

# Healthy New Year from Onslow CHIP!

OUR PAST...Onslow CHIP history: Established in 1997 by Community Leaders in response to **HEALTHY PEOPLE 2010**.



## THE PRESENT... **HEALTHY PEOPLE 2010**

**Be a healthy person!  
Make healthy choices**

Take every opportunity to improve your own health, the health of your loved ones and the health of your community!



Start today!



Eat well-balanced meals



Strive for daily exercise



Get proper sleep



Enjoy quality family time



Be involved in your community

The logo for Healthy People 2010, featuring the words "HEALTHY PEOPLE" stacked above the year "2010" in a teal, sans-serif font. The logo is set against a white background with purple corner accents.

HEALTHY  
PEOPLE  
2010

## THE FUTURE...

**HEALTHY PEOPLE 2020** will be released in 2 phases. In 2010, the **HEALTHY PEOPLE 2020** objectives will be released along with guidance for achieving the new 10-year targets.



Source: [www.healthypeople.gov](http://www.healthypeople.gov)  
Visit: [www.onslowchip.org](http://www.onslowchip.org)

Onslow CHIP is a certified Healthy Carolinians agency.