### Your Health Matters: Growing Active, Healthy Communities



### Partners: Learning Objectives

- Identify potential community partners to work with to create a healthy community.
- Practice techniques to increase confidence in and ability to engage community partners and grow healthy communities.



### What is a coalition?

 A coalition is a group of people taking action together to reach a common goal.

# What coalitions already exist in your community that are focused on health?



Are community members already a part of these?

### Why would you have a coalition?

- Sets priorities based on multiple perspectives
- Has subcommittees allowing for lots of work to be done
- Decisions are shared by more people
- Decisions made in coalitions can reach broader networks

### **Diverse Representation**

- Coalitions should represent:
  - Different neighborhoods
  - Cultural groups
  - Faith-based organizations
  - A mix of ages
  - All genders
  - All abilities



# Diverse partnership makes for diverse skill sets



Active Texas 2020: Taking Action to Improve Health By Promoting Physical Activity. http://bvopn.org/wp-content/uploads/2010/08/Active-Texas-2020-Exe-Summ.pdf

## Always Changing

- Coalitions change:
  - Depending on the task at hand.
  - As priorities change.
  - As the project grows.





# What Makes a Healthy Community?



http://youtu.be/LeJ-Ub7M2sl



Who in your own communities would be critical members of a coalition to increase physical activity and healthy eating?



What existing groups? Which individuals? What organizations?

### Partners: Key Point Recap

- Coalitions consist of individuals who have a variety of skills and backgrounds.
- Who should we include?
  - Community members
  - Businesses and restaurants
  - Faith communities
  - Health care
  - Decision makers
  - Schools
  - City and county governments
  - Grocery stores and food vendors
  - Farmers





restaurants





#### **10-minute Activity Break**

## Switch to Community Assessments PowerPoint