



Sample Messages for #HealthyCommunities Social Media Storm for Facebook & Twitter

(Thursday, April 6, 2017 – 2 pm ET/11 am PT)

This social media kit provides 100+ messages that anyone can use during the April 6th storm for Facebook or Twitter. These messages were submitted by various national partners; however, none of these messages have been endorsed by all of the partners of this initiative. They are being shared simply as options for your consideration.



Pre-Event Promotional Messages

We all want to live in #healthycommunities. On Thurs 4/6, a Twitter Storm (2-3p ET) will share strategies to help make it a reality.

What are you doing to help build #healthycommunities? Share info during a 4/6 storm (2-3p ET). Sample messages: <http://bit.ly/2nOY0vt>

Social determinants make it tough to build #healthycommunities. Join our 4/6 storm (2-3p ET) and explore strategies to overcome this hurdle.

On 4/6, join our storm (2p ET) and share how you or your organization are working to build #healthycommunities. What approaches work?

Participate in a 4/6 storm (2p ET) to explore ways we can work to build #healthycommunities. Find sample messages at: <http://bit.ly/2nOY0vt>

Join a Storm on 4/6 (2-3p ET) to salute local heroes/progs that strive to build #healthycommunities. Sample messages: <http://bit.ly/2nOY0vt>

Getting Started & Finding Data

Form a coalition to focus on building a healthy community. Here's how to get started: <http://bit.ly/1Uct45q> #healthycommunities

This website offers access to a wealth of health data for 28 US cities. Is your city one of them? <http://bit.ly/2gSt7Gv> #healthycommunities

Rural towns don't have to fly solo. They can work together like this coalition has in Mass.: <http://bit.ly/2mFQsuD> #healthycommunities

Organizing a local coalition to improve health? These tips will help you plan the 1st meeting: <http://bit.ly/2lX7Jzr> #healthycommunities

This interactive map provides data on your county's health trends from #obesity to binge-drinking: <http://bit.ly/2ndAcnV> #healthycommunities

Health officials are learning how patients' social/financial needs shape their health outcomes <http://usat.ly/2le06n7> #healthycommunities

Want to improve adolescent health in your community? Find ways to engage and involve teens: <http://bit.ly/2mKu2st> #healthycommunities

Healthy Eating & Nutrition

Build #healthycommunities by using these 5 strategies to make fresh and healthy foods more widely available: <http://bit.ly/2n1g9bE>

Does your community offer incentives for groceries or farmers markets to enter underserved areas? <http://bit.ly/2ksLRNP> #healthycommunities

Parents survey: 27% rate kids' diet as somewhat or not healthy: <http://usat.ly/2mq4vDA> What steps can #healthycommunities take to help?

Interview school board candidates about food policy: that's what they did in LA <http://bit.ly/2leJL3U> #healthycommunities @GoodFoodLA

This group donates salad bars to schools, giving more kids access to fresh fruits and veggies:
<http://bit.ly/OW3Etq> #healthycommunities

How low- to moderate-income communities can develop financially sustainable farmers markets:
<http://bit.ly/2noOXoj> #healthycommunities

Schools & Health

School health centers are a way that schools and the local health system can team up to create
#healthycommunities <http://brook.gs/2m0Gl6W>

Here's why a leading foundation calls school nurses "the ticket" to #healthycommunities:
<http://rwjf.ws/205Noo8> @RWJF

How did one community in Michigan completely turn around their health & education systems?
#healthycommunities <http://salud.to/2lP4wVb>

Infographic: Latino kids have less access to healthier foods in schools than white kids.
#healthycommunities <http://salud.to/2iNjTJw>

In King County, WA a partnership btw schools, public health and local community achieved real progress. Learn more: <http://bit.ly/2mtDXkl> #healthycommunities

What role can schools play to help reduce childhood #obesity? See p. 17 of this strategy guide:
<http://bit.ly/2n0BhyP> #healthycommunities

How a Latino-majority middle school in Southern Calif. transformed itself into a place where health is truly valued: <http://bit.ly/2neSnCK> #healthycommunities

In Michigan, nearly 150 schools are participating in an initiative to create #healthycommunities:
<http://bit.ly/2n1fp6f> @BCBSM

School Nurses Assoc: Teens' mental health "is as critical to academic success" as physical health: <http://bit.ly/2n1eOSd> #healthycommunities

West Va. holds KidStrong, an annual conf. that enables educators and health professionals to share insights <http://bit.ly/1TKDYtA> #healthycommunities

Obesity & Physical Activity

Video: Strategies for creating "active spaces" for physical activity in Latino communities:
<http://bit.ly/2lcZl1K> #healthycommunities

Infographic: Two strategies for making parks safer and more accessible for children and teens:
<http://bit.ly/2lrJKGL> #healthycommunities

Latino leaders have galvanized efforts to prevent #obesity in their communities:
<http://bit.ly/2mPF1mb> #healthycommunities

Estrategias prometedoras para reducir la obesidad en la comunidad Latina:
<http://bit.ly/2mPF1mb> #healthycommunities

This tool-kit helps engage faith-based orgs in efforts to encourage physical activity to create
#healthycommunities: <http://bit.ly/2mXPk6a>

Preventing childhood #obesity means schools play a key role. See p. 17 of this strategy guide:
<http://bit.ly/2n0BhyP> #healthycommunities

Infographic: Latino kids have fewer safe places to play than their white peers.
#healthycommunities <http://salud.to/2mUatgR>

Los niños latinos consumen más bebidas azucaradas que los niños no latinos.
#healthycommunities <http://salud.to/2ncZqSu>

