



# 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?

# What are the benefits of 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



# Always Changing

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







# Welcome to Falfurrias, Texas USA

## COMMUNITY INPUT

Barriers to Physical  
Activity and Healthy  
Eating

What Works

Establish Priorities:  
Important and/or  
Doable

Take Action

Next

- 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?

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





# MY PLAN

## Partners

Who are you going to partner with?

Think about who is missing from your coalition/who is not represented

Examples: transportation, faith-based, school, restaurants

Switch to  
*Community Assessments*  
PowerPoint