

# "Moving Beyond Health Disparities and Achieving Health Equity"

Foundations for a Community Action Plan

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# Community Action Plan

- The Community Action Plan (CAP) is one of the methods used to build capacity of community members in taking correct action in accordance with the problems, needs, and potential of the community resources. \*
- CAP is the paradigm for engaging stakeholders and implementing activities/projects that a community identifies.

\*ANSSP Guidelines Volume 2 – Village Planning



# 4 Phases of a Community Action Plan

## **Development Phase**

- Includes education and mobilization

## **Implementation**

- Includes methods to implement ideas discussed in development

## **Evaluation**

- Includes ways to measure what was done

# Development of a Community Action Plan

**There are 2 major components of the development phase**

- **Education**

- Providing understanding and structure to communities regarding challenges/problems identified

- **Mobilization**

- Providing support to get community members to act upon the decisions made during the education piece.

# Development of a Community Action Plan

## Education Component focuses on:

- Identifying the problems/issues
- Create/raise awareness with clarity using common language across all discussions.
- Engage key community stakeholders to educate communities about the problem(s)/issue(s) being faced
- Foster relationships with communities and stakeholders (***good rapport goes a long way***)
- Get perspectives from others view the problem(s)/issue(s) and assess what their concerns are

# Development of a Community Action Plan

## **Mobilization Component focuses on:**

- Does anything currently exist to address problem(s)
- If nothing exists then immediately convene community stakeholders to understand the problem and possible needs
- Identify local resources
- Define: mission, vision and objectives
- Create an action framework

# Implementation Phase

- Create and put in place a structure such as a committee, board, or team
- Identify and agree on outcomes, goals, and objectives
- Develop a plan
- Create community awareness activities while disseminating strategies and programs to the community at large
- Create policy initiatives with clear recommendations for policy implications
- Continue to work on support for ongoing collaboration

# Evaluation Phase

The evaluation phase is in place to measure if what was agreed upon was actually accomplished.

- How did you do?
- What things worked versus those that didn't
- Create outcomes that you agree to be evaluated on
- Who will conduct the evaluation and how long will it take (**timeframe is key to inform future activities**)
- Assess the impact of the work done and what has worked including important strategies and programs

**Important: All phases of Community Action Planning are to include evaluation component**  
(regardless of structure)

# Community Action Planning Key Points

- Remember to always engage community stakeholders and continue building rapport to make your work more meaningful
- Education is Key
  - Informing and creating awareness in communities of the problem(s) identified
- All these phases can be completed as separate pieces or woven into the community action planning process.

# Overview:

## The East Harlem Partnership for Diabetes Prevention

- Collaboration between East Harlem Community residents and leaders and academic researchers from:
- Community-Based Participatory Research

# Overview:

## The East Harlem Partnership for Diabetes Prevention

- Community-Based Participatory Research
  - Identify a **problem** that the community is concerned about
  - Explore possible **solutions** to that problem
  - Develop one **strategy** that the community thinks will work the best
  - **Test** the strategy
  - If the strategy is successful, **expand** it to the broader community

# Overview:

## The East Harlem Partnership for Diabetes Prevention

- Project HEED (Help Educate to Eliminate Diabetes)
  - **Community:** East Harlem
  - **Problem:** Diabetes
  - **Solutions:** Find people who have pre-diabetes, and help them prevent getting diabetes. The best way to prevent diabetes is by losing weight.
  - **Strategy:** Help people lose weight by giving them a workshop on weight loss & healthy living.
  - **Test:** A pilot study of 100 people showed that the workshop helps people to lose weight.
  - **Expand:** That's what we are doing now!

# Overview:

## The East Harlem Partnership for Diabetes Prevention

- **Community:** Community Action Board
  - Composed of representatives from different institutions in East Harlem
  - Organizations represented: Union Settlement, Little Sisters, Boriken, Tenant Associations, etc.
  - Members include: Carlos Diaz, Barbara Brenner
    - ❖ Mt. Sinai School of Medicine
    - ❖ Union Settlement Association
    - ❖ Institute for Family Health

# Pre-Diabetes Prevention

- What is pre-diabetes?
  - Blood sugar levels higher than normal, but not yet at diabetes levels
- People who are overweight are at risk for having high blood sugars & getting diabetes
- Weight loss helps to reduce blood sugars and prevent diabetes
- We offer a peer-led workshop that teaches people *SMALL changes* they can make in their lives = *BIG changes* in their health

# Overview:

## The East Harlem Partnership for Diabetes Prevention

- **Target Population:**

- Adult (  $\geq$  18 years)
- East Harlem residents or participants in East Harlem Institutions
- At risk for developing diabetes

# Overview: Study Design

- If people have pre-diabetes they can be enrolled in the study and take the workshop
  - Half of people take the workshop immediately
  - Half of the people take the workshop after 1 year
- WHY?
  - So that we can make sure that this workshop helps people to lose weight

# Summary

- The East Harlem Community is concerned about Diabetes
- The best way to prevent diabetes is by losing weight
- Enroll now for free staff training
- Teaching workshops and helping people lose weight and stay healthy
- Sign up for a free workshop
- Project HEED was created by East Harlem for East Harlem

# Contact Information

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