



Your Health Matters: Growing Active, Healthy Communities




6: Prioritize Strategies



Prioritize Strategies: Learning Objectives

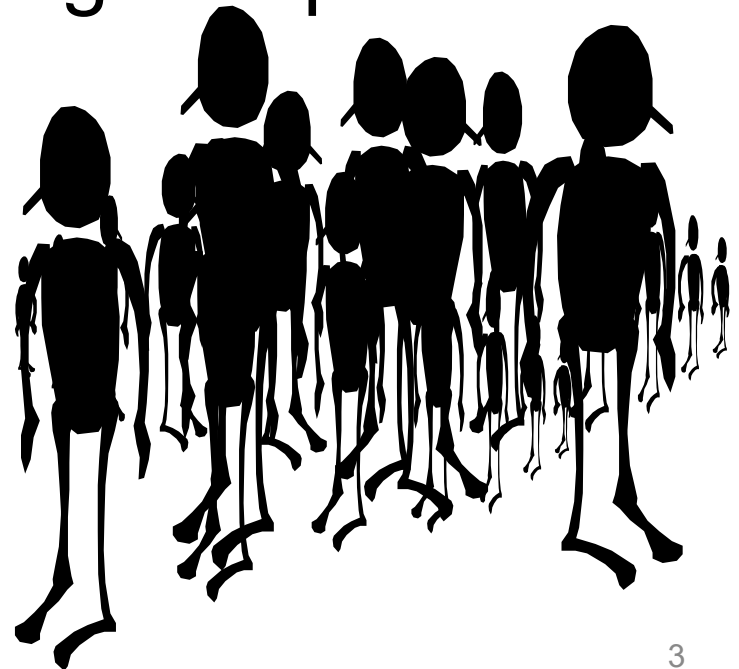
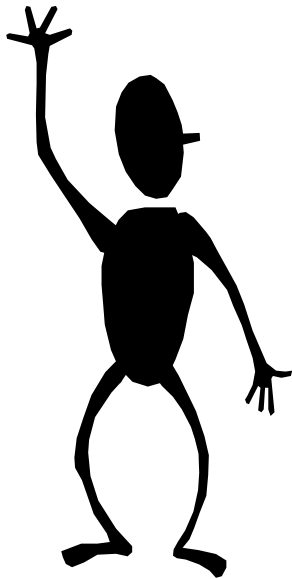
- Prioritize evidenced-based strategies to support increased physical activity and healthy eating in your community.



