

Reaching People with Disabilities through Healthy Communities

A Six-Phased Approach to Healthy Community Change

Phase 3 – Prioritization and Planning Phase

<p>Phase Description:</p>	<p>The Prioritization and Planning Phase is the third phase of the Healthy Community Change model, where you will review your assessment data and develop a Community Action Plan (CAP) that includes policy, system, or environmental (PSE) changes for increasing inclusive healthy living opportunities within all sectors of your community. Within this phase, you will work with your coalition to review your assessment results, prioritize the PSE strategies you want to pursue based on the data, and develop your CAP.</p>
<p>WHY is this important?</p>	<p>By undertaking coalition activities to review the assessment results, you ensure that the PSE strategies you include on your action plan align with the community gaps that were identified in the data. This helps you to allocate efforts in the areas of the community that most need them and helps you to implement more Healthy Community changes.</p>
<p>WHAT activities should you be doing?</p>	<ol style="list-style-type: none"> 1) Community Coaches must first understand how to review and describe the assessment results. We recommend that Community Coaches review the assessment data and understand the story the data is telling regarding the inclusive healthy living assets and deficits that exist at the assessed sites. This means defining a data point “line” or “number” that separates existing assets from needs as well as determining whether the data is site-specific or whether the data is scalable beyond individual sites to a broader community approach. 2) Community Coaches must then present this information to the Community Coalition. The presentation of data usually occurs at a coalition meeting(s). It is important to present both the numbers and the story that the data is telling. 3) The Healthy Community coalition must then develop and prioritize healthy eating, physical activity, tobacco prevention or reduction, or general accessibility improvement PSE strategies to be listed on the CAP. These strategies can target a “twin approach,” which involves: <ul style="list-style-type: none"> - Targeting PSE strategy(ies) for the whole community, but be designed to be inclusive of people with disabilities (PWD), or - Tailoring PSE strategy(ies) to a population with a particular disability

	<p>4) A helpful tool used with this project was the <u>Guidelines, Recommendations, and Adaptations Including Disability (GRAIDs) framework</u>, developed by the National Center for Health, Physical Activity, and Disability to assist local coalitions with PSE strategy development. This framework served as a menu of implementation options for how to make healthy eating and physical activity inclusive for PWD. While this framework includes both PSE and programmatic strategy examples, we recommend a PSE approach, since this approach yields more potential reach and impact and is more sustainable.</p> <p>5) Develop the CAP, which is a flexible and time-based plan that includes the PSE strategies that your community coalition and partners can pursue jointly. We recommend that the coalition establish a time period for the action plan, and that it includes a mix of short- and intermediate-term goals, objectives, and action steps.</p>
<p>WHO in your community should be involved?</p>	<p>Community Coaches should lead the data review, prioritization, and action planning activities, making concerted efforts to involve the input of the coalition members throughout the process using a facilitated leadership approach. Healthy Community outcomes are most successful and sustainable when these processes are coalition- and community-driven. Coalition members who are involved in these processes experience enhanced community empowerment and ownership of Healthy Community project efforts.</p>
<p>How much TIME does this phase take?</p>	<p>This phase's activities may occur concurrently with the Assessment and Training Phase or may be done as standalone activities once the assessment is completed. If done separately, a timeframe of one to four additional months could be expected for effective data prioritization and PSE action planning.</p>
<p>What does SUCCESS look like?</p>	<p>A successful prioritization and planning process will include:</p> <ul style="list-style-type: none"> - A clear understanding of the assessment results and the story the data is telling; - A collaborative process between Community Coaches and the coalition in prioritizing the PSE strategies and which sectors, sites, and jurisdictional levels the strategies will involve; and - Developing a well-defined, organized, and flexible CAP of PSE goals, objectives, and action steps on behalf of the local coalition to demonstrate shared agreement and responsibility for future achievement of inclusive Healthy Community changes.