



LAUDERHILL'S APPROACH TO HEALTH & WELLNESS

Connecting the Social Determinants of Health to City Initiatives



LAUDERHILL'S APPROACH TO HEALTH & WELLNESS

CONNECTING THE SOCIAL DETERMINANTS OF HEALTH TO EVERYDAY CITY INITIATIVES.

Guided by the CDC's framework, Lauderhill focuses on three key determinants it can directly influence:

- **Neighborhood & Built Environment** – creating safe, walkable, and active spaces.
- **Health Care Access & Quality** – expanding access through wellness events, education, and outreach.
- **Social & Community Context** – fostering connection, mental well-being, and civic pride.

HOW LAUDERHILL ADVANCES HEALTH & WELLNESS

Neighborhood & Built Environment

- Park & street upgrades promote community, activity, walking.
- Lauderhill Moves: Citywide walking challenge promotes active living.
- The city's emergency office prepares for public health crises.

Health Care Access & Quality

- Hosting mobile wellness units and pop-up health screenings.
- Promoting wellness through city events, outreach.
- Employee wellness initiatives boost fitness, mindfulness.

Social & Community Context

- Monthly Wellness activities for staff and residents.
- Wellness Expo connects community, shares health resources.