Reducing #obesity by curbing TV and computer screen time: here's how to do it and potential
partners <http://bit.ly/2mPKWrq> #healthycommunities

Diabetes

PowerUp is inspiring positive change to encourage healthier eating and reduce diabetes:
<http://bit.ly/2mUhUHk> #healthycommunities

Answering these Q's (p. 25) can help you plan a community activity to raise #diabetes
awareness: <http://bit.ly/2neWYLO> #healthycommunities

Clinic & community partnerships can improve the services/supports people need to manage
#diabetes: <http://bit.ly/2mzkLMU> #healthycommunities

Learn about Project Power and other strategies to prevent #diabetes in the black community:
<http://bit.ly/1LyDplJ> #healthycommunities

Use these resources to recruit advocates for people w/diabetes and strengthen prevention efforts:
<http://bit.ly/2mzbcnf> #healthycommunities

Alcohol & Substance Abuse

N. Carolina wants to reduce under-age drinking. Here are 3 key challenges they face to building #healthycommunities: <http://bit.ly/2mQ1LlX>

Under-age drinking accounts for 1 out of 9 #alcoholic drinks: <http://bit.ly/2mu4D4s> Building #healthycommunities requires we address it.

Learn the 5 key elements for developing an effective community plan to prevent #substanceabuse: <http://bit.ly/2mdQAUA> #healthycommunities

The opioid epidemic is worsening: <http://econ.st/2mxxSaI> Community collaboration is a key to turn the tide. #healthycommunities #opioids

Use this resource page to find stories, strategies and tools about preventing #substanceabuse <http://bit.ly/2no5pFs> #healthycommunities

Mass. communities have reduced opioid overdoses. Watch videos of diverse partners in the project: <http://bit.ly/2mKtF1f> #healthycommunities

Why should you do a community assessment of Rx abuse issues and what does it take? <http://bit.ly/2m1gzPV> @CADCA #healthycommunities

Poverty & Social Determinants

>1 in 6 kids live in poverty. We need to #EndChildPoverty & #InvestInKids to build #healthycommunities: <http://bit.ly/2mNVvJ0> #healthycommunities

The conditions in which you live, learn, work or age affect your health. These factors = social determinants: #healthycommunities

The Public Health 3.0 movement devises strategies that recognize the role of social determinants: <http://bit.ly/2nEcRfw> #healthycommunities

New Orleans officials worked w/groups reflecting all social determinants to improve health: <http://rwjf.ws/2ntq2iN> #healthycommunities

A new report shows the benefits of economically diverse neighborhoods for #Latinos. #healthycommunities <http://salud.to/2noSweb>

Income, health and employment disparities are growing in LA! #healthycommunities <http://salud.to/2lV9WL3>

Poverty is a driver of poor health. Long-term solutions need to include ways to address this: <http://bit.ly/1Q4yw2o> #healthycommunities

Maternal & Child Health

Visits by #healthheroes can turn good intentions into good parenting: <http://bit.ly/2nXzqYU> #homevisitingworks #healthycommunities #MIECHV

1 in 7 kids in US have asthma. It is the most common chronic disease in kids & can be fatal w/o treatment. #InvestInKids #healthycommunities

Home visitors promote maternal health by helping moms schedule doctor's visits and improve diets: <http://bit.ly/1NfIK1b> #healthycommunities

Balt. health officials worked successfully with a nonprofit to reduce the city's infant death: <http://ow.ly/U0FK30a7Ie0> #healthycommunities

#MIECHV #Homevisiting programs empower families & lay foundations for #healthycommunities. Find out more: <http://ow.ly/RTqJ30a5iUJ>

A Tenn. hospital reduced serious #asthma attacks through education and a high-risk registry: <http://bit.ly/2ntDzXC> #healthycommunities

Visits by #healthheroes can turn good intentions into good parenting: <http://bit.ly/2nXzqYU> #homevisitingworks #healthycommunities #MIECHV

Soda & Sugar-Sweetened Beverages

A "No Soda" challenge could help build #healthycommunities. A Latino group organized one in Austin, TX: <http://bit.ly/2nJlMZ0>

This mom started a petition urging supermarkets to stop putting soda/candy in the checkout area: <http://bit.ly/2k3Ve4o> #healthycommunities

Good news: soda consumption is down. The bad? Avg. person drinks 426 12-oz servings in a year! <http://abcn.ws/1RP2pes> #healthycommunities

In Berkeley, CA, sugary drink consumption fell 21% in low-income areas after #sodatax began: <http://bit.ly/2n3L7Qn> #healthycommunities

Sports drinks are a bad choice. They typically are very high in sugar. Learn more: <http://bit.ly/29eoEWc> #healthycommunities

Natural fruit juice sounds healthy, but it contains a lot of sugar too. Water is the best choice.
<http://bit.ly/29FCkyn> #healthycommunities

Tobacco & Cigarettes

Study: Black neighborhoods tend to have more stores selling cigarettes and tobacco products:
<http://reut.rs/2mI1C0O> #healthycommunities

The growth of flavored tobacco products undermine efforts to reduce youth tobacco use:
<http://bit.ly/2nteysY> #healthycommunities

Nearly 2/3 of Americans live in #healthycommunities w/smoke-free rules for bars & restaurants.
Does your community? <http://bit.ly/2nLS5Yn>

Start planning now for events in your community to coincide with next year's Kick Butts Day:
<http://bit.ly/2nLRNAq> #healthycommunities

Two states and at least 220 cities and counties in the U.S. have raised the tobacco age to 21:
<http://bit.ly/2nEpLKs> #healthycommunities

Tobacco is the No. 1 cause of preventable death. Reducing use will help us create
#healthycommunities: <http://bit.ly/2nEpLKs>

