housing and healthy food may be a daily struggle.

While improving health and wellness for the economically disadvantaged is critical, it is important for the community at large, from children to seniors.