

About The Roanoke Valley Community Health Initiative (RV-CHI)

our vision

A community where Roanoke Valley families and individuals are empowered to lead healthy lifestyles.

our mission

Promoting healthy living and health access.

our work

We are working to improve the health and well-being of the people living in the Roanoke Valley every day. Since RV-CHI was founded:

- Halifax County moved from 99th to 94th in the state's County Health Rankings
- 13,000 residents per year participate in our programming, which includes youth and family community events
- More than 70 businesses, churches and other organizations are active partners

This wouldn't be possible without the support of the Kate B. Reynolds Charitable Trust's Healthy Places NC initiative.



Healthy Places NC supports community-wide health improvements like RV-CHI in rural counties. In each county, efforts are based on the ideas, input, and energy of the people who live there with the belief that this approach will lead to better long-term health in each community.

Get Involved!

The Roanoke Valley Community Health Initiative (RV-CHI) welcomes everyone in the community to become partners in improving our community's health and well-being. Below are just a few ways you can get involved.

- **Spread the word** about the work that RV-CHI is doing in the community to improve its health.
- **Sponsor** our events and **encourage** people to attend and participate.
- **Volunteer** to help keep our events and activities running smoothly.
- **Host** on-site healthy cooking and exercise demonstrations at your school, church or community organization.
- **Adopt** a play day for church youth and cultivate youth ambassadors.
- **Participate** in our community events.



**Roanoke Valley
Community Health Initiative**

"Empowering Healthy Lifestyles"

For more information on how you can help improve health in Roanoke Valley, contact **Audrey Hardy**, RV-CHI Coordinator at ahardy@halifaxrnc.org or (252) 535-8771.

Visit our website at www.GetFitStayFitRV.com.

Get Fit, Stay Fit Roanoke Valley

*Promoting healthy living and health access
through education and empowerment*



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What We're Doing in the Community

In 2015, Halifax County ranked 99th out of 100 counties in North Carolina for health outcomes, according to the Robert Wood Johnson Foundation's County Health Rankings.

RV-CHI was founded to provide residents with resources and education to help them live a healthier life. We've worked to increase access to play spaces, organized recreation, and locally grown fresh fruits and vegetables. We host nearly 50 community events each year, reaching nearly 40,000 residents.

In just three years, Halifax County has risen from 99 to 94 in the state's County Health Rankings. Together, we can continue making the Roanoke Valley a healthier place to live.

our work

FamilyFest is an annual event that brings together children and families to experience fun ways to stay active and learn about healthy foods. Healthy treats are provided by local organizations and activities include bike rides, a fun run, and more.

Monthly **play days** are held around the community and help keep children active. Locations change each month—visit www.GetFitStayFitRV.com to arrange a play day.

We partner with **faith-based organizations** to gather, learn, exchange ideas, and create strategies for healthier congregations.

Our **“Places to Explore, Move, and Play”** map highlights community organizations, pools, farmers markets, parks, trails, senior centers, playgrounds and more across Halifax and Northampton Counties. It puts local resources for physical activity and recreation at your fingertips. Visit www.GetFitStayFitRV.com to download the map.

