

Your Health Matters: Growing Active, Healthy Communities



6: Prioritize Strategies

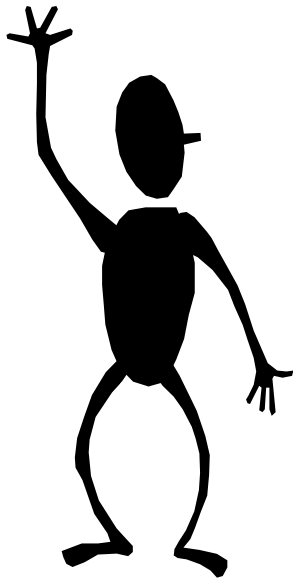
Prioritize Strategies: Learning Objectives

- Prioritize evidenced-based strategies to support increased physical activity and healthy eating in your community.



Moving from Individual to Policy Improvements, Systems and Environmental Changes

- Remember, policy improvements, systems and environmental changes reach more people and can have a longer impact.





How do we decide what is priority?

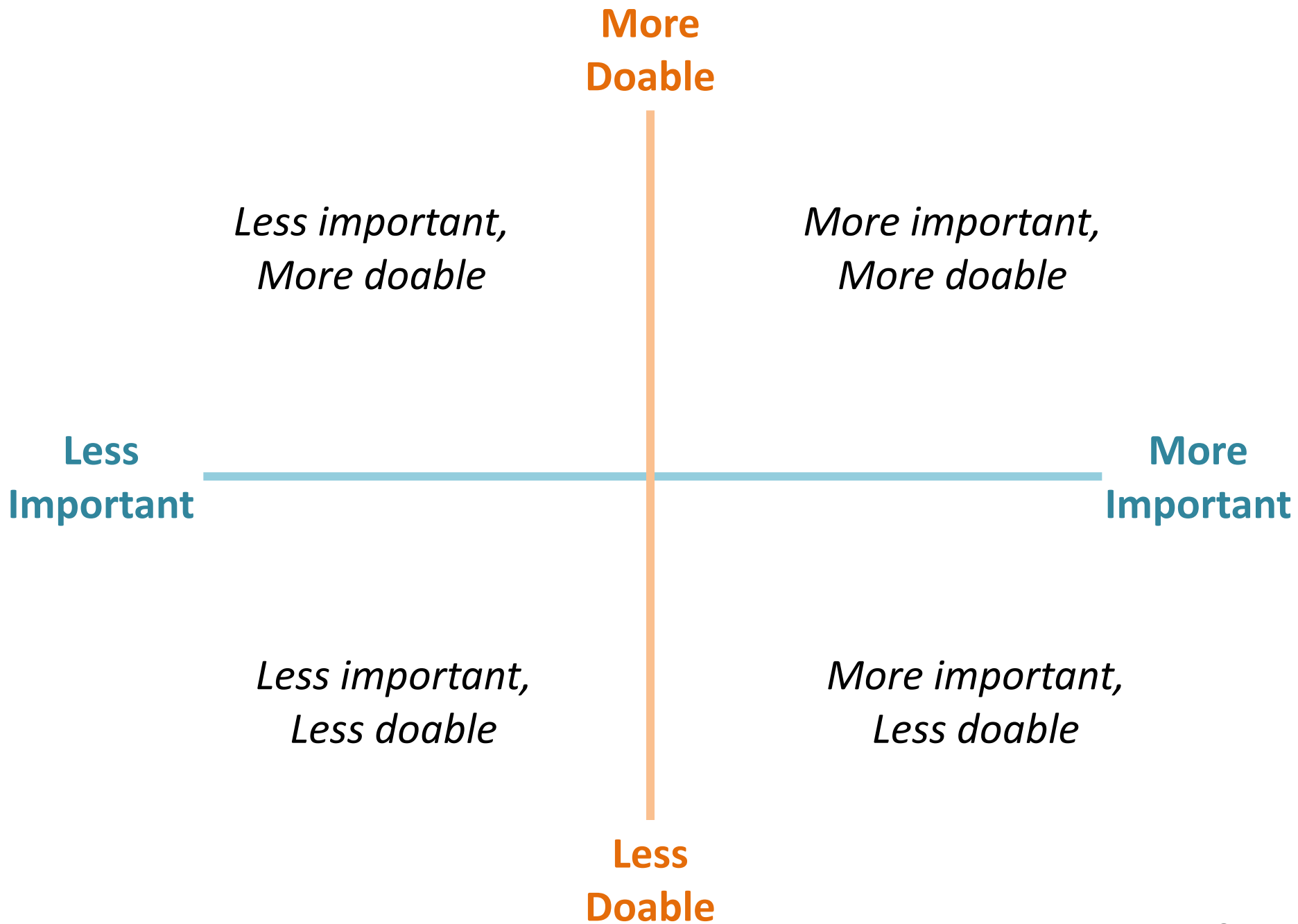
Important

- Is it a strategy that has been proven to work?
- Is it something the community really wants?
- Will it reach people who most need it?



Doable

- Do you have partners and resources to make this happen?
- Is it likely to continue on its own?
- Will it work within the culture of your community?
- Is it dependent on any larger change?
- Are there any deadlines we need to be aware of?





Welcome to Unhealthy, Texas USA

COMMUNITY INPUT

Barriers to Physical
Activity and Healthy
Eating

What Works

Establish
Priorities:
Important
and/or Doable

Take Action

North

South

Less
Important

More
Important

More
Doable

Less
Doable

Our Priority:

Next
Steps

Who

When

Measure

Partners:



PLANNING

Action Plans are Important...

- They tell you what to do next.
- They keep you on schedule.
- Tells you who is going to take the lead.
- Tells you how to measure success.







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Next steps to accomplish it:	Role of person heading up this step:	Start and end dates of step:	Measurement of success:
<i>Example: Meet with</i> _____			
<i>Example: Find city layouts</i>			
<i>Example: Find funding</i>			

Prioritize Strategies:

Key Point Recap

- Prioritize strategies that are important and doable.
- An action plan helps guide your team and helps them stay on schedule.





How will you prioritize issues in your community?

What might make it difficult to prioritize and plan in your community?

Switch to
Take Action
PowerPoint