

Reaching People with Disabilities through Healthy Communities

A Six-Phased Approach to Healthy Community Change

Phase 1 – Commitment Phase

<p>Phase Description:</p>	<p>The Commitment Phase is the first phase of the Healthy Community Change model where you will lay your foundation for community change. The other five phases will build upon what you do in this phase. Within this phase, you will develop (or enhance an existing) healthy community coalition that will work toward making healthy choices the easy choices in areas where people live, learn, work, play, pray, or receive care. The main activities involved in this phase are leadership development and coalition/partner development.</p>
<p>WHY is this important?</p>	<p>The Healthy Communities model uses a facilitated community leadership approach, where you will facilitate the community process by working with identified community leaders, partners, decision-makers, and stakeholders that either are already involved or that you envision being involved, in your Healthy Communities efforts. The group that you are developing or enhancing becomes the leader and driver of this movement in your local community.</p>
<p>WHAT activities should you be doing?</p>	<ol style="list-style-type: none"> 1) You should first determine who will be the leaders of the group and the group's Healthy Communities effort. We recommend using a Community Coach model and establish a Lead Coach and a Partner Coach, who will lead the Healthy Community coalition. It is best if the coaches represent local public health and disability and health representatives. 2) You then should develop (or enhance) your Healthy Community coalition, making sure that it includes multisectoral and interdisciplinary members, representing the different community sectors and disciplines of your community, respectively. Coalitions can consist of 10-15 people, or its membership may be much larger, but be made up of multiple smaller steering committees. 3) Once you get everyone in place, create a shared vision and mission of your Healthy Community coalition as a basis for driving your Healthy Community focus areas forward.
<p>WHO in your community should be involved?</p>	<p>You need to recruit representatives, stakeholders, and decision-makers from each of the five community sectors of: community-at-large, community institutions and organizations, schools, healthcare, and worksites.</p>

	<p>You should include interdisciplinary representatives that align with your community’s efforts, such as health, planning, transportation, elected officials, disability advocates, representatives, or organizations, parks and recreation, community development, etc.</p> <p>Think also of non-traditional partners that would be assets to your group’s membership, such as local media partners, a local running or biking club, a local farmer’s market, etc.</p> <p>Ask yourself the question “Is everyone at the table that needs to be at the table?” Your group should embody a good mix of “movers,” “doers,” “shakers,” and “influencers” from your community as well as representatives from vulnerable groups and/or the disenfranchised.</p>
<p>How much TIME does this phase take?</p>	<p>If you are establishing a local Healthy Community coalition for the first time, then this process can take two to four months. Once your coalition is established, you should routinely revisit the group’s membership to make sure it is a multisectoral and interdisciplinary representation of both traditional and non-traditional partners. The leadership development, education, and commitment of the group members to the Healthy Communities effort will remain ongoing throughout all project phases.</p>
<p>What does SUCCESS look like?</p>	<p>A successful Healthy Community coalition may have the following characteristics:</p> <ul style="list-style-type: none"> - Shared vision and mission for the community’s health; - An understanding of member roles, expectations, and terms of service (if any); - Team members who can work together, teach, motivate, and communicate a common goal; - Is sustainability focused, in terms of pursuing the group’s sustainability (developing bylaws, 501c(3) status, etc.) and upstream policy, system, and environmental changes toward inclusive healthy living. - Sustained existence across multiple years, grant periods, or project period.