



HEALTHY COMMUNITY

Making your community a better place to live.

What is a Healthy Community?

A Healthy Community is where people come together to make their community better for themselves, their family, their friends, their neighbors and others in their community.

A Healthy Community creates ongoing dialogue; generates leadership everywhere; shapes its future; embraces diversity; knows itself; connects people and resources; and fosters a sense of community.

What do Healthy Community Coalitions/Groups do?

Healthy Community coalitions/groups in Massachusetts, like communities the world over who have joined the Healthy Communities movement, work together on local issues that affect health and quality of life, such as:

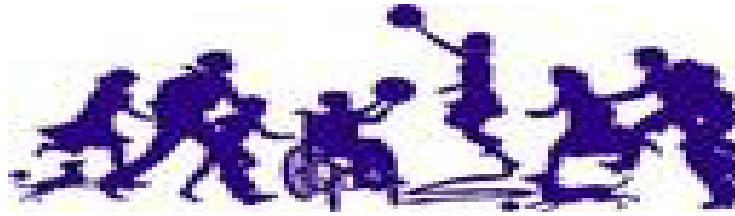
- Public health concerns such as heart disease, substance abuse & air quality;
- Housing and education;
- Youth development;
- Access to health/medical care;
- Child care and elder care;
- Recreation;
- A clean and healthy environment;
- A safe environment;
- Arts and cultural pursuits; and
- Transportation.

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 may be involved include:

- Municipal & local government and planners;
- Local business, industry, economic development
- Civic/cultural groups
- CHNAs
- Local residents
- Faith organizations
- Hospitals and health care organizations
- Health and social service organizations
- Youth groups/organizations
- Education
- Local newspapers, local radio and TV
- Community foundations
- Recreational groups and facilities
- The arts
- Grassroots organizations and
- Environmental organization



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; and
- Set goals to help the community build on its assets and become healthier.

2. Take Action

- Using the goals, the coalition/group sets priorities and develops a plan of action.
- The whole community works together with the coalition/group on the plan of action.
- The coalition/group reports on successful outcomes to the community.
- The process continues with the community building on its successes, setting new goals, initiating new activities and continuing the process of improvement.

For more information contact:

Western Massachusetts Center for Healthy Communities, 489 Whitney Ave. 2nd Flr.
Holyoke, MA 01040 Telephone: 413 540-0600
www.westernmasshealthycommunities.org

Central Massachusetts Regional Center for Healthy Communities, 44 Front St. suite 280
Worcester, MA 01608 Telephone: 800 820-0036
www.cmchc.org

Northeast Center for Healthy Communities
101 Amesbury St.
Lawrence, MA 01841 Telephone: 978 688-2323
www.massprev.org

Southeast Center for Healthy Communities
942 West Chestnut St.
Brockton, MA 02301 Telephone: 508 583-2350
www.brocktonpr.org

Regional Center for Healthy Communities (serving suburban Boston and Metrowest)
552 Massachusetts Ave second floor
Cambridge, MA 02139 Telephone: 617 441-0700
www.healthiercommunities.org

Greater Boston Regional Center for Healthy Communities 622 Washington Street, Dorchester, MA 02124 (617) 423-4337
www.tmfnet.org/rchc

Other Healthy Communities Entities:

Office of Healthy Communities, Mass Department of Public Health, 250 Washington Street, 2nd Floor, Boston, MA 02108 (617) 624-5476 www.state.ma.us/dph/ohc/reghealthcenters.html

Mass. Partnership for Healthy Communities, 622 Washington Street, Dorchester, MA 02124 (617) 451-0049 www.tmfnet.org/Partnership

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