The Elements of a Healthy Community wheel was designed and produced by Vitalyst Health Foundation in collaboration with community partners.

The elements are inspired by the work of the World Health Organization and the Centers for Disease Control and Prevention.

To learn more, please visit **LiveWellAZ.org**.

WHAT COMPRISES A HEALTHY COMMUNITY?

"A healthy community is one where people have the opportunity to make healthy choices, in environments that are safe, free from violence, and designed to promote health. Factors that influence health range from early childhood education to quality housing and jobs, and include many other areas of community development such as financial inclusion, access to health clinics and healthy food, sustainable energy, and transportation."*

ELEMENTS OF A HEALTHY COMMUNITY

ACCESS TO HEALTH CARE AND COVERAGE

- Affordable, accessible and high quality health care and coverage
- Integrated, coordinated systems of care
- Culturally appropriate health professionals and practices
- Access to mental health services

HEALTH IMPACTS: Disease prevention and treatment, physical and mental health, economic stability

AFFORDABLE QUALITY HOUSING

- Affordable, high quality, socially-integrated non-discriminatory housing
- Located near public transportation
- Avoid displacement as neighborhoods are revitalized
- Designed to encourage social interaction

HEALTH IMPACTS: Economic stability, disease prevention, air quality, mental health, early brain development, injury prevention, exposure to extreme climate, exposure to lead

COMMUNITY SAFETY

- Socially-connected communities, free of crime and violence
- Designed to encourage social interaction
- Policies and practices that are inclusive of all community members

HEALTH IMPACTS: Mental health, injury prevention, physical activity

ECONOMIC OPPORTUNITY

- Access to capital for entrepreneurship
- Access to affordable and diverse commercial spaces
- Job training and mentorship/accelerator space
- Local talent development
- Clustering of commerce and integration with residential use
- Living wages
- Access to internet

HEALTH IMPACTS: Economic stability/access, air quality, walkability/physical activity, mental health

EDUCATIONAL OPPORTUNITY

- Opportunities for high quality and accessible education
- Investment in behavioral, mental, emotional support
- Opportunities for developmentally-appropriate and affordable childcare
- Access to a variety of post-secondary opportunities

HEALTH IMPACTS: Greater educational achievement, economic stability, food access

ENVIRONMENTAL QUALITY

- Clean air and waterways
- Healthy and clean soil
- Water supply protection and water security
- Tobacco- and smoke-free spaces
- Minimized toxins, greenhouse gas emissions and waste
- Affordable and sustainable energy use

HEALTH IMPACTS: Disease prevention, early brain development, asthma and other respiratory diseases, exposure to environmental contaminants including lead

QUALITY AFFORDABLE FOOD

- Strengthening local food systems
- Affordable, accessible and nutritious food
- Promoting a variety of healthy food access opportunities
- Food security
- Sustainable agriculture practices

HEALTH IMPACTS: Nutrition, obesity, disease prevention, mental health, early brain development

SOCIAL AND CULTURAL COHESION

- Robust social and civic engagement
- Supportive relationships, families, homes, pets and neighborhoods
- Support for mental health
- Opportunities for engagement with arts, music and culture
- Community empowerment that can lead to systems change

HEALTH IMPACTS: Economic stability, mental health, community well-being

HEALTHY COMMUNITY DESIGN

- Mixed-use development
- Equitable transit-oriented development
- Environments free of excessive noise
- Vacant land and adaptive reuse opportunities
- Access to cool and shaded spaces
- Access to green and open spaces, including healthy tree canopy and agricultural land

HEALTH IMPACTS: Economic stability, mental health, physical activity, air quality, injury prevention, obesity, heat-related illness

SOCIAL JUSTICE

- Addresses historical trauma and structural racism
- Promotes restorative and transformational practices
- Addresses incarceration polices and practices, including diversion programs
- Resolves the social and physical differences adversely affecting socially disadvantaged groups
- Pursues fair distribution of resources

HEALTH IMPACTS: Longevity, physical and mental health, economic stability, intact families, community well-being, social cohesion

PARKS AND RECREATIONAL OPPORTUNITIES

- Access to affordable and safe opportunities for physical activity
- Shared use opportunities with schools, libraries and community centers

HEALTH IMPACTS: Physical activity, disease prevention, mental health, early brain development, air quality

TRANSPORTATION OPTIONS

- Safe, sustainable, accessible and affordable transportation options
- Connects people with places including parks, retail, schools
- Promoting built environments that encourage walking, biking and taking transit

HEALTH IMPACTS: Obesity, disease prevention, physical activity, mental health, economic stability, air quality, injury prevention

CROSS CUTTING LENS

Equity: "Health equity is achieved when everyone, regardless of race, neighborhood, sexual orientation or financial status, has the opportunity for health – physical, mental, economic, and social well-being."**

Resiliency: Ability to bounce back from adverse events (i.e. social and/or environmental trauma). We seek social-ecological resilience to crisis or extreme events caused by climate change, such as drought, heat, and flood. We define indicators of social-ecological resilience in a variety of ways, including:

- Social coherence and other coping, anticipation, preparation, adaptation and response mechanisms
- Water and food security

* http://www.buildhealthyplaces.org/network_resources, ** http://www.policylink.org/focus-areas/health-equity-and-place/about-the-center#What_is_Health_Equity

Live Well Arizona stakeholders are connecting and collaborating to develop healthier, more livable communities.

At it's core, the effort starts with the notion that embracing shared understanding and building collective momentum can enable all involved to reach a higher level of success.

LIVE WELL ARIZONA GOALS

GOAL #1: IDENTIFY

Identify, lift up and celebrate efforts to help Arizonans be healthier and live well.

GOAL #2: CONNECT

Facilitate connections between groups and sectors.

GOAL #3: SHIFT

Shift the health paradigm – health is more than health care.

GOAL #4: INFLUENCE

Influence policies and systems for change.

FOR UPCOMING EVENTS AND MORE INFORMATION, VISIT
LIVEWELLAZ.ORG