A free texting program can help you quit smoking. Let's build #healthycommunities.
<http://salud.to/2mPHgCY>

Get bilingual texts to help you quit smoking. Let's build #healthycommunities.
<http://salud.to/2nmWCIZ>

Behavioral/Mental Health

In Vermont, community agencies have joined forces to address behavioral health needs:
<http://bit.ly/2ljwZml> #healthycommunities

Children should have access to mental health services through the schools they attend
<http://wapo.st/2lYbdoN> #healthycommunities

VIDEO: Using data is crucial to develop a plan that helps to prevent #suicide in your
community: <http://bit.ly/29fE9IH> #healthycommunities

A new program @Fresno_State trains students to help #Latinos overcome mental health barriers.
#healthycommunities <http://salud.to/2nNW3Pp>

Researchers identify new tools to help diagnose Latino mental health issues.
#healthycommunities <http://salud.to/2hNMLnJ>

Town halls in rural Colorado revealed that behavioral health was “at the top of the list” of needs
<http://bit.ly/2krZ48Z> #healthycommunities

Communities can learn lessons from #suicide survivors that inform their prevention strategies:
<http://bit.ly/2amH0H9> #healthycommunities

School Nurses Assoc: Teens’ mental health “is as critical to academic success” as physical health: <http://bit.ly/2n1eOSd> #healthycommunities

Parks & Playgrounds

What is a “pocket park” and how does creating one help build #healthycommunities?
<http://bit.ly/2mR2NML>

Cities like Baltimore are partnering with communities to preserve green space and pocket parks:
<http://bit.ly/2nGmOVF> #healthycommunities

Do local schools lock up playground or similar facilities after school? Seek an “open use” policy:
<http://bit.ly/2m609Gf> #healthycommunities

10 steps for creating a pocket park or green space in your community: <http://bit.ly/2nc9Lim>
@kibiorg #healthycommunities

Read about 3 communities that successfully added or preserved green space:
<http://bit.ly/2mR2NML> #healthycommunities

Health Coverage & Access

This tool-box helps to build #healthycommunities by addressing barriers that limit access to health services: <http://bit.ly/2mpJWfc>

This Center aims to ensure consumers have a voice in policy decisions and their own health care:
<http://bit.ly/2n1HHLR> #healthycommunities

Since 1997, #CHIP has reduced the number of kids w/o health coverage in the U.S., in economic ups & downs. #healthycommunities #InvestInKids

Rural residents often face barriers to health care that limit their ability to get the care they need:
<http://bit.ly/2lvaFT6> #healthycommunities

Thanks to #CHIP, #Medicaid & #ACA only 4.8% of kids were uninsured in 2016, which was an all-time low #InvestInKids #healthycommunities

Mobile medical programs can help residents in rural areas get the health services they need: <http://bit.ly/2nfTYPg> #healthycommunities

#Medicaid offers reimbursement for #asthma interventions in homes, schools & communities: <http://ow.ly/rYWu30a5cwn> #healthycommunities

Oral Health & Fluoridation

Fluoridation is a strategy #healthycommunities use to prevent tooth decay by adding #fluoride to drinking water: <http://bit.ly/2fxJjsh>

Have you heard this myth? “I use #fluoride toothpaste so I don’t need to drink fluoridated water” <http://bit.ly/1AyaQSD> #healthycommunities

Many communities add #fluoride to their water, but do you know how this prevents cavities? <http://bit.ly/1Obl4iS> #healthycommunities

Black health & medical leaders explain why they support community water fluoridation <http://bit.ly/1AV1yg2> #healthequity #healthycommunities

Ending water fluoridation in a Florida community imposed new costs on local families: <http://bit.ly/12syd02> #healthycommunities

Oral #healthequity begins w/fluoridation. Download these posters and use in local health settings: <http://bit.ly/29DL8q0> #healthycommunities

Critics of #fluoride exploit “fading memories of what life was like” b4 water fluoridation began <http://bit.ly/1mskssM> #healthycommunities

Use this community tool-kit to educate others about water #fluoridation: <http://bit.ly/29Q0HYy> #healthycommunities

Latinas can’t afford to ignore dental care. Let’s build #healthycommunities. <http://salud.to/2nJwvGS>

5 steps to the “Dental Health Nightmare” for #Latinos! Let’s build #healthycommunities <http://salud.to/2o4xYnB>

Editorial: Fluoridation’s health benefits “are particularly strong for lower-income residents” <http://bit.ly/1KdvDvR> #healthycommunities

Environment & Climate Change

Climate change can affect health in many ways, including food access and respiratory disease: <http://bit.ly/2mzjIm9> #healthycommunities

Increased heat stroke is one of many reasons why #climatechange is a public health issue: <http://bit.ly/2n43BQE> #healthycommunities

Minn.'s largest county helped start the "Cool County" initiative and has reduced its energy use: <http://bit.ly/2mUhd0p> #healthycommunities

How does climate change affect human health? Through droughts, air quality and other ways: <http://bit.ly/RoTsL5> #healthycommunities

Walkable & Bikable Communities

Crosswalks should be signed to raise awareness. Get other tips for creating more walkable and #healthycommunities here: <http://bit.ly/2m1Wh98>

These "traffic calming" strategies can make a community friendlier to pedestrians and bicyclists: <http://bit.ly/2ntKTA1> #healthycommunities

These photos show the potential to turn streets into safe and inviting spaces for #healthycommunities: <http://bit.ly/2m1MDDu>

Being an effective crossing guard requires tips and training. This resource sheet can help: <http://bit.ly/2n1qZhE> #healthycommunities

