

Finding a Way Forward: Resilience Across the Socioecological Model

The NACDD Board President's Challenge is a one-year project that the NACDD Board President develops to focus NACDD Member competency in an emerging or innovative issue in chronic disease prevention. Learn more about the President's Challenge on our website, chronicdisease.org.

Introduction

We all have experienced a challenging two years, which has also further highlighted the long-term trauma and inequity experienced by disparate groups, populations, and communities.

Resilience is defined broadly, typically dependent on the context. Anne Masten's definition of resilience frames the goals: "the capacity of a system to adapt successfully to disturbances that threaten the viability, function, or development of the system."¹

As we move into the next year, we hope to focus on building resilience, healing our communities, and finding a path forward with our team members. The NACDD Board President's Challenge will encourage action from Chronic Disease Directors to heal teams and communities.

Societal: Actions at the societal level impact populations as a whole through policy and environmental change.

- Incorporate the Reaction to Race module into your state's BRFSS survey.
- Collect the YRBS ACEs module every 2 years.
- Collect the BRFSS ACEs, SDOH, and SOGI modules on rotating schedules (at least every 2 or 3 years).
- Collaborate with state agencies, such as housing, food, and transportation systems, to modify state rules/regulations in support of a greater health focus on infrastructure development.
 - For example, partner with the state housing finance agency to add health-related criteria to the annual application process for federal low-income housing tax credit (LIHTC) dollars, known as the qualified allocation plan (QAP).
- Develop an internal strategic plan to diversify funding streams.
- Other

Community: Actions at this level impact the communities at risk and are dependent on the chosen community and their needs.

- Collaborate with partners, including Housing, Education, Transportation, etc., to:
 - Include health impact in department mission and vision
 - Collect health measure indicators in action plans.
- Implement at least one action step in a selected community, based on data.
- Implement a scaling tool to measure community resilience.
- Other

Interpersonal: In this category, actions impact your organization/team, the structures in place to help build resilience in your teams.

- Participate in one empathetic leadership training to support staff resilience. Such as:
 - Chronic Disease Directors Forum - May 5 and June 2, 3-4pm ET (open to Chronic Disease Directors only)
 - [General Member Webinar](#) - June 23, 3-4pm ET (open to all)
 - Empathetic leadership course at the [Chronic Disease Academy](#) on August 30
- Build internal equity teams to integrate tools to support staff.
- Ensure state representation on the NACDD Health Equity Council and allow Council Members to report on learnings to all staff and leadership. To join the council, please submit names to Natasa Bilic: Nbilic@chronicdisease.org.
- Other

Individual: In this category, actions impact your team members, their skills and ability to be resilient.

- Have your team participate in at least 2 trainings provided by NACDD.
- Intentionally improve communication with and between staff through activities such as listening sessions.
- Implement at least one interactive action to build resilience in chronic disease team members.
- Other

Register your commitments to advancing the sociological model via our form:
<https://app.smartsheet.com/b/form/ee88e3c636034b848a744cfeaa1df368>



1. Masten AS. *Child Dev* 2014; **85**: 6- 20.

The National Association of Chronic Disease Directors (NACDD) and its more than 7,000 Members seek to strengthen state-based leadership and expertise for chronic disease prevention and control in states and nationally. Established in 1988, in partnership with the U.S. Centers for Disease Control and Prevention, NACDD is the only membership association of its kind to serve and represent every chronic disease division in all states and U.S. territories. For more information, visit chronicdisease.org.