

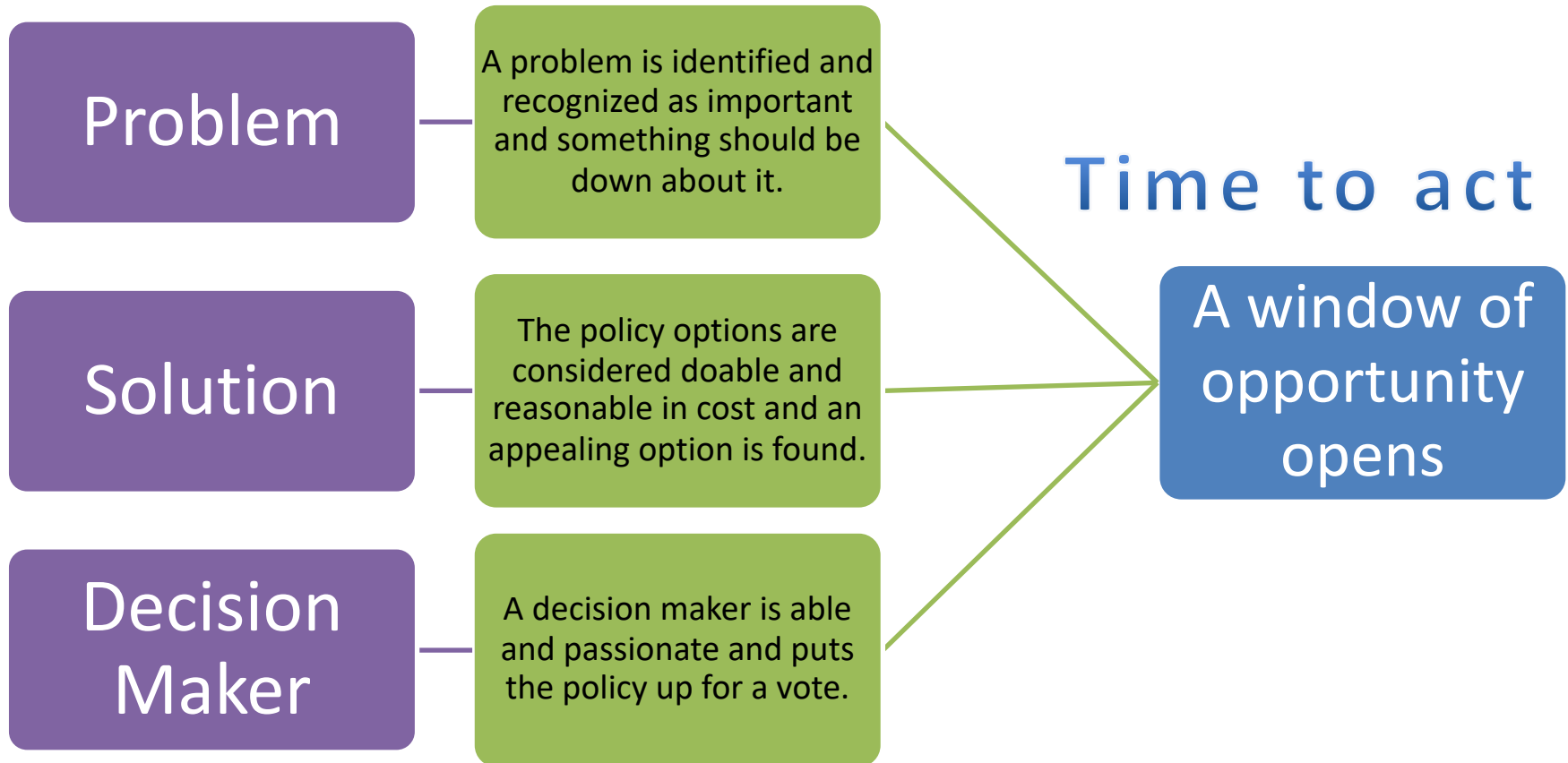
Your Health Matters: Growing Active, Healthy Communities



8: Conclusion

Window of Opportunity

External elements



Example Leading to a Window of Opportunity



Recognizing “Windows of Opportunity”

Windows open and close frequently

Open Windows

- Time to take action



Closed Windows

- Keep working on identifying the problems, finding feasible solutions, and engaging decision maker



Apply what you have learned about policy improvements, systems and environmental changes to your local community



Bringing Policy, Systems, and Environmental Changes Home

- Think of your community for this final activity.
- Work with others to develop your MY PLAN worksheet!





