



Your Health Matters: Growing Active, Healthy Communities

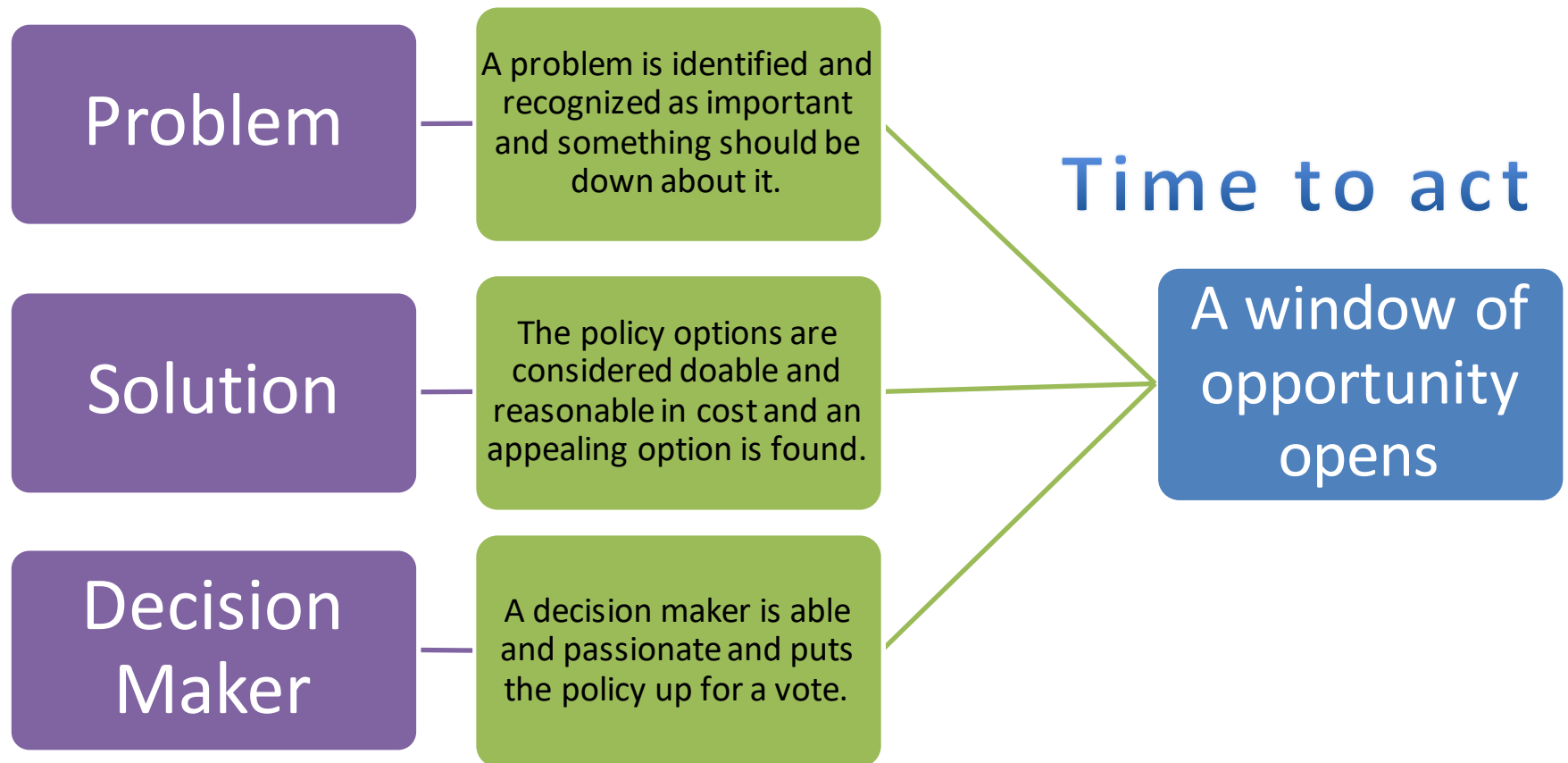


8: Conclusion



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





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

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

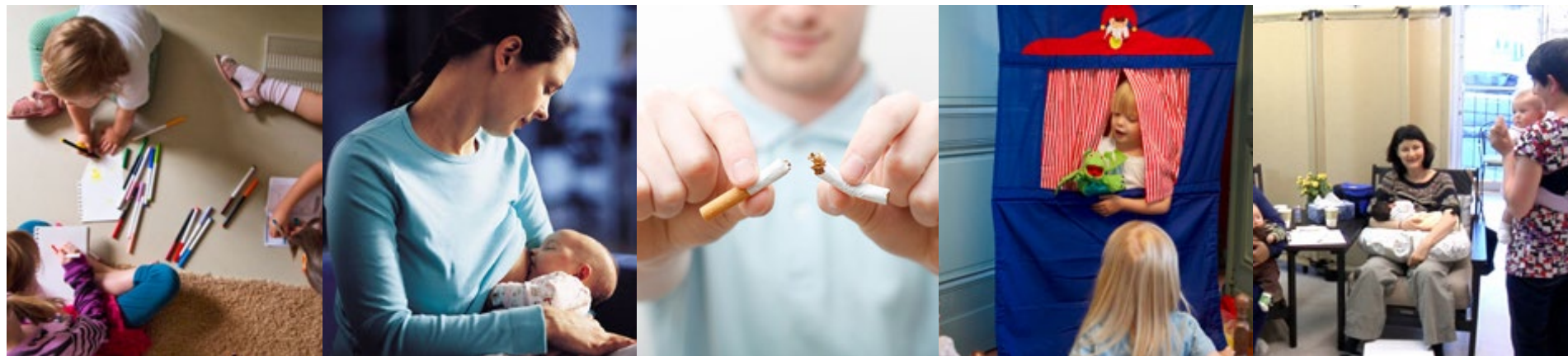


– In the next 30 days?

– 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.



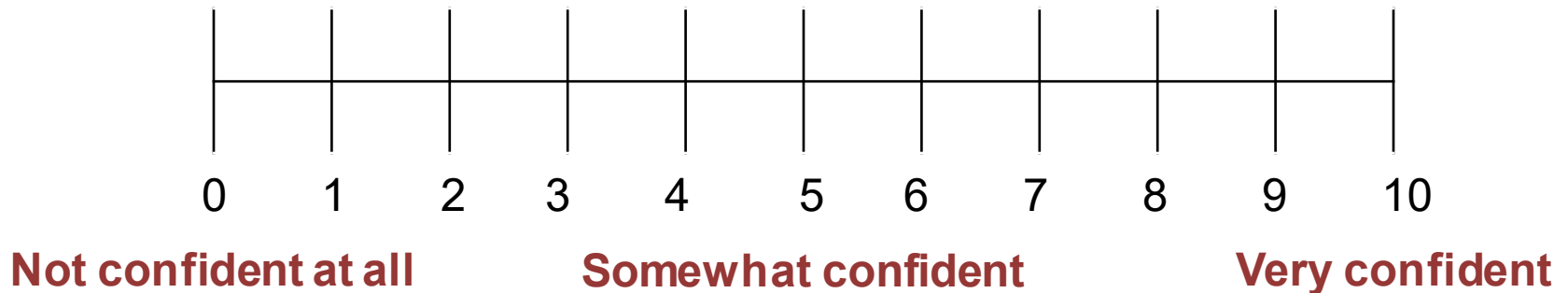
A group of diverse people, including men and women of various ages and ethnicities, are walking away from the camera on a purple background. They are dressed in casual to business-casual attire. The image is slightly blurred, suggesting movement. In the top left corner, there is a small yellow speech bubble icon.

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 reduce obesity in your community by making policy improvements, systems and environmental changes that increase physical activity and healthy eating?

HOW CONFIDENT ARE YOU?





Knowledge Questionnaire





THANK YOU!