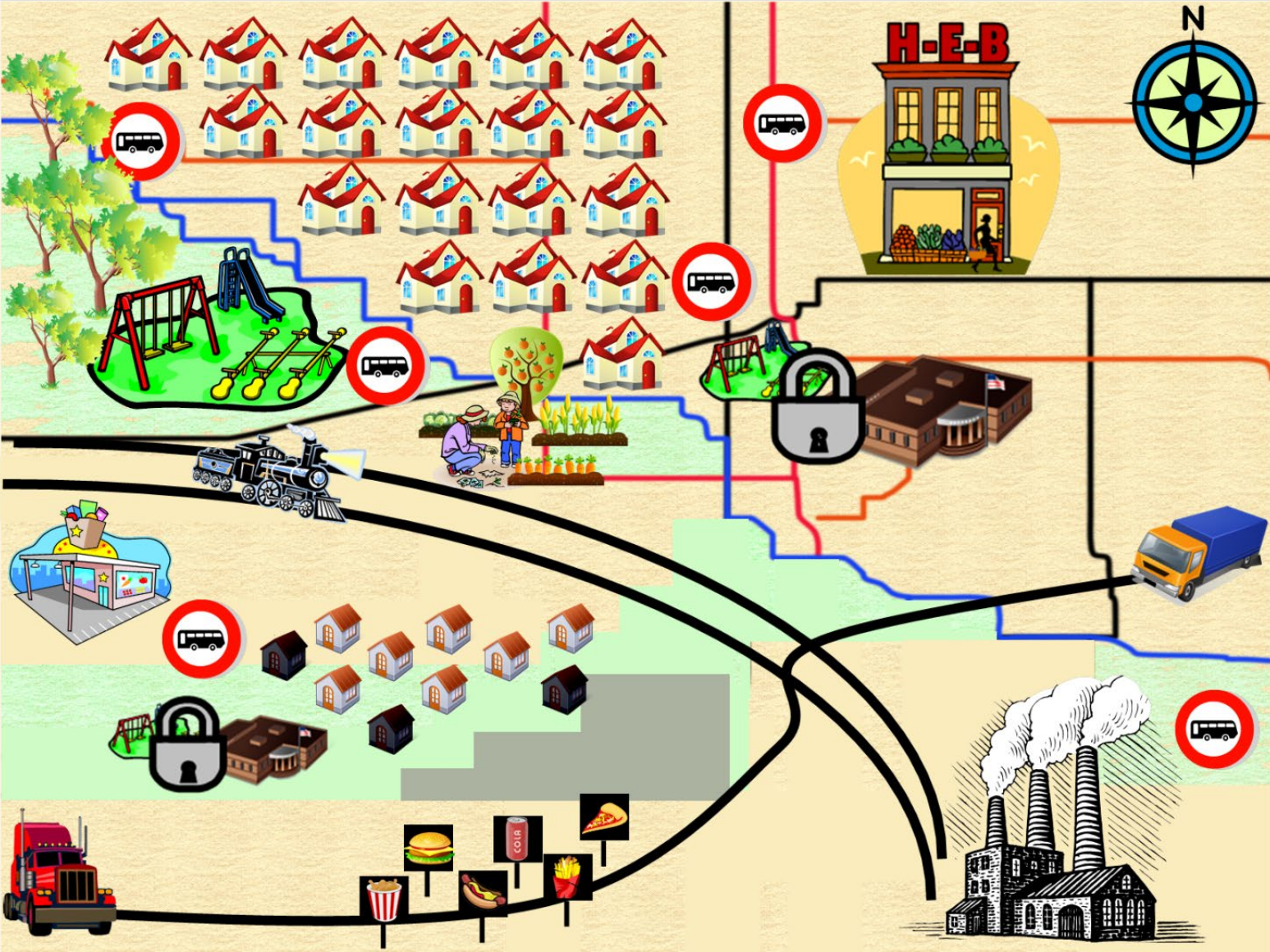


Moving from Individual to Policy Improvements, Systems and Environmental Changes

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



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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?



**More
Doable**

*Less important,
More doable*

*More important,
More doable*

**Less
Important**

**More
Important**

*Less important,
Less doable*

*More important,
Less doable*

**Less
Doable**





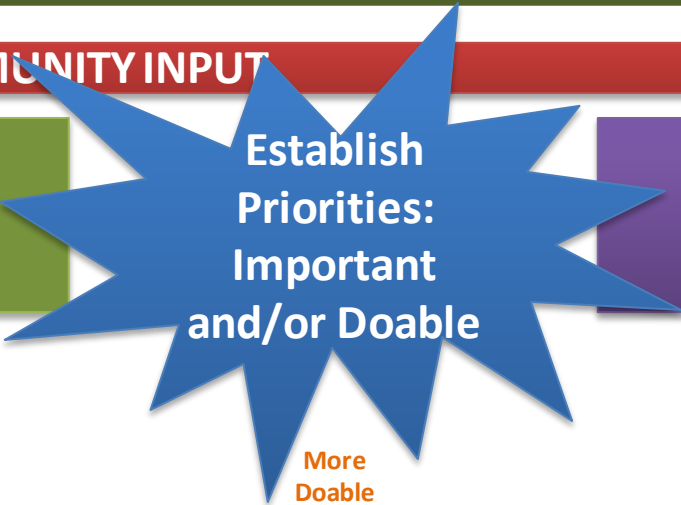
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COMMUNITY INPUT

Barriers to Physical Activity and Healthy Eating

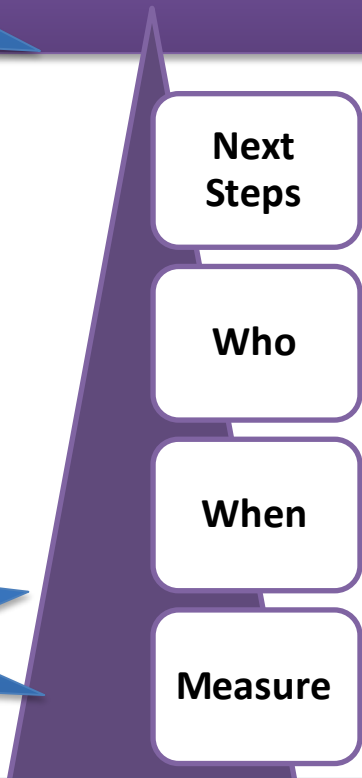
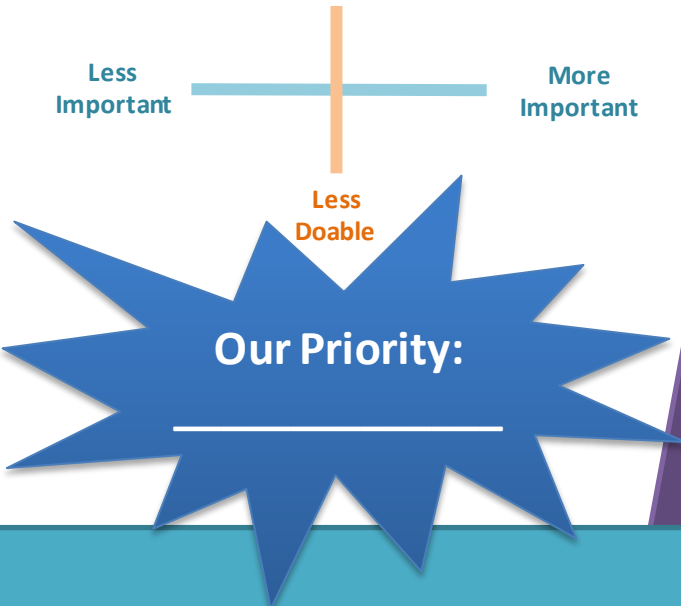
What Works

