

Building Healthy Communities
A Guide for Community Dialogues



Grassroots Leadership Network of Marin

April 2008



For more information about the Building Healthy Communities Initiative, visit www.maringrassroots.org.
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Contents:

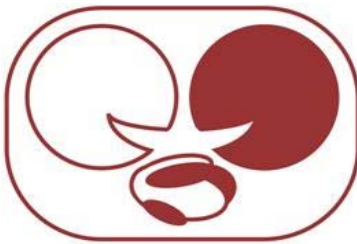
Introduction.....	3
Session 1: Sharing our stories, setting our vision.....	4
Session 2: Creating awareness, discussing the issues.....	6
Session 3: From dialogue to action.....	8
Summary discussion guide for 2-hour session.....	10
Evaluation form for 2-hour session.....	12
Sample ground rules for group.....	13
The role of recorders.....	14
Facilitator Evaluation Form.....	15
Session 1 & 2 - Evaluation Forms	17
Session 3 Evaluation Form	19
Information sheet.....	21
Credits.....	22



Introduction:

"A healthy California involves more than the absence of disease. It is a state where community members and policymakers work together to improve health and health care, and there is respect for the experience and knowledge of the people who are the most directly affected by health disparities. It is a state where all Californians have a strong sense of self-worth and practice healthy lifestyles, where diversity is a source of strength for communities, where health problems are addressed promptly and effectively to minimize their consequences, and where prevention is a shared agenda and partnership is the norm." From The California Endowment's vision of health.

Through the Building Healthy Communities initiative, Grassroots Leadership Network set out to build a platform of public issues in Marin County from which policy change can be pursued in the upcoming years. This agenda will be built with input from



residents of underserved communities and the organizations that work with them, as well as other key stakeholders involved in and promoting environmental health.

Since July 2007, over 250 residents of Marin County have provided feedback on what they think makes a community healthy and what currently prevents their community from being so. Their responses tell us that the perception of a healthy community goes beyond health as a condition of the body to encompass the elements that contribute to its promotion or detriment within a community group: education, transportation, access to healthy foods, exercise, effective policies, diversity, tolerance and social equity to name a few.

Meanwhile, three residents of Marin City, Novato and the Canal have been building their capacity to become "Community Dialogue Facilitators" and lead in-depth dialogues about the main issues preventing their communities from being healthy. Other community leaders will be joining them in the co-facilitation and recording of these sessions. Over 30 Partners from several community organizations, government and citizen groups have come together to support the dialogues and contribute their input to build a unified agenda. The dialogues that begin late April 2008 will be held in Marin City, the Hamilton area of Novato and the Canal community of San Rafael. Diverse groups of residents will meet for three sessions within three weeks to share their vision for a healthy community, discuss the issues currently affecting them and the solutions and support that will help their vision become a reality.

This discussion guide has been designed for these dialogues within the context of an election year, adding a voter registration and information component. A one-meeting discussion guide has been included that may be used by other groups to lead similar discussions within a shorter timeframe. If you use this guide with residents of Marin County, we ask that you share your findings and help us enrich our platform. An action forum to present dialogue findings and ratify the agenda will take place in October 2008.

For more information about Building Healthy Communities and its partners, visit us on the web at www.maringrassroots.org.



Session 1: Sharing our Stories, Setting our Vision

This session gives attendees an opportunity to “break the ice” and get to know each other by sharing their stories, their views of and hopes for the community. It encourages them to think about what’s working and inventory the resources that are already helping the community achieve their vision. This session also lays the foundation for an in-depth dialogue about the issues on session two, encouraging honest and insightful discussions.

Facilitator tips:

- Welcome everyone, invite them to sign in, have some refreshments and get comfortable
- Introduce the purpose of the dialogues and explain your role
- Set ground rules with the group (see sample rules handout) and have them posted on an easel sheet
- Let group know we will be taking notes/pictures and who will do this. Post notes on easel sheet for group to see

Introductions: (20 minutes including welcome/ground rules)

1. Introduce yourself and what motivated you to be involved in these dialogues. Let group know that dialogues are also taking place in other communities and that the feedback collected will be ratified in an Action Forum to take place in October 2008.
2. Ask everyone to share their name and how long they’ve lived in (city). Ask if they have kids/family (how many) and close introductions by sharing how many kids/families are represented in the room and the idea that we want to build a healthier communities for them.

