



NATIONAL ASSOCIATION OF
CHRONIC DISEASE DIRECTORS
Promoting Health. Preventing Disease.

2021 GEAR Group: Supporting Communities in Building Resilience During Times of Crisis

Resources and References Document

About NACDD GEAR Groups

GEAR Groups explore their topic through case presentations, short didactic presentations, and active discussions throughout four 90-minute video conferences. A facilitator and strategist guide each discussion to explore opportunities for improvement through partnerships, promising interventions or policies, data, and evaluation. The 2021 GEAR Groups focused equity as a foundation and community voice at the center.

About: Supporting Communities in Building Resilience during Times of Crisis

Whether it's a novel disease outbreak, a hurricane, or other crisis, health departments are increasingly tested by events that force a short or long-term shift to emergency operations and crisis management and often vary in their impact on residents by race, gender, income level, or housing status. Individuals with existing chronic conditions are more vulnerable to adverse outcomes, complications, and increased mortality from novel health threats or disasters. This GEAR Group will explore strategies that leaders can use to cultivate community resilience with a focus on upstream factors that impact health. Using chronic disease programming (e.g. diabetes prevention or hypertension self-management) as a foundation, case presentations or proposals explored effective or promising practices that enable state health departments to support communities to handle crises effectively and equitably, emerge resilient, and smoothly enter the next normal. Meetings were held in 2021 on Mar. 2, 9, 16, 23.

Participating states

- Arizona
- District of Columbia (DC)
- Delaware
- Kansas
- Maryland
- Minnesota
- Nevada
- South Carolina
- South Dakota

Resources and References

Participants shared the following resources during the four-week GEAR Group in January 2021. The linked articles or resources do not necessarily represent the official views of individual participants, participants' respective organizations, or NACDD.

Primers on Resilient Communities

1. [Building Resilient Communities: A Moral Responsibility | Nick Tilsen | TEDxRapidCity](#)
2. [Building Community Resilience Collaborative](#)



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3. [A New Framework for Addressing Adverse Childhood and Community Experiences: The Building Community Resilience Model](#)
4. [Adverse Community Experiences and Resilience: A Framework for Addressing and Preventing Community Trauma](#)

Resilience during Crisis

5. [Building Community Disaster Resilience: Perspectives From a Large Urban County Department of Public Health](#)
6. [Individual and community resilience in natural disaster risks and pandemics \(covid-19\): risk and crisis communication](#)
7. [Community Resilience in the Time of COVID-19: Lessons from the 2017 Mexican Earthquakes](#)
8. [Building resilience: The relationship between information provided by municipal authorities during emergency situations and community resilience](#)
9. [Resilience in a time of crisis: The importance of financial and non-financial resources](#)
10. [Report: Nation's Ability to Manage Health Emergencies Rises](#)

Care Provider Resilience/Engagement

11. [AMA resources](#)
12. [Trauma Informed Care: Implementation Resource Center](#)
13. [Psychological Resilience of Healthcare Professionals During COVID-19 Pandemic](#)
14. [Healthcare Personnel and First Responders: How to Cope with Stress and Build Resilience During the COVID-19 Pandemic](#)
15. [How to Build—And Lead—Resilient Health Care Teams During COVID-19](#)
16. [First Responders Resiliency](#)
17. [Health Equity Curricular Toolkit](#)

Adverse Childhood Experiences (ACEs)

18. [Preventing Adverse Childhood Experiences](#)
19. [What's Your PACE Score? \(and Your Resilience Score?\)](#)
20. [Evaluation of the Impact of ACEs/Resilience Training of Home Visitors](#)
21. [Resilience Building Interventions](#)

Policy & Environmental Approaches

22. [A Blueprint for Changemakers: Achieving Health Equity Through Law & Policy](#)
23. [Identifying Policy Levers And Opportunities For Action Across States To Achieve Health Equity](#)
24. [Prioritizing Population Approaches: A Qualitative Evaluation of Policy, Systems, and Environmental Change Initiatives in Cancer Prevention and Control](#)
25. [Potential Strategies to Eliminate Built Environment Disparities for Disadvantaged and Vulnerable Communities](#)



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26. [Policy Recommendations of the Delaware Healthy Lifestyles Subcommittee of the Cancer Risk Reduction Committee](#)

Collective Impact

27. [Leveraging the Power of Mutual Aid, Coalitions, Leadership, and Advocacy During COVID-19](#)
28. [HI-5 Stories from Public Health Innovators](#)
29. [Guidebook for Multi-Agency Collaboration for Sustainability and Resilience](#)
30. [Inherent Complexities of a Multi-stakeholder Approach to Building Community Resilience](#)
31. [NATIONAL ORGANIZATIONS EMPOWERING COMMUNITIES TO IMPROVE POPULATION HEALTH](#)

Resilience Data & Measurement

32. [Annie E. Casey Kids Count Data Center](#)
33. [HEDA: Conducting a Health Equity Data Analysis](#)
34. [Standardizing the Collection of Social and Economic Risk Data](#)
35. [Social Determinants of Health: Tools to Leverage Today's Data Imperative](#)
36. [Sources for Data on Social Determinants of Health](#)
37. [CDC's Social Vulnerability Index](#)
38. [New Hampshire Social Vulnerability Index](#)
39. [Rhode Island Health Equity Measures](#)
40. [Metrics for Evaluating and Improving Community Resilience](#)
41. [Evaluation of Existing Resilience Measurement Efforts](#)
42. [Human Resources for Health](#)

Trust Based Philanthropy

43. [Trust Based Philanthropy \(Website\)](#)
44. [Exploring Trust Based Philanthropy \(YouTube\)](#)

COVID-19 Impact

45. [The Impact of COVID-19 on Underserved Communities: Charlestown, MA and the Charlestown Coalition](#)

Community Involvement

46. [Community Voice Is Expertise](#)
47. [Community Voices for Health](#)
48. [Praxis Project](#)
49. [Community, service, and policy strategies to improve health care access in the changing urban environment](#)

Racism as a Public Health Crisis

50. [APHA Resources on Racism and Health](#)
51. [New AMA policy recognizes racism as a public health threat](#)



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52. [It's Time to Declare Racism a Public Health Issue](#)

53. [Declarations of Racism as a Public Health Issue](#)

Race/Ethnicity

54. [COVID-19 Racial and Ethnic Health Disparities](#)

55. [Health Equity Considerations and Racial and Ethnic Minority Groups](#)

56. [Addressing Racial Health Disparities In The COVID-19 Pandemic: Immediate And Long-Term Policy Solutions](#)

57. [Assessing risk, automating racism](#)

58. [Why isn't evidence-based practice improving health care for minorities in the United States?](#)

59. [Transitioning from Health Disparities to a Health Equity Research Agenda: The Time Is Now](#)

Law Enforcement Community Engagement

60. [Handle With Care](#)

Train the Trainer

61. [Understanding the Training of Trainers \(ToT\) Model](#)

62. [What is the train-the-trainer model and how can your organization benefit from it?](#)

63. [7 Tips for Virtual Training Success](#)

Health Equity Frameworks

64. [Action Framework by Robert Wood Johnson Foundation](#)

65. [National Institute on Aging Disparities Research Framework](#)

66. [National Institute on Minority Health and Health Disparities Health Disparity Research Framework](#)

Thriving, Connected Communities

67. [Blue Zones](#)

68. [Community Health Resilience \(CHR\)](#)

69. [What Communities Need to Thrive: Q&A with Anita Chandra](#)

70. [It's the Little Things: Community Resource](#)

Mental Health

71. [Zero Suicide model](#)