

where does good health start?

Oregonians speak out – a series of conversations about creating a healthy environment for everyone in our community.



Trust on our shelves

Within the next decade, I'd like every person in Oregon to be able to walk into any store and trust that the things they buy will not cause them harm.

Today, there are more than 80,000 chemicals used in American products — found in everything from the food we eat to the toys our kids play with. These chemicals build up in our bodies and compromise our health.

To protect our health, we need an environment that promotes research and investment into the development of safer alternatives to the chemicals that harm us. This kind of "green chemistry" can make Oregon an even safer place for children and their families.

—Andrea Durbin
Executive Director, Oregon Environmental Council



Tomorrow on our minds

We're teaching a new generation about the importance of nutrition, exercise and a holistic approach to health to increase the quality of life for

all Oregonians. As our friends and family members continue to enjoy longer lifespans, creating an environment where they can make choices to enjoy longer healthspans is more important than ever.

"Perspectives on public health may differ, but the conclusions are the same: We need a new, higher standard of health for the well-being of our communities."

—Thomas Aschenbrener, President of Northwest Health Foundation

This is not an easy task. But as an educator, I know that Oregon is a state rich in intellectual power ... and rich in a sense of community. And when we come together to discuss preventive care as a shared responsibility, I know we can create a legacy of health for the future.

—Tammy Bray
Dean, OSU College of Health and Human Sciences



Pedals on our streets

As Oregonians, we're lucky to live in a place where, for decades, our leaders have contributed to the health of our communities by encouraging multiple modes of transportation.

A community where biking is embraced as an everyday transportation choice is a place that is livable, safe and friendly. Biking brings people out of their cars and gives them a closer connection to their neighborhoods. And, most importantly, biking is not just a transportation choice. It's a fun, feel-good physical act, where an ordinary trip to the grocery store becomes 30 minutes of healthy, aerobic exercise. That's pretty cool!

—Jonathan Maus
Editor, BikePortland.org



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conversation



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