Crime & violence prevention strategies for safer streets & sidewalks. Let's build #healthycommunities. <http://salud.to/2nmOcem>

Silent barriers to biking exist in communities of color. Let's build #healthycommunities. <http://salud.to/2mst8nK>

At what age can children walk safely to school by themselves? <http://bit.ly/1IL1lQI> #healthycommunities

Violence Prevention

San Bernardino leaders are learning insights from other Calif. cities on how to reduce gun violence: <http://bit.ly/2nsWfa7> #healthycommunities

Afterschool programs engage teens and keep them safe. Here are tips for funding these programs: <http://bit.ly/2nX0lDW> #healthycommunities

A new tool measures neighborhoods' trust in NYC police so officials can take steps to rebuild it:
<http://bit.ly/2nf9hHP> #healthycommunities

A coalition to end domestic violence advises shelters not to impose rules that mimic the behavior of abusers: <http://bit.ly/2n7duNj> #healthycommunities

Coordinated efforts by police and the community can discourage youth from joining gangs:
<http://bit.ly/2fWthew> #healthycommunities

A Calif. city used town halls to hear community concerns about policing. Feedback has driven real change: <http://bit.ly/2n1sSJv> #healthycommunities

Native American/Alaska Native Health Challenges

American Indian and Alaska Natives have a #diabetes rate that is nearly 3x higher than the rate for other Americans: <http://bit.ly/2ghmDAh> #healthycommunities

Cherokee Choices is a #diabetes prevention program that is having success. Learn more about it: <http://bit.ly/2n0PidJ> #healthycommunities

For Native Americans, access to emergency/urgent care is often limited. Access is crucial to build #healthycommunities: <http://n.pr/1qHrITO>

How to build trust in tribal communities for #substanceabuse strategies. Learn more (p. 57): <http://bit.ly/2nDsDau> #healthycommunities

This resource guide shares promising practices for suicide prevention among #NativeAmerican people: <http://bit.ly/2nDAXqY> #healthycommunities

Public Libraries & Raising Literacy

How local libraries can improve health literacy and help advance the goal of building #healthycommunities: <http://bit.ly/2nxb88B>

Health officials aim to make Philadelphia's libraries hubs of health info for city residents: <http://bit.ly/2bmtT9p> #healthycommunities

Effective communication about health recognizes and bridges cultural differences: <http://bit.ly/2nxcnoe> #healthycommunities

Do local health dept. staff use plain language to improve the public's health literacy? <http://bit.ly/2nt1Uxm> #healthycommunities

Libraries have broad missions. The St. Louis Co. Library's free summer lunch prog. is one example: <http://bit.ly/2mlW8gK> #healthycommunities

This medical center has a library where patients can learn more about their health issues: <http://bit.ly/1rI7fPq> #healthycommunities



Pre-April 6 Promotional Messages

On April 6th, share how you or your organization are working to build #healthycommunities. What approaches are working? How tough was it to find partners?

We all want to live in #healthycommunities. On Thursday, April 6, a Facebook Storm will share strategies to help make it a reality. Join us and post a message on your FB page. Consider using these sample messages: <http://bit.ly/2nOY0vt>

What are you or your organization doing to make your community a healthier place to live? Share that info on your FB page on Thursday, April 6. Use #healthycommunities in your message.

Join our Facebook Storm on April 6 to shine a light on local heroes and programs that are helping to build #healthycommunities. Use any of these sample messages: <http://bit.ly/2nOY0vt>

Social determinants hinder efforts to build #healthycommunities. An April 6th Facebook Storm will explore strategies to overcome this hurdle. Join us and use any of these sample messages: <http://bit.ly/2nOY0vt>

Overarching Data & Strategies

A Colorado foundation has used listening tours to allow rural residents to define their health priorities and “own” their priorities. #healthycommunities
<https://www.ruralhealthinfo.org/rural-monitor/karen-mcneil-miller-interview>

Looking to improve adolescent health in your community? Find ways to engage and involve teens in your initiative. You'll learn valuable lessons. #healthycommunities
<http://www.youthempowerededsolutions.org/about/>

Can one map tell you which counties have the lowest life expectancy and the highest rates of binge drinking? This one can. #healthycommunities
<https://ww2.kqed.org/futureofyou/2017/03/15/health-data-broken-down-by-neighborhood-yep-here-it-is-in-a-map/>

Running a national health initiative? Ask people at the community level for a “personal impact story” (how their health and lives were changed by participating). #healthycommunities

This website offers access to a wealth of health data for 28 cities. Is your city one of them? #healthycommunities
<http://www.bigcitieshealth.org/city-data/>

A Boston program addresses disparities in heart disease by hiring and training patients who have improved their own cardiovascular health to be Health Ambassadors. #healthycommunities
<https://tuftshealthplan.com/about-us/in-the-news/2015/local-organizations-create-innovative-programs>

New Mexico’s largest city developed a 5-year strategic plan to promote worksite wellness programs. #healthycommunities
<https://www.cabq.gov/humanresources/documents/BetterHealthStrategicPlan20122017FINAL.pdf>

Immigrant and refugee communities have unique health needs. This guide offers examples of successful programs from Maine to California for engaging these communities. #healthycommunities
http://www.promoteprevent.org/sites/www.promoteprevent.org/files/resources/strategies_for_engaging_immigrant_and_refugee_families_2.pdf

Schools & Health

Are school nurses “the ticket” to building #healthycommunities? Here’s why a leading foundation thinks so:
http://www.rwjf.org/en/culture-of-health/2016/05/why_school_nursesar.html

How did one community in Michigan completely turn around their health & education systems? #healthycommunities
<https://www.communitycommons.org/groups/salud-america/changes/149492/?preview=true>

