

EXPLORING ELEMENTS OF HEALTHY COMMUNITIES

OVERVIEW

This activity is designed to highlight the key elements of healthy communities, and apply them to a specific community.

OBJECTIVES

- To identify the elements of community development and give examples
- To understand what the elements look like in their own community

TIME REQUIRED

Approximately 30 minutes

WHAT	TIME	HOW	MATERIALS
Step 1: Set the context	10 min.	<p>Give each person a copy of the handout on the following page. Think about the community from four different perspectives:</p> <ul style="list-style-type: none"> ■ Economic/wealth ■ Power ■ Spiritual/cultural ■ Social <p>Ask for examples of what each includes, and write these on a flip chart.</p>	<p>Paper</p> <p>Pencils or markers</p> <p>Flip chart</p> <p>Copies of handout 3A</p>
Step 2:	10 min.	<p>Note that on the handout, each quadrant is split in half. In one half, write some of the things that are going well in the community in that area, and in the other half, write some of the things that aren't going so well. Share these with a partner.</p>	
Step 3: Reflection	10 min.	<p>Ask the following discussion questions:</p> <ul style="list-style-type: none"> ■ What surprised you? ■ Was this hard or easy to do? Was it harder to think of the things that are going well or not so well? ■ Looking back at each of the sections, which one do you think we have the greatest ability to change? ■ Which would be the most difficult to change? ■ Where can we draw resources from for our work? ■ What does this mean for our work—what might be some key opportunities? 	

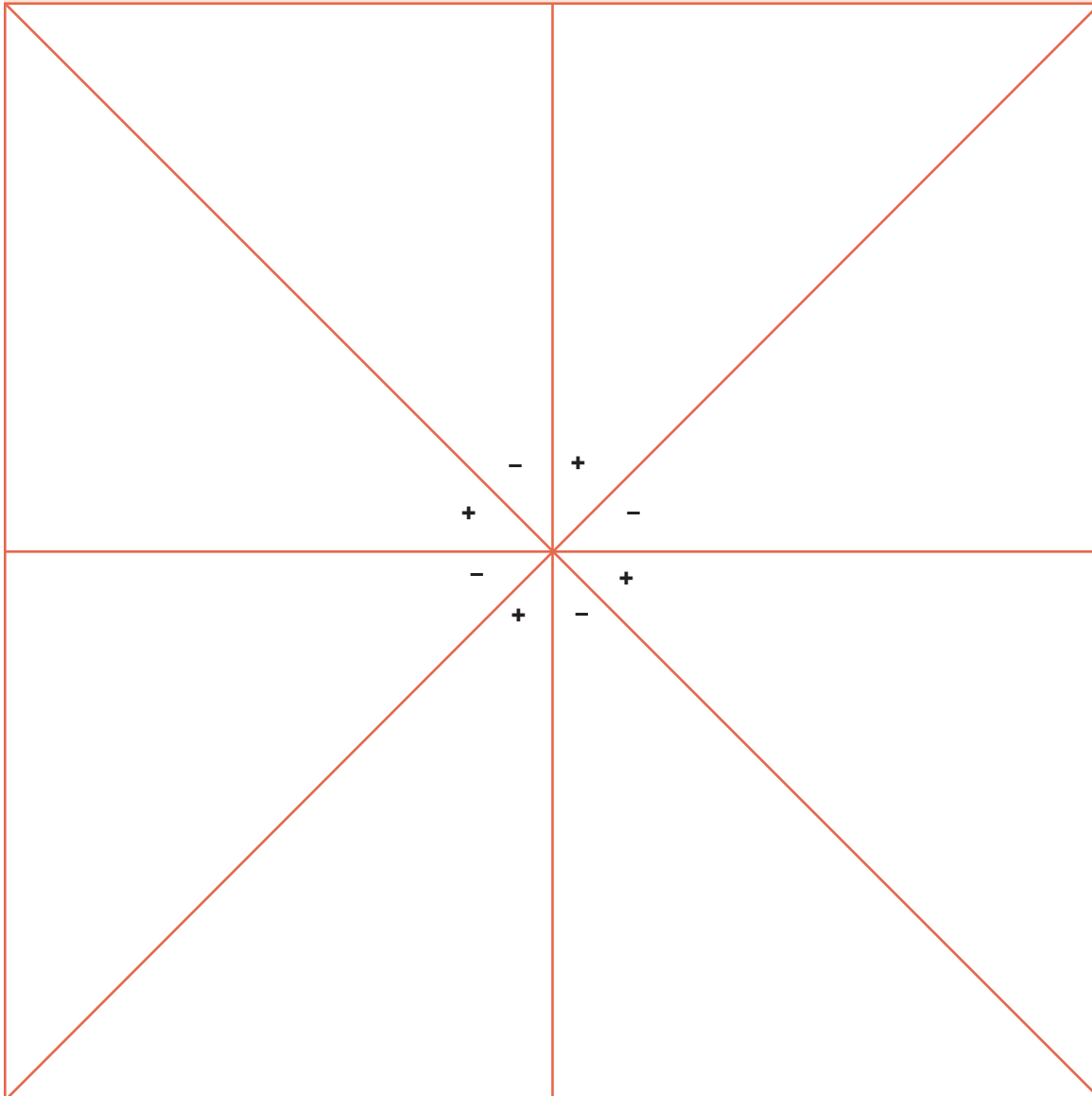
DIMENSIONS OF COMMUNITY

SOCIAL:

How people are being taken care of. Includes community health and self-reliance, education, activities, people knowing each other and getting together.

SPIRITUAL/CULTURAL:

The community's spirit—arts, recreation, celebrations, spirituality, and connection with the environment.



POWER:

The structures for making decisions and policy. Includes local government, community voice in decision making, informal leaders in schools and other groups.

ECONOMICS/WEALTH:

The local economic situation in the community. Includes local businesses, the economic situation in households, employment for youth, local artisans.

Handout 3A