Take Action



North

South



Partners:





PLANNING

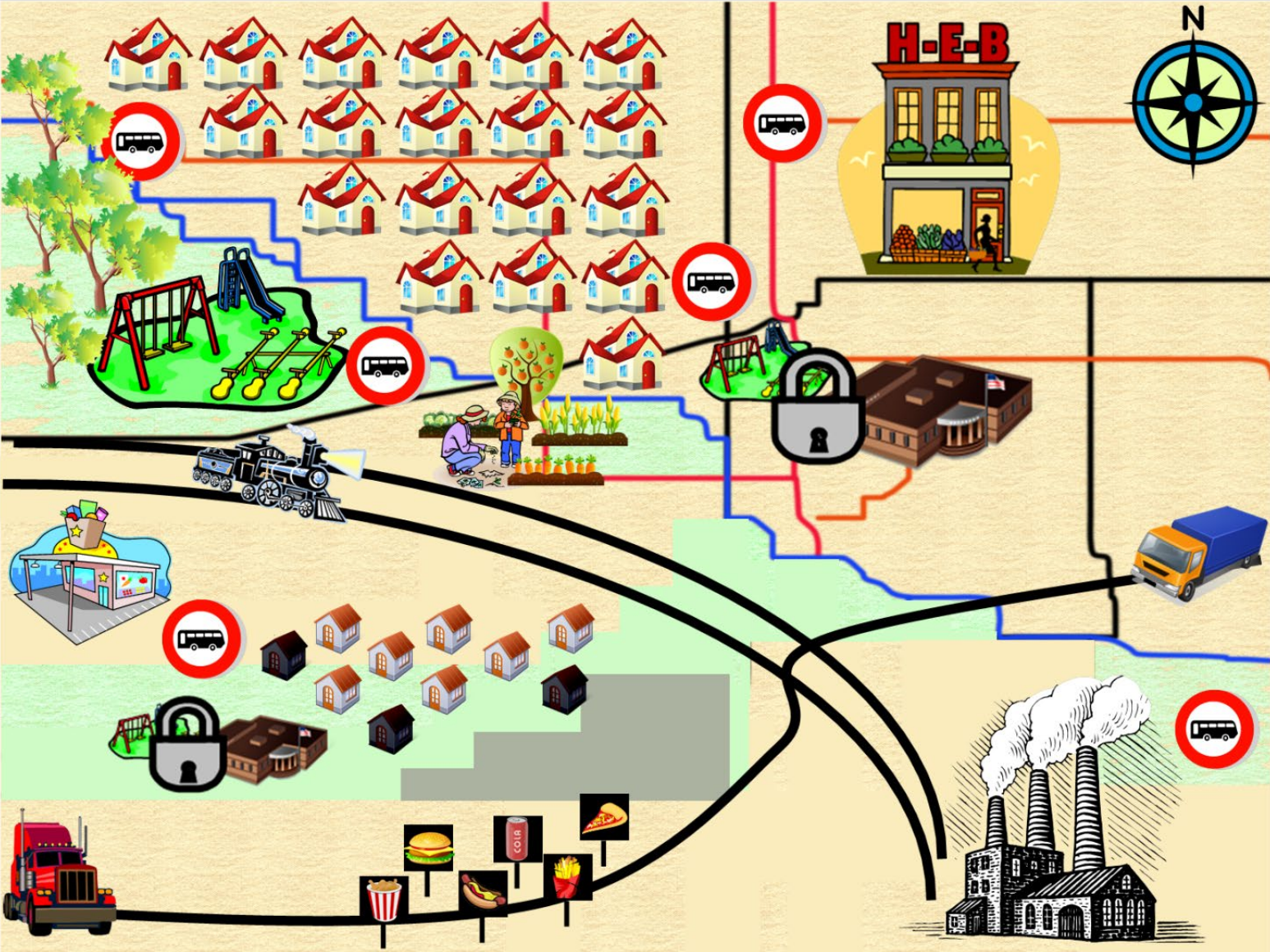


Action Plans are Important...

- 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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COMMUNITY INPUT

**Barriers to Physical
Activity and Healthy
Eating**

What Works

**Establish Priorities:
Important and/or
Doable**



Take Action

North

South

**Next
Steps**

Who

When

Measure

Our Priority:

Partners:





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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.





MY PLAN

Prioritize Strategies

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