



# Live Well Allegheny

Live Well Allegheny (LWA) is our county's initiative to improve the health and wellness of county residents – and we're not doing this alone. Over the last four years, Allegheny County has worked cooperatively to provide our residents with the resources they need to have an active, healthy lifestyle. The Live Well Allegheny campaign brings together stakeholders, partners, municipalities, schools, workplaces, restaurants and more to improve the physical health, and general well-being of our community.

You, too, can be a part of the effort. You can pledge to make healthy choices and help your family, friends and neighbors achieve wellness. Visit [www.livewellallegheny.com](http://www.livewellallegheny.com) to get tips on eating well and active living, learn about activities and events that you and your family can participate in, and search for local resources available to you.

Interested in the other initiatives that inform the campaign and contribute to making Allegheny County the healthiest county in the nation? Learn more below, visit [www.livewellallegheny.com](http://www.livewellallegheny.com), or contact Hannah Hardy at 412-247-7946 or [Hannah.Hardy@AlleghenyCounty.us](mailto:Hannah.Hardy@AlleghenyCounty.us).



**Live Well Allegheny Communities** is the portion of the campaign dedicated to participation by the county's 130 municipalities. To date, over 60 communities have committed to help us live well through an executive action or resolution. Participating communities are asked to choose at least three action steps to promote living well.

**Live Well Allegheny Schools** takes the campaign to another level, and asks participating schools to share body mass index (BMI) data at the school level, and to choose four action steps to promote the goals of the campaign. School board members or school administrators can join the five participating districts by taking an executive action or passing a resolution.



**Live Well Allegheny Restaurants** recognizes restaurants or food businesses that have eliminated trans-fat oils, are smoke free and do not sell tobacco products. Restaurants can commit to the campaign by choosing three additional action steps through [the online form](#) found under the "Join Us" link on our website.

**Live Well Allegheny Workplaces** is an initiative aimed at making workplaces healthy places for employees. To be designated as part of the initiative, workplaces identify four action steps to make the workplace healthier and complete [the online form](#) found on our website under the "Join Us" link.



**Live Well Allegheny Community Partners** are organizations that help us make healthy choices through events or activities that align with the mission of the campaign. [The application](#) to be considered a partner can be found on the LWA website under the "Join Us" link.

LWA is operated under the leadership of the Board of Health and the Allegheny County Health Department.