MY PLAN worksheet

MY PLAN: POLICY, SYSTEMS, AND ENVIRONMENTAL CHANGE IN MY COMMUNITY

Communities Can Change	<ul style="list-style-type: none">•What are your community's current resources that promote physical activity and healthy eating?•What policy improvements, systems or environmental changes can be made in your community to improve physical activity and healthy eating?	Partners <ul style="list-style-type: none">•Who are you going to partner with?
Consider What Works	<ul style="list-style-type: none">•Have you seen any of the strategies or examples we discussed in your community?•Of the strategies and examples we discussed, which one do you think will work in your community?	
Community Assessments	<ul style="list-style-type: none">•Of the assessment options we talked about, what method of community assessment will you use in your community?	
Prioritize Strategies	<ul style="list-style-type: none">•How will you prioritize issues in your community?•What might make it difficult to prioritize and plan in your community?	
Take Action	<ul style="list-style-type: none">•What actions can you take in your community?•Who can you share your story and plan with?	



MY Action PLAN!



Next steps to accomplish it:	Role of person heading up this step:	Start and end dates of step:	Measurement of success:



Take-Home Learning Activity for Instructors

- Identify two policy improvements, systems or environmental changes that are currently in place in your community that promote healthy living and identify two policy improvements, systems or environmental changes that should be introduced to further enhance healthy living in your community.
- Talk to a community leader or decision maker about the needed policy improvements, systems and environmental changes to improve healthy living in your community.

Please submit the take-home assignment identifying the various policy improvements, systems and environmental changes you see in your community and outlining your experience meeting with a community leader or decision maker, which will demonstrate completion of the two objectives above.



Thinking about policy improvements, systems and environmental change to promote healthy living:

- What will you do...
 - In the next 7 days?

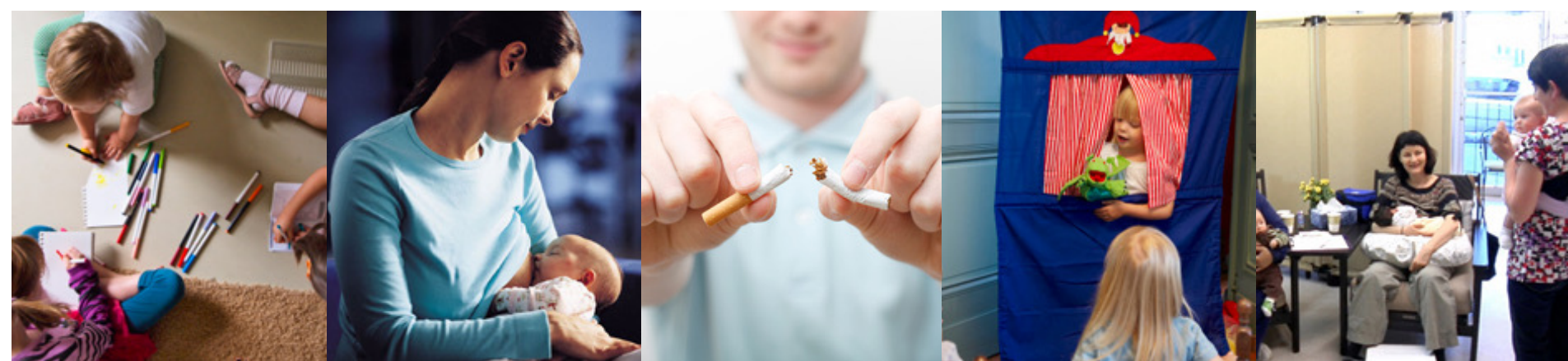


– In the next 30 days?

– In the next 60 days?

Don't forget...

- This same process can work for creating policy improvements, systems and environmental changes for many other issues:
 - Decrease television viewing.
 - Increase breastfeeding initiation, duration, and exclusivity.
 - Reduce tobacco use and secondhand smoke exposure.

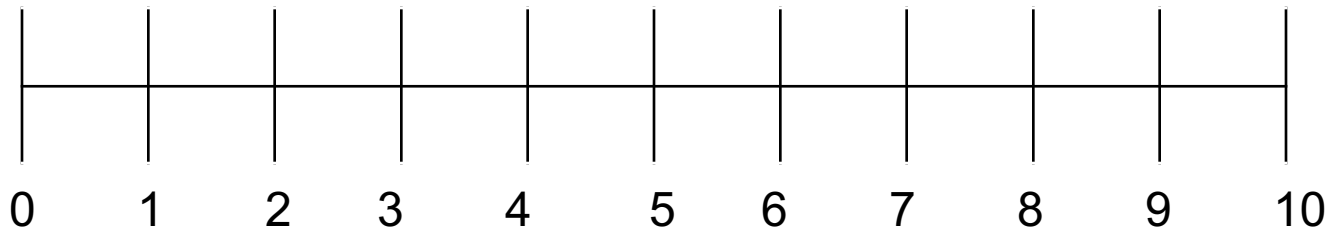


Remember...

- Creating changes in your community is hard work, you may have to talk to **TEN** different people to find the **ONE** person who can join you in making that change!

On a scale of 0-10, how confident are you that you can make policy improvements, systems, and environmental changes to reduce obesity in your community?

HOW CONFIDENT ARE YOU?



Not confident at all

Some what confident

Very confident

Knowledge Questionnaire





THANK YOU!