

Lane County Public Health Prevention Program

Creating Healthy Communities

Health happens where we live, learn, work, and play.

Lane County's Prevention staff looks at what is healthy; then works to promote changes that will improve our health, both mentally and physically.

We define **Prevention** as the active process of improving health and well-being of people by reducing risk factors and promoting protective factors.

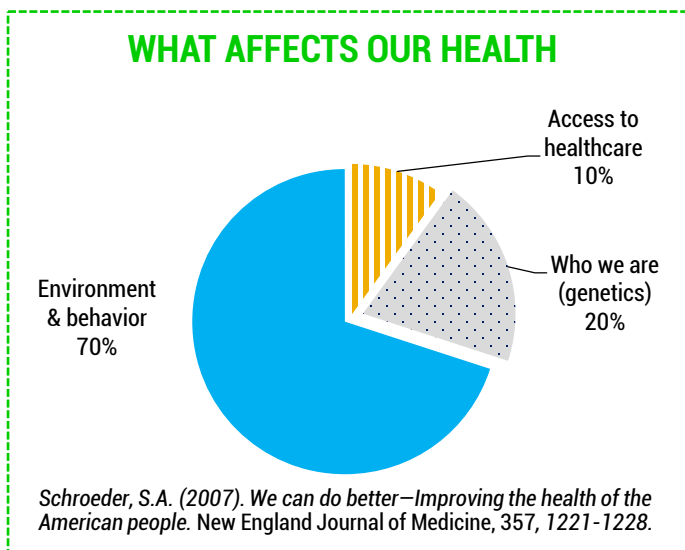
Risk & Protective Factors

Risk factors increase the chance that a person might do things that lead to poor health. They can be community, family, school or individual factors. Examples include child abuse and trauma, poverty and violence, and behaviors like tobacco, drug and alcohol use.

Protective factors are things or traits in people, their families and communities that increase good health and well-being; they help people deal with stressful events and reduce the impact that risk factors might have. Examples include having access to resources and supports and strong connections to family, school, and community.

Issues We Work On

- Alcohol
- Drugs
- Tobacco
- Nutrition & Physical Activity
- Gambling
- Suicide
- Mental Health
- Health Equity



What We Do

- Collect and analyze data
- Share information
- Facilitate community involvement
- Provide technical assistance
- Analyze and develop health policies
- Develop community health improvement plans
- Train and educate

For more information, visit us at www.preventionlane.org



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