Infographic: Latino kids have less access to healthier foods in schools than white kids. #healthycommunities
<https://www.communitycommons.org/wp-content/uploads/2015/05/HealthierSchools-Food.jpg>

In King County, Wash., schools teamed up with public health officials and families to improve health. Collaboration helps to build #healthycommunities!
http://www.communityschools.org/assets/1/workflow_staging/AssetManager/1077.PDF

School health centers can be a good avenue for schools and local health systems to work together to build #healthycommunities

<https://www.brookings.edu/research/school-centered-approaches-to-improve-community-health-lessons-from-school-based-health-centers/#.V4z22BNt8aw.twitter>

How a mostly Latino middle school in Southern Calif. transformed itself into a place where health is truly valued. #healthycommunities

<http://www.saludtoday.com/latino-middle-school-transforms-one-americas-healthiest-schools/>

In Michigan, nearly 150 schools are participating in an initiative to create #healthycommunities:

<http://www.mibluesperspectives.com/news/nearly-150-schools-statewide-to-join-innovative-health-and-wellness-based-building-healthy-communities-program/>

Healthy Eating & Nutrition

How cool is this? An organization that donates salad bars to schools, giving more kids access to fresh fruits and vegetables. #healthycommunities

<http://www.saladbars2schools.org/>

These 5 strategies can help build #healthycommunities by making fresh and healthy foods more widely available.

<https://www.communitycommons.org/2013/10/five-strategies-healthy-food-retail/>

Offering incentives is one way for a community to encourage supermarkets or farmers markets to locate in underserved areas. #healthycommunities

<https://www.cdc.gov/obesity/strategies/healthy-food-env.html>

Interview your local school board candidates about food policy. That's what they did in Los Angeles. #healthycommunities

<http://goodfoodla.org/2017/02/14/lausd-school-board-candidates-weigh-in-on-food-policy/>

Developing sustainable farmers markets in low- to moderate-income communities isn't impossible. See the recommendations in this guide. #healthycommunities

<https://www.pps.org/wp-content/uploads/2013/02/RWJF-Report.pdf>

Obesity & Physical Activity

What steps can rural communities take to prevent childhood #obesity? This guide offers strategies for building #healthycommunities.

<http://www.ashaweb.org/wp-content/uploads/2014/08/Childhood-Obesity-Prevention-Strategies-for-Rural-Communities.pdf>

Latino leaders have galvanized efforts to prevent #obesity in their communities.

#healthycommunities

<http://www.phi.org/news-events/451/promising-strategies-for-reducing-obesity-in-the-latino-community>

One strategy for preventing obesity is to reduce TV and computer screen time. Here is how to approach it and potential partners to work with. #healthycommunities

<http://www.astho.org/Programs/Evidence-Based-Public-Health/Policy-Planning-Tools/Action-Sheet--Preventing-Obesity-Through-Reduced-Screen-Time-Interventions/>

This tool-kit helps engage faith-based orgs in efforts to encourage physical activity to create #healthycommunities.

<https://letsmove.obamawhitehouse.archives.gov/faith-communities-toolkit>

Infographic: Latino kids have fewer safe places to play than their white peers.

#healthycommunities

<https://www.communitycommons.org/wp-content/uploads/2015/05/ActiveSpaces-SafeNeighborhoods.jpg>

Los niños latinos consumen más bebidas azucaradas que los niños no latinos.

#healthycommunities

<http://www.saludtoday.com/investigacion-los-ninos-latinos-consumen-mas-bebidas-azucaradas-que-los-ninos-no-latinos-de-todas-las-edades/>

Diabetes

PowerUp is inspiring positive change to encourage healthier eating and reduce diabetes.

#healthycommunities

<http://spectrum.diabetesjournals.org/content/26/3/165>

Answering 13 questions (p. 25) can help you develop a community activity to raise awareness of diabetes. #healthycommunities

https://www.orau.gov/cdcynergy/soc2web/Content/activeinformation/media/posters/DB_Planning a Diabetes Activity for Your Community.pdf

Clinic and community partnerships can improve the services and supports that people need to manage their diabetes. #healthycommunities

http://www.diabetesinitiative.org/documents/Partnership_1-17-07.pdf

Learn about Project Power and other initiatives to prevent #diabetes in the African American community. #healthycommunities

<http://www.diabetes.org/in-my-community/awareness-programs/african-american-programs/>

Want to do more to prevent #diabetes in your community? The American Diabetes Association may have a local office near you. #healthycommunities
<http://www.diabetes.org/in-my-community/local-offices/>

Use these resources to recruit advocates for people with diabetes and strengthen prevention efforts. #healthycommunities
<http://www.diabetes.org/advocacy/advocate-toolkit/#recruit>

Alcohol & Substance Abuse

North Carolina is working to reduce under-age drinking. Here are 3 challenges they're focusing on as they strive to build #healthycommunities:
<http://www.youthempowerededsolutions.org/what-we-do/initiatives/substance-abuse-prevention/alcopops/>

Communities in Massachusetts have reduced opioid overdoses. Check out videos from diverse partners who play key roles in striving for #healthycommunities.
<http://masstapp.edc.org/opioid-overdose-prevention>

Under-age drinking accounts for 1 out of every 9 alcoholic beverages. We must address this issue to build #healthycommunities.
<https://www.samhsa.gov/underage-drinking-topic/stop-act-legislation>

Use this resource page to find stories, strategies and tools about preventing substance abuse. #healthycommunities
<https://www.samhsa.gov/capt/tools-learning-resources>

