Your Health Matters: Growing Active, Healthy Communities

4: Partners
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

- Faith communities
- Health and medical care communities
- Elected officials
- Local businesses, restaurants and worksites
- Schools
- Community members
- Transportation departments
- Parks and recreation departments
- Grocery stores and food vendors
- Local farmers
- And many more...

Community Leadership Team
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-Ub7M2sI
Welcome to Unhealthy, Texas USA

COMMUNITY INPUT

Barriers to Physical Activity and Healthy Eating

What Works

Establish Priorities: Important and/or Doable

Take Action

Next

North

South

• Why is this partner interested in being a part of this coalition?
• What type of power does this partner have in the community?
• How will this partner benefit from participating in this coalition?

Partners:

Measure
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
Who are you going to partner with?

Examples: transportation, faith-based, school, restaurants
Let’s move!

10-minute Activity Break
Switch to

Community Assessments

PowerPoint