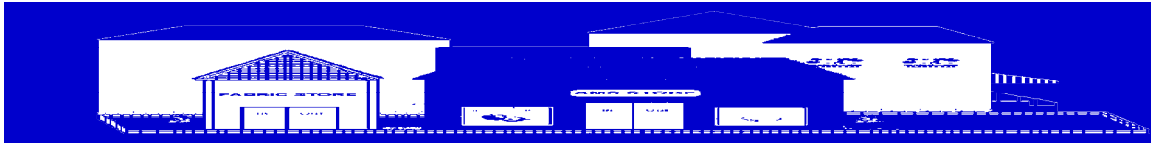


Healthy Communities

Making your community a better place to live.



What is a Healthy Community?

- A Healthy Community is a place where people can come together to make their community a better place for themselves and their neighbors.
- A Healthy Community practices ongoing dialogue, generates leadership everywhere, shapes its future; embraces diversity, knows itself, connects people and resources, and creates a sense of community

What do Healthy Community Coalitions/Groups do?

Healthy Communities coalitions/groups in Massachusetts use a model in which residents work together on local issues that affect health and quality of life, such as:

- Public health concerns like heart disease, substance abuse & air quality
- Housing & education
- Youth development
- Access to health/medical care
- Child care & elder care recreation
- Safe & clean environments
- Arts & cultural pursuits
- Transportation

Who is involved in creating a Healthy Community?

People are the key to a Healthy Community. Individual participants come in all ages, from all educational and economic backgrounds, and from all sectors of the community. Groups that can be involved include:

- Municipal & local government
- Local business, industry, economic development organizations
- Civic & cultural groups
- CHNAs
- Local residents
- Faith organizations
- Hospitals & health care organizations
- Health & social service organizations
- Youth groups & organizations
- Education
- Local media
- Community foundations
- Recreational groups
- The arts
- Grassroots organizations
- Environmental organizations



southeast center for
healthycommunities

942 West Chestnut Street, Brockton, MA 02301
www.preventionworks.org

How do you build a Healthy Community?

1. Work Together

Local residents work together in an existing or new coalition or group to:

- Decide what health means for their community.
- Learn more about the healthy communities approach.
- Study the needs and assets of the community.
- Identify problems and strengths in the community.
- Set goals to help the community build on its assets and become healthier.

2. Take Action

- Using the goals, the coalition sets priorities and develops a plan of action.
- The whole community works together with the coalition on the plan of action.
- The coalition reports on successful outcomes to the community.

For more information contact:

Southeast Center for Healthy Communities

942 West Chestnut Street

Brockton, MA 02301

508-583-2350

www.preventionworks.org

This description was adapted, with permission, from a brochure developed by the Maine Dept. of Human Services, Bureau of Health, Division of Community Health.



southeast center for
healthycommunities

942 West Chestnut Street, Brockton, MA 02301

www.preventionworks.org