



ALABAMA WELLNESS ALLIANCE

To learn more about the Alabama Wellness Alliance, please visit alabamapublichealth/obesity.

Membership is free.
A member application form is available on the website.

ALABAMA WELLNESS ALLIANCE

PARTNERS ADVANCING NUTRITION AND PHYSICAL ACTIVITY

SUPPORTING AND PROMOTING HEALTHY LIFESTYLES THROUGH COLLABORATION FOR POLICY, SYSTEM, AND ENVIRONMENTAL CHANGES.

Mission Statement

Partnering to improve nutrition and physical activity in places where Alabamians live, learn, work, play, and worship.









Purpose Statement

The Alabama Wellness Alliance works through collaboration, programs, policy, and environmental changes to support and promote healthy lifestyles.

The Alabama Wellness Alliance is a volunteer membership organization that addresses wellness through nutrition and physical activity strategies that improve health behaviors.

What does the Alabama Wellness Alliance do?

- ✔ Develop resources for promoting healthy lifestyles.
- ✔ Create and promote health campaigns like Rethink Your Drink and Get Moving Alabama.
- ✔ Implement strategies from the State Plan for Physical Activity and Nutrition.

Alabama Wellnes Alliance membership benefits include:

- ✔ Staying abreast of emerging nutrition and physical activity recommendations, lifestyle issues, and strategies that affect obesity
- ✔ Strengthening leadership skills
- ✔ Influencing advocacy
- ✔ Networking with peers and state and community leaders
- ✔ Participating in training opportunities
- ✔ Collaborating with partners on health initiatives

Alabama Wellness Alliance structure:

Executive Board of Directors - The Executive Board are voting officers and elected by members. The Executive Board includes a Chair, Chair-Elect, Past-Chair, Secretary, Long-Range Planners, and representatives from the following priority areas: Advocacy, Equity and Inclusion, Healthcare, and Public Relations.

Also included on the Executive Board are non-voting Liaisons from the Alabama Department of Public Health, the Alabama State Department of Education, and the Governor's Commission on Physical Fitness and Sports.

Leaders from various sectors at the state and local level provide support to the Executive Board. They represent the following sectors:

- ✔ Business and Industry
- ✔ Healthcare
- ✔ Education
- ✔ Public Health
- ✔ Non-Profit, Volunteer, and Faith-Based Organizations
- ✔ Fitness and Sports
- ✔ Public Lands, Parks, and Recreation
- ✔ Transportation, Community Planning, and Access