

# Building Momentum to Better Health



## Develop

The Foundation is building momentum through knowledge, research, sound strategies, and strong leadership to promote health and prevent disease in the Paso del Norte Region.

In May 2008, the Paso del Norte Health Foundation Board of Directors approved and introduced a new [Strategic Framework](#). Since that time, the board and staff have established strategic plans, created timelines, and implemented a course of action for each of the new strategic goals.

### Health Goals:

*Goal One:* Children and youth will be physically active and have proper nutrition for a healthy weight and a strong body.

*Goal Two:* Tobacco, alcohol, and illicit drug use will be eliminated among adolescents.

*Goal Three:* Children, youth, and families will have access to health care, including access to mental health services.

*Goal Four:* Children and youth will grow up in healthy family and social environments.

### Leadership Commitments:

- Build a supply of highly trained, diverse health leaders and health care professionals
- Convene stakeholders, and inform policymakers and opinion leaders regarding important health and wellness issues.
- Hold itself accountable as a leader to improve the health of the region