Doing a community assessment of Rx abuse issues can be a helpful tool. Here's how it works. #healthycommunities
<http://www.preventrxabuse.org/facts-tools/how-to-conduct-a-community-assessment-on-rx-abuse/#.WMm1ZFMrLbh>

Poverty & Social Determinants

Poverty is a driver of poor health. Long-term solutions need to include ways to address this so we can build #healthycommunities.
<https://www.cdhp.org/blog/397-poverty-a-driver-of-poor-health>

Infographic: The conditions in which you live, learn, work or age affect your health. These factors are called social determinants. #healthycommunities
<http://thenationshealth.afhapublications.org/site/Images/NH-HousingSDOHInfographic-Small.jpg>

Many factors affect health and well-being. A new report shows the benefits of economically diverse neighborhoods for Latinos. #healthycommunities
<http://www.communitycommons.org/groups/salud-america/resources/151688/?preview=true>

The Public Health 3.0 movement devises strategies that recognize the role social determinants play in making it tougher to build #healthycommunities.
<https://storify.com/APHA/social-determinants>

New Orleans health officials partnered with groups reflecting all of the social determinants to take steps that improved the city's health ranking. #healthycommunities
<http://www.rwjf.org/en/library/articles-and-news/2013/02/new-orleans--louisiana--2013-roadmaps-to-health-prize.html>

>1 in 6 children lives in poverty. We need to #EndChildPoverty & #InvestInKids to build #healthycommunities.
<http://www.childpovertyusa.org/>

Maternal & Child Health

During and after pregnancy, home-visiting programs promote maternal health by helping mothers schedule doctor's visits and improve diets. #healthycommunities
<http://childandfamilyresearch.org/publications/top5benefits-of-home-visiting/>

A Memphis hospital reduced serious asthma attacks by creating a high-risk asthma registry and educating the community. #healthycommunities
<https://blog.epa.gov/blog/2015/05/community-based-programs-are-key-to-addressing-asthma-triggers/>

In Columbus, Ohio, officials launched a plan to improve birth outcomes and reducing racial disparities in infant mortality. #healthycommunities
<https://www.columbus.gov/publichealth/programs/Infant-Mortality-Overview/Ohio-Equity-Institute/>

Mothers are the primary caretakers at home. So when a mother's health is compromised, kids can suffer the consequences. Let's build #healthycommunities.

Visits by #healthheroes can turn good intentions into good parenting. #healthycommunities
<http://homevisitingcoalition.com/stories/>

1 in 7 kids in US have asthma. It is the most common chronic disease in kids & can be fatal w/o treatment. #InvestInKids #healthycommunities

In Baltimore, the city health department has partnered successfully with a local group to lower two of the leading causes of infant death. #healthycommunities
<http://health.baltimorecity.gov/maternal-and-child-health/bmore-healthy-babies>

Soda & Sugar-Sweetened Beverages

Start a “No Soda” challenge in your community. A Latino group organized one in Austin, Texas. #healthycommunities

<http://www.saludtoday.com/latino-students-families-urged-to-join-no-soda-challenge/>

In Berkeley, California, sugary drink consumption fell 21% in low-income areas after the city approved a soda tax. #healthycommunities

<http://www.calendow.org/support-soda-tax-grows/>

This Michigan mom started a petition urging local grocery stores to stop putting soda/candy in the checkout area.

<https://www.communitycommons.org/groups/salud-america/changes/a-mom-sparks-debate-about-unhealthy-checkout-lanes/>

The good news: Soda consumption is at its lowest in 30 years. The bad news? The average American still drinks 426 (12-oz) servings of soda! #healthycommunities

<http://abcnews.go.com/Business/us-soda-consumption-lowest-level-30-years/story?id=38036424>

Tobacco & Cigarettes

The growth of flavored tobacco products (including e-cigarettes) undermine efforts to reduce youth tobacco use and build #healthycommunities

<http://www.tobaccofreekids.org/microsites/flavortrap/>

Most Americans live in #healthycommunities that have strong smoke-free rules for bars and restaurants to prevent the harms of secondhand smoke. Does your community?

http://www.tobaccofreekids.org/research/factsheets/pdf/0144.pdf?utm_source=factsheets_finder&utm_medium=link&utm_campaign=analytics

New study shows black neighborhoods and those with high poverty rates have more stores selling cigarettes and tobacco products. #healthycommunities

<http://www.reuters.com/article/us-health-tobacco-race-disparities-idUSKBN16N2VR>

Start planning now for events in your community to coincide with next year’s Kick Butts Day. #healthycommunities

<https://www.kickbuttsday.org/about/>

Two states and at least 220 cities and counties in the U.S. have raised the tobacco age to 21. #healthycommunities

http://www.oregonlive.com/pacific-northwest-news/index.ssf/2017/03/legal_age_to_purchase_tobacco.html

Tobacco is the No. 1 cause of preventable death. Reducing tobacco use will help us create #healthycommunities.

http://www.oregonlive.com/pacific-northwest-news/index.ssf/2017/03/legal_age_to_purchase_tobacco.html

A free texting program can help you quit smoking. Let's build #healthycommunities.

<http://www.saludtoday.com/quitxt-quit-smoking-service/>

Get bilingual texts to help you quit smoking. Let's build #healthycommunities.

<http://www.saludtoday.com/get-bilingual-texts-to-help-you-quit-smoking/>

Behavioral/Mental Health

In Vermont, community agencies have joined forces to address behavioral health needs. Learn more. #healthycommunities

<https://www.ruralhealthinfo.org/rural-monitor/vermont-care-network>

VIDEO: Using data is crucial to develop a plan that will help reduce the risk of #suicide in your community. #healthycommunities

<http://www.sprc.org/video/data>

Communities can learn important lessons from #suicide attempt survivors that can inform their strategies for prevention. #healthycommunities

<http://www.sprc.org/video/attempt-survivors>

A new program at Fresno State Univ. trains students to help Latinos overcome mental health barriers. #healthycommunities

<https://www.communitycommons.org/groups/salud-america/changes/new-program-trains-students-to-assist-latinos-with-mental-health-questions/>

Researchers identify new tools to help diagnose Latino mental health issues.