Sharing Our Stories: (30 minutes) - Recorder: listen for and record compelling statements and stories.

1. How are our lives today better and/or worse than our parents and/or grandparents?
2. What does life look like for our children/grandchildren?
3. What makes you most proud of our community?

At this point, distribute and go over “info sheet” as an introduction to the following questions. (See attachments and tools).

Creating our Vision, Assessing our Resources: (40 minutes – 20 for each question)

(Possible interactive activity: ask the group to meet in pairs and draw their picture of a healthy community, including the two or three most important characteristics. Then, have them explain their drawings and post them on the wall).



Session 1 - continued

4. What do you believe are the 2-3 most important characteristics of a healthy community? (When you picture a healthy community, what stands out?)

Recorder: listen for and record compelling statements and stories.

5. What are some specific examples of people or groups working together to improve the health and quality of life of our community?

If need to probe:

- a. How did these come about? Who was involved? How did they access needed resources? What was accomplished?
- b. How do you think some of these efforts could be expanded?
- c. What are the most important lessons you have learned from both successful and unsuccessful community efforts?

Evaluation (20 minutes - participants to fill out form and then discuss their answers)

- What have we learned today? Ask note-taker to give summary of discussion and then ask participants to confirm/add to summary
- What worked?
- What can we do better for the next session?

Conclusion and Continue the Dialogue: (20 minutes)

Thank everyone for attending and invite them to the next session with a brief overview of what they will be doing (see session 2 discussion guide). Invite them to continue the dialogue online if they wish by visiting www.maringrassroots.org and posting comments on the Building Healthy Communities blog about the meeting and what they learned/discussed.

Materials and preparation checklist:

- Sample rules handout (see attachments)
- Healthy refreshments
- Sign-in sheet (name, address, phone number, email)
- Name tags and sharpies
- Easel sheets and markers
- Construction paper/crayons
- Plenty of wall space
- Pens and notepads for the group
- Copies of Info sheet for the group (see attachments)
- Camera
- Copies of Evaluation form for the group



Session 2: Creating Awareness, Discussing the Issues

During Session 1, participants got to know each other and shared their vision for a healthy community. In this session, they will increase their awareness about inequality issues affecting health and will discuss specific issues preventing their community from being healthy. This session will set the tone for the final meeting, where they will brainstorm solutions and share their commitment to work toward a healthier community.

Facilitator tips:

- Post notes from previous session on walls for everyone to see
- Welcome everyone back and invite them to sign in, have some refreshments and get comfortable
- Welcome any new attendees and give brief overview of what happened in the last session
- Remind everyone of posted ground rules
- Introduce recorder and attendees who may be “observing”. Remind group we will be taking notes/pictures and let them know who will do this for the session

Is Inequality Making Us Sick? (45 minutes)

Show “Place Matters” Episode from Unnatural Causes – overview:

What are some of the ways you feel the home/neighborhood/community you live in affects your health? Increasingly, Southeast Asian immigrants like Gwai Boonkeut are moving into neglected urban neighborhoods where African Americans have long suffered, and now their health is being eroded too. What can be done to create a neighborhood that promotes rather than destroys health?

Give participants a few minutes to share general impressions of the episode as you transition them into a locally-focused dialogue with the following questions.

Bringing it Home: Our Local Challenges (40 minutes)

What do you believe are the 3 most important issues that must be addressed to improve the health and quality of life in our community? **Recorder: listen for and record compelling statements and stories.**

- If you could improve one thing in your community right now, what would it be? Or... What are the 3 most important challenges we will face in the next 5 to 10 years?

(Possible activity: write people’s issues on an easel sheet as they mention them and add color dots next to the ones that get repeated to help prioritize them.)



Session 2 - continued

What do you believe is keeping our community from doing what needs to be done to improve health and quality of life? (Refer to issues identified in the previous question). **Recorder: listen for and record compelling statements and stories.**

- What do you believe are the underlying causes or reasons for these barriers?
- What is our community currently doing to address these issues?
- What makes these issues hard to solve?

Evaluation (20 minutes - participants to fill out form and then discuss their answers)

- Ask note-taker to give summary of discussion and then ask participants to confirm/add to summary
- What have we learned today?
- What worked?
- What can we do better for the next session?

