**Community Health**

**Individual**

**Health**

**Health Outcomes**

**Agency**

**Access**

**Resources**

**Justice & Equity**

**1. Identify Community-Specific Goals:**

* CBPR (Community-Based Participatory Research)
* Facilitators & Barriers/bottlenecks – communication, community leadership, adversity to outsiders making changes

**2. Identify Resources Internal & External to the Community:**

1. Internal to community (asset-based approach)
* Individual skills – “head, hands, heart”… time?
* Local health department/clinics
* Professional organizations
* Local businesses
* Global-local connections
* Survivorship support groups
1. External support
* Federal/state initiatives
* Grants/funding
* Federal programs available
* Foundations’ support
* GIS (Geographical Information Systems)/Public health datasets

**3. Brainstorm, Evaluate and Choose Solution**

* Consider sustainability, empowerment, efficacy
* Consider broad-based cost-benefit analysis

**4. Implement Intervention**

 With those in the community as co-producers implement:

* Behavioral change/lifestyle modification promotion – health clinics, re-education programs
* Environmental enhancement – parks, sidewalks, transportation
* Community gardens, farmers markets, 5K race

**5. Evaluate, Monitor & Maintain**

* Metrics, surveys, other community sentiment, etc.
1. **Identify Community-Specific Goals**

Understand and describe the community.

* Use GIS (geographical information systems), public health datasets, previous studies
* Develop communication methods to promote interest, and encourage community participation
* Conduct public forums, listening sessions, surveys, interviews, asset mapping, and other CBPR (Community-Based Participatory Research)
* Identify facilitators and barriers
1. **Identify Resources Internal & External to the Community**
2. Internal to community
* Recruiting and organizing leaders and volunteers from the community
* Individuals – “head, hands, heart”
* Local health department/clinics
* Professional organizations
* Local businesses
* Global-local connections
* Survivorship support groups
1. External support
* Federal/state initiatives
* Grants/funding
* Federal programs available
* Foundations’ support
1. **Brainstorm, Evaluate and Choose Solution**
* Analyze community goals to design choose and adapt interventions

for different cultures and communities

* Consider sustainability, empowerment, efficacy
* Consider broad-based cost-benefit analysis
1. **Implement Intervention**
* Empower the community through education and skill enhancement
* Improve support, incentives and resources
* Increase access and opportunities and remove barriers
* Change policy
* Change the physical and social environment
* Use community building events
* Develop proper methods of media and communication to advocate intervention
1. **Evaluate, Monitor & Maintain**
* Gather and use community-level indicators, surveys, interviews and other feedback
* Routinely reevaluate implementation
* Create a formal public reporting process

**Empathy &**

**Reflection**



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**Reflection**

**Empathy &**