

Reaching People with Disabilities through Healthy Communities

A Six-Phased Approach to Healthy Community Change

Phase 2 – Assessment and Training Phase

Phase Description:

The Assessment and Training Phase is the second phase of the Healthy Community Change model, where you will continue to lay your foundation for healthy community change by providing the necessary training to your coalition on project activities, including the community health assessment that you plan to use. The next four phases will build upon what you do in this phase. Within this phase, you will educate your coalition on the milestone activities of the project, communicate the project's expectations and timelines as well as complete the community assessment activity.

WHY is this important?

You must provide the proper training, overview, and expectations of your Healthy Community efforts to your coalition members and leadership near the project's onset. **These actions are critical for ensuring that all partners understand the vision and mission of your Healthy Community work.**

Additionally, a community health assessment (when conducted properly) will provide you with a snapshot of the assets and deficits for healthy living within the areas of your community where people live, learn, work, play, pray, and receive care. This process helps ensure that the policy, system, or environmental (PSE) change strategies that you pursue will fill the gaps you most need to fill so that you can improve access and opportunity for healthy living in the areas where it is most needed.

WHAT activities should you be doing?

- 1) **First implement project training activities for your Lead and Partner Community Coaches and for your coalition members.** We recommend that this takes place in person, where the project training activities can integrate group learning, experiential learning, and relationship building. Project trainings can consist of one training date or multiple trainings and dates. **The project training(s) should cover all of the major activities within each of the project phases.**
- 2) As part of your project training, **you will provide a detailed overview of the community assessment process that you select**, including the number of community sites and sectors that must be assessed and your timeline for performing these activities.
- 3) **We recommend using the [Community Health Inclusion Index \(CHII\)](#)**, developed by the National Center for Health, Physical Activity,

	<p>and Disability. This assessment involves site-specific surveys and onsite activities for sites located within the five community sectors of community-at-large, community institutions and organizations, schools, worksites, and healthcare sites. We encourage you to assess a minimum of at least one community-at-large municipality and three sites from each of the other four sectors to provide a representative snapshot of your community.</p> <p>4) The initial community assessment should take place during this phase of the project, so that you can use your assessment results to prioritize and plan your next steps. Following this, we recommend establishing a schedule for re-assessing your community either annually or every couple of years.</p>
WHO in your community should be involved?	<p>It is best if the community assessment activities are shared by all members of the coalition, so that your entire group will have a working knowledge of the assessment process as well as the assets and deficits to healthy living that you identify in your community. For coalitions that are larger in size, you may consider forming a sub-committee to implement the community assessment on behalf of the larger coalition.</p>
How much TIME does this phase take?	<p>The assessment phase will occur periodically and at strategic points during the course of your Healthy Community efforts (based on your recurring assessment schedule). For the initial assessment, a timeframe of two to four months should be expected in order to complete all the steps and review the results.</p>
What does SUCCESS look like?	<p>A successful assessment and training phase will include:</p> <ul style="list-style-type: none"> - Provision of core project training (in-person and virtual), and project expectations for Community Coaches and your Healthy Community coalition; - A thorough training on the CHII community assessment process or another inclusive assessment tool of your choice; - Developing a “plan” for how the assessment activities will be carried out across the community sites and sectors and identifying “who” will do this; - Understanding the assessment results and how to delineate between assets in place and deficits that need to be addressed; and - Determining how often the community re-assessment will occur.