#healthycommunities

<https://www.communitycommons.org/groups/salud-america/changes/143311/?preview=true>

The largest organization of school nurses says that students' mental health "is as critical to academic success as physical well-being." Let's build #healthycommunities!

<https://www.nasn.org/PolicyAdvocacy/PositionPapersandReports/NASNPositionStatementsFullView/tabid/462/ArticleId/36/Mental-Health-of-Students-Revised-June-2013>

Parks & Playgrounds

What is a "pocket park" and how does creating one help build #healthycommunities?

<https://www.nrpa.org/contentassets/f768428a39aa4035ae55b2aaff372617/pocket-parks.pdf>

Follow these 10 steps for creating a pocket park or green space in your community.

#healthycommunities

<http://www.kibi.org/how-to-guide-for-creating-pocket-park-and-greenspace-projects/>

Do your local schools lock up their playground or recreational facilities when the school day ends? Seek an “open use” policy. #healthycommunities

<http://www.saludtoday.com/tell-state-pta-get-schools-share-playgrounds/>

Read about 3 communities that took successful steps to add or preserve green space. It’s another way to build #healthycommunities.

<https://www.nrpa.org/contentassets/f768428a39aa4035ae55b2aaff372617/pocket-parks.pdf>

Cities like Baltimore are partnering with communities to preserve green space and pocket parks.

#healthycommunities

<http://baltimoregreenspace.org/>

Health Coverage & Access

This tool-box helps to build #healthycommunities by addressing barriers that limit access to health services.

<http://ctb.ku.edu/en/table-of-contents/implement/improving-services/access-health-and-community-services/main>

This Center aims to engage consumers and ensure they have a voice in policy decisions and their own health care. #healthycommunities

<http://www.communitycatalyst.org/initiatives-and-issues/initiatives/center-for-consumer-engagement-in-health-innovation/full-description>

Medicaid offers reimbursement for asthma interventions in homes, schools & communities.

#healthycommunities

<http://www.childhoodasthma.org/resources/>

Rural residents often face barriers to health care that limit their ability to get the care they need.

#healthycommunities

<https://www.ruralhealthinfo.org/topics/healthcare-access>

Since 1997, the CHIP program has reduced the number of kids without health coverage in the U.S., in both economic “up” and “down” times. #healthycommunities

<https://firstfocus.org/resources/fact-sheet/key-facts-about-the-chip-program/>

Mobile vans and telemedicine programs can help residents in rural areas get the health services they need: #healthycommunities

<https://www.ruralhealthinfo.org/community-health/project-examples/711>

Oral Health & Fluoridation

Many communities add #fluoride to their water, but do you know how this prevents cavities and builds #healthycommunities?

<http://ilikemyteeth.org/wp-content/uploads/2014/10/HowFlWorks-infographic-ENG.pdf>

Oral health equity begins with fluoridation. Download these posters and display them in clinics and other local health settings to raise awareness. #healthycommunities

<http://ilikemyteeth.org/learn-and-share/health-equity-begins-fluoridation/>

Fluoridation is a strategy #healthycommunities use to prevent tooth decay by adding #fluoride to drinking water. It reduces tooth decay by 25%.

<https://www.cdc.gov/fluoridation/index.html>

Black health and medical leaders explain why they support community water fluoridation as a measure to help build #healthycommunities.

<https://s3-us-west-2.amazonaws.com/cdhp-fluoridation/African+Amer+Experts+Talk+CWF.pdf>

Some people mistakenly believe that using fluoride toothpaste means they don't need to drink fluoridated water. Get the facts. #healthycommunities

<http://ilikemyteeth.org/fluoridation/fluoride-toothpaste/>

Use this community tool-kit to educate others about water fluoridation and help us build #healthycommunities.

<http://fluoridationtoolkit.org/toolkit/overview/>

Ending water fluoridation in a Florida community imposed new costs on local families.

#healthycommunities

<http://ilikemyteeth.org/cost-fluoridation/>

Critics of fluoride exploit “fading memories of what life was like” before water fluoridation began. Don't let them mislead your community. #healthycommunities

<http://ilikemyteeth.org/boston-globe-teaches-love-water-fluoride/>

Latinas can't afford to ignore dental care. Let's build #healthycommunities.

<http://www.saludtoday.com/latinas-cant-afford-to-ignore-dental-care/>

5 steps to the “Dental Health Nightmare” for #Latinos! Let's build #healthycommunities

<http://www.saludtoday.com/5-steps-to-end-dental-health-horrors-among-latinos/>

Environment & Climate Change

Climate change is posing a challenge to our goal of #healthycommunities. It affects human health in many ways, including food access and respiratory disease.

