

Module 6: Community Health

Topic 1 Content: Your Healthy Community


Introduction

Your Healthy Community

- What does it mean to live in a healthy community?
- What is a community's health level?
- What is your community's health level?
- How can you help build a healthy community?
- Where can you find volunteer activities?

Introduction

In this interactivity, click each of the tabs to learn about what makes a healthy community and what you can do to make your community healthier.



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What does it mean to live in a healthy commu...



A healthy community enables people to maintain a high quality of life and productivity. Characteristics of a healthy community include the following.

- Access to health care services that focus on both treatment and prevention for all members of the community
- Safe and healthy surroundings
- Roads, schools, playgrounds, and other services to meet the needs of the people in that community

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What is a community's health level?

The level of physical activity, health awareness, conservation of resources, recycling, and protection of the environment are all things to consider when you are looking at the health level of your community.

Many problems in community health result from the lifestyle and consumer choices that are made by the people of the community. Take a look around your community. Do you see physically active individuals? Do you see health care facilities? Are resources such as water and electricity being wasted? Are recycling centers available, and is trash lying on the sides of roads? Depending on how you answer these questions, your community may need to take action to improve its overall health.



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What is your community's health level?

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What is your community's health level?

The following questions should also be considered when determining a community's level of health.

- Are there any health care services (local health departments, doctors' offices, hospitals)?
- Are there any parks, playgrounds, biking/running trails, local gyms?
- Is the community safe?

When a community has high crime rates, residents are less likely to go outside for physical activity. High crime rates and low physical activity are stressors that can lead to health problems such as depression, diabetes, heart disease, obesity,



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If you look at your community and you see recycling centers, health care services, playgrounds or parks, and people out enjoying these amenities, then your community probably has a good level of health.

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How can you help build a healthy community?

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How can you help build a healthy community?



Now that you know the foundation of a healthy community, how can you help promote health in your community? One effective way is through community service. By volunteering your time and/or resources to benefit the community or its institutions, you can get involved in promoting a healthier community. Below are some examples of community service opportunities.

Now that you know the foundation of a healthy community, how can you help promote health in your community? One effective way is through community service. By volunteering your time and/or resources to benefit the community or its institutions, you can get involved in promoting a healthier community. Below are some examples of community service opportunities.

- Picking up trash off the sides of roads or in parks
- Volunteering at recreational centers
- Volunteering to help at hospitals, health departments, or other health care facilities
- Walking dogs for neighbors or the local animal shelter
- Volunteering with youth groups

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Where can you find volunteer activities?

The image is a screenshot of a presentation slide titled "Your Healthy Community". On the left side, there is a vertical sidebar with four green buttons containing the following questions: "What does it mean to live in a healthy community?", "What is a community's health level?", "What is your community's health level?", and "How can you help build a healthy community?". Below these buttons is a white box with the question "Where can you find volunteer activities?". The main content area on the right is titled "Where can you find volunteer activities?" and contains a paragraph of text and a bulleted list of suggestions. The text reads: "To find volunteer opportunities for your specific community, visit the Corporation for National and Community Service's [United We Serve](#) website. By looking around your locale and determining where there are needs, you can start to promote health in your community. Below are some further suggestions on where to look." The bulleted list includes: "If there are no recycling centers or parks or playgrounds, contact your local government and petition for these items to be added to the community.", "If your community does not have a recycling center, contact your local government about organizing a community recycling day twice a year when people bring their recyclable items to a drop-off location.", "If you have parks in your area, brainstorm ways to encourage residents to visit those parks and get active. Create walking/jogging clubs or 'Yoga in the Park' days.", "You might ask the local health department or hospital when they do free health screenings and make fliers to hand out to the people in your community.", and "You can organize a dance-a-thon or a basketball tournament to raise money for a good cause and to promote a healthy lifestyle. You could even use social media to spread the word." A vertical scrollbar is visible on the right side of the main content area.

To find volunteer opportunities for your specific community, visit the Corporation for National and Community Service's [United We Serve](#) website. By looking around your locale and determining where there are needs, you can start to promote health in your community. Below are some further suggestions on where to look.

- If there are no recycling centers or parks or playgrounds, contact your local government and petition for these items to be added to the community.
- If your community does not have a recycling center, contact your local government about organizing a community recycling day twice a year when people bring their recyclable items to a drop-off location.
- If you have parks in your area, brainstorm ways to encourage residents to visit those parks and get active. Create walking/jogging clubs or "Yoga in the Park" days.
- You might ask the local health department or hospital when they do free health screenings and make fliers to hand out to the people in your community.
- You can organize a dance-a-thon or a basketball tournament to raise money for a good cause and to promote a healthy lifestyle. You could even use social media to spread the word.

The possibilities are endless when it comes to building a healthy community.