



Our Vision: To advance the health and well-being of our community

What is Be Your Best (BYB)?

A community coalition in Cottage Grove, BYB emerged in response to Lane County’s Community Health Needs Assessment and Community Health Improvement Plan, implemented in partnership with Live Healthy Lane.

Our Approach: Addressing Health through Collective Action

Social determinants of health are the conditions in which people are born, grow, live, work, and age. These circumstances are shaped by the distribution of resources at global, national, and local levels, which are themselves influenced by policy (Live Healthy Lane, Community Health Needs Assessment, 2015-16). BYB and Live Healthy Lane, with partners across Lane County, are working together to address social determinants and improve the health of the community.



Current Efforts:

Cottage Grove Community Health Center – 2021

BYB is coordinating efforts to open a Lane County-run Community Health Center in Cottage Grove. Projected to open in 2021 at Lane Community College-Cottage Grove, the center will offer primary care as well as mental/behavioral health and oral health care for thousands of low-income South Lane and North Douglas families. The Community Health Center will serve as a training site for local high school and community college students interested in healthcare careers. Lane County, Lane Community College, PeaceHealth Cottage Grove Hospital, South Lane School District, and others are collaborating to make this \$2.8 million project a reality. BYB is currently seeking individuals who either have no insurance or who are on the Oregon Health Plan (OHP) to participate in our efforts. **Learn how YOU can get involved!**

Cottage Village Coalition (CVC)

A local coalition of Cottage Grove residents is working with Square One Villages to create a tiny house village for low-income residents. Currently in the building and fund-raising phase, CVC is looking for additional interns, volunteers, and funds to support efforts to create this 13-home village. **BYB supports housing efforts to improve community health and well-being.**

Cottage Grove HEAL City

BYB, in partnership with Sustainable Cottage Grove, supported the City of Cottage Grove in becoming a designated HEAL (Healthy Eating Active Living) City. As a HEAL City, Cottage Grove is eligible for small grants to increase access to healthy food for South Lane.



Together, we can do more than each of us can do alone.

LiveHealthyLane.org **BYB Facebook: @bybcottagegrove**



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Partners in Be Your Best:

90by30

Banner Bank Cottage Grove

Chamber of Commerce

City of Cottage Grove

Cottage Grove Family Relief Nursery

Cottage Grove First Presbyterian Church

Cottage Grove Renewable Energy

Cottage Grove Sentinel

Cottage Grove Vision Keepers

Cottage Village Coalition

Creswell Chronicle

DevNW

Habitat for Humanity

Head Start of Lane County

Healing Matrix

Kiwanis

Lane County Health & Human Services

Live Healthy Lane

Looking Glass Community Services

Northwest Health Foundation

Oregon Community Foundation

PeaceHealth Cottage Grove Community Medical Center

PeaceHealth Foundation

South Lane Family Resource Center

South Lane Mental Health

South Lane School District

South Valley Resource Alliance

Sustainable Cottage Grove

TEAM Cottage Grove

The Health Hub

United Way of Lane County

WomenSpace

Stay involved

Help us create a stronger voice for health needs in the South Lane region by learning about and supporting current efforts and by attending our monthly community meetings.

Monthly BYB Meetings:

4th Thursday of each month from 3 to 4:30 p.m. at 632 E. Main St.

Contact us

For additional information, please contact Be Your Best - Cottage Grove's Coordinator, Samantha Duncan at beyourbest.cg@gmail.com.



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LiveHealthyLane.org   

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