<https://www.cdc.gov/climateandhealth/effects/default.htm>

Increased heat stroke is one of many reasons why #climatechange is a public health issue.
#healthycommunities
https://www.cdc.gov/climateandhealth/pubs/extreme-heat-final_508.pdf

Minnesota's most populated county helped start the "Cool County" initiative and has reduced its energy use. Learn more. #healthycommunities
<http://www.hennepin.us/your-government/projects-initiatives/cool-county>

How does climate change affect human health? Through droughts, lower air quality and food-borne bacteria. #healthycommunities
<http://nca2014.globalchange.gov/highlights/report-findings/human-health>

Rural communities are dependent on natural resources that will be affected by climate change.
#healthycommunities
<http://nca2014.globalchange.gov/highlights/regions/rural-communities>

Walkable & Bikable Communities

Crosswalks should be signed to raise awareness. Get other tips for creating more walkable and #healthycommunities here:
<https://www.iowaeconomicdevelopment.com/userdocs/programs/CompleteStreetsGuide.pdf>

This guide provides "traffic calming" strategies to make your community more pedestrian- and bicycle-friendly. #healthycommunities
<http://agefriendlysarasota.org/wp-content/uploads/2015/04/AARP-Traffic-Calming-Fact-Sheet.pdf>

These photos show the potential for turning traffic-heavy streets into safe and inviting spaces for #healthycommunities:
<http://www.walklive.org/photo-visions/>

Being an effective crossing guard requires tips and training. This resource sheet can help.
#healthycommunities
http://www.njmel.org/images/Safety/Crossing_Guards/SD_Bulletin_School_Crossing_Guard_Safety_August_2016.pdf

Crime and violence prevention strategies for safer streets and sidewalks. Let's build #healthycommunities.
<https://www.communitycommons.org/groups/salud-america/resources/taking-back-the-streets-and-sidewalks-how-safe-routes-to-school-and-community-safety-initiatives-can-overcome-violence-and-crime/>

Silent barriers to biking exist in communities of color. Let's address those barriers and build #healthycommunities.
<https://www.communitycommons.org/groups/salud-america/resources/silent-barriers-to-biking-in-communities-of-color/>

At what age can children walk safely to school by themselves? #healthycommunities
<http://www.saferoutesinfo.org/program-tools/what-age-can-children-walk-school-themselves>

Violence Prevention

These resources can help your community use reconciliation to allow police and urban residents to air grievances and address issues that prevent both sides from moving toward their shared goal: safe and #healthycommunities.

<https://nnscommunities.org/our-work/innovation/racial-reconciliation>

Healthy communities learn from each other. San Bernardino leaders plan to draw insights from two other Calif. cities that have reduced their homicide rates. #healthycommunities

<http://www.sbsun.com/general-news/20170312/how-san-bernardino-is-learning-from-oakland-stockton-to-decrease-deadly-violence>

A coalition to end domestic violence advises shelters not to impose rules that mimic the behavior of abusers. #healthycommunities

<https://wscadv.org/resources/running-a-shelter/>

Successful efforts to discourage youth from joining gangs typically are coordinated by the community and local police. #healthycommunities

<http://www.ncpc.org/topics/violent-crime-and-personal-safety/strategies/strategy-gang-prevention-through-community-intervention-with-high-risk-youth>

Afterschool programs engage teens and keep them safe. Here are tips for funding these programs to build #healthycommunities.

<http://www.afterschoolalliance.org/funding.cfm>

A new data tool will measure neighborhoods' trust in NYC police so officials can take corrective steps to rebuild it when and where necessary. #healthycommunities

https://www.themarshallproject.org/2017/01/29/can-pollsters-drive-down-crime?utm_medium=email&utm_campaign=newsletter&utm_source=opening-statement&utm_term=newsletter-20170130-682#.3AUk2lfQu

This Calif. city used town-hall meetings to hear the community's concerns about policing and safety. The police chief recognized that traditional policing in minority neighborhoods often created barriers to trust. #healthycommunities

<http://www.recordnet.com/opinion/20170304/listening-in-new-way>

Native American/Alaska Native Health Challenges

Health disparities are a continuing challenge. For example, diabetes are nearly 3x more common in Native Americans. #healthycommunities

<https://www.ihs.gov/newsroom/factsheets/disparities/>

Cherokee Choices is helping to give tribal members healthier food choices so the rate of #diabetes declines. #healthycommunities
<http://mountainx.com/living/empowerment-from-the-earth/>

For Native Americans, the nearest urgent care center or hospital may be very far away. Access is crucial to build #healthycommunities:
<http://www.npr.org/2016/04/13/473264076/for-native-americans-health-care-is-a-long-hard-road-away>

How to build trust in tribal communities for #substanceabuse strategies. Learn more (p. 57). #healthycommunities
http://www.npaihb.org/images/epicenter_docs/PRT/2016/Compassion-Action-Healing.pdf

This resource guide shares promising practices for suicide prevention among Native Americans. #healthycommunities
<http://www.sprc.org/resources-programs/indian-health-service-best-practices-promising-practices-and-local-efforts>

Public Libraries & Raising Literacy

How local libraries can improve health literacy and help advance the goal of building #healthycommunities:
<https://americanlibrariesmagazine.org/2015/10/30/improving-health-literacy-public-library/>

Health officials are striving to make Philadelphia's libraries hubs of health information for city residents. #healthycommunities
<http://www.upenn.edu/spotlights/public-libraries-hubs-health-information>

Effective communication about health recognizes and bridges cultural differences. #healthycommunities
<https://www.cdc.gov/healthliteracy/culture.html>

Does local health department staff use plain language to improve the public's health literacy? #healthycommunities
<http://www.chnnyc.org/wp-content/files/2014/12/Health-Literacy-Trainings-Resources.pdf>

A medical center with a library where patients can learn more about their health issues? It's a reality in this city. #healthycommunities
http://www.philly.com/philly/health/20160510_South_Philly_center_combines_health_literacy_recreation.html

Public libraries are a vital space for family engagement. #healthycommunities
http://www.ala.org/pla/sites/ala.org.pla/files/content/initiatives/familyengagement/Public-Libraries-A-Vital-Space-for-Family-Engagement_HFRP-PLA_August-2-2016.pdf