Conclusion and Continue the Dialogue: (10 minutes)

Thank everyone for attending and invite them to the next session with a brief overview of what they will be doing (see session 3 discussion guide). Emphasize the importance of attending the last session Invite them to continue the dialogue online if they wish by visiting www.maringrassroots.org and posting comments about the meeting and what they've learned on the Building Healthy Communities blog.

Materials and preparation checklist:

- Rules posted
- Healthy refreshments
- Sign-in sheet (name, address, phone number, email)
- Name tags and sharpies
- Easel sheets and markers
- Notes from previous session and plenty of wall space
- Pens and notepads for the group
- Unnatural causes DVD
- Copies of Info sheet for the group (see attachments)
- Camera
- Copies of Evaluation form for the group



Session 3: From Dialogue to Action

In session two, participants increased their knowledge of how disparities affect health. In addition, they identified and listed the top issues preventing their community from being healthy. In this session, they will review those issues and talk about specific actions

they would support in order to build a healthier community.

Facilitator tips:

- Set up voter registration and information table (see Attachments & Tools for details)
- Welcome everyone back and invite them to have some refreshments and get comfortable
- Remind everyone of posted ground rules
- Introduce recorder and attendees who may be “observing”. Remind group we will be taking notes/pictures and let them know who will do this for the session

Let's Review our Agenda: (15 minutes)

Recorder or facilitator will go over the notes stating the main issues identified during session 2. If possible, these will be typed out in format that allows everyone to get a copy. Once the notes are read, let the participants know we will be moving from issues to action with the following discussion.

From Dialogue to Action: (45 minutes) - Recorder: listen for and record compelling statements and stories.

- What change needs to happen in order to address these issues?
- What action, policy, or funding priorities would you support to build a healthier community?

What would excite you enough to become involved (or more involved) in improving our community?

- What is the best way to engage other community members?
- How can we best build upon the assets and strengths of our community?
- How could learning from these dialogues apply to your current activities?

Next steps: (30 minutes)

- What are the next steps for this group?
- How can we build on what we've learned and discussed?



Session 3 - continued

Upcoming events that link to what has been discussed:

- If the group would like to view more episodes of **Unnatural Causes**, you may want to organize an additional meeting to show the series and discuss new knowledge and perspectives. You may also provide a list of currently scheduled shows around the county in case participants would like to attend or partner with other groups in the planning (information provided by GLN). The series can also be seen on PBS and together you can check local listings.
- **Action Forum:** let the group know that an action forum to present and ratify the information collected in these dialogues at the county level will take place in October 2008. Invite participants to attend and ratify their agenda. Let them know that you will be contacting them in the near future with more information about the forum and for them to invite others.

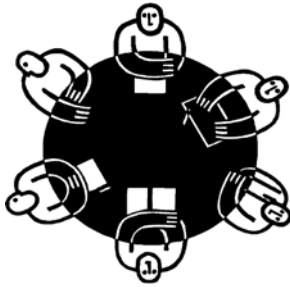
Voter registration and information session (25 minutes)

Building on the "action" piece with the group, talk about how one way toward policy change is through voting and how voting decisions affect many budget allocations and as a result, the resources available to invest in a community. Invite participants who are eligible to register to vote by distributing voter registration cards in their language of choice. Go over "GLN voter information guide" and talk about the upcoming election, what will be on the ballot and how they can get involved. Talk about the Election Day exit survey and phone banking and pass a sign-up sheet for those interested in volunteering. If possible, bring a guest speaker to talk briefly about the propositions on the ballot and how they may affect the community.

Conclusion and final thoughts. (5 minutes) Have group fill out evaluation form. Thank everyone for coming, let them know you will be in touch regarding upcoming activities and encourage them to continue the dialogue at www.marinegrassroots.org and post comments on the Building Healthy Communities blog.

Materials and preparation checklist:

- | | |
|---|---|
| <input type="checkbox"/> Rules posted | <input type="checkbox"/> Healthy refreshments |
| <input type="checkbox"/> Sign-in sheet | <input type="checkbox"/> Easel sheets and markers |
| <input type="checkbox"/> Name tags and sharpies | <input type="checkbox"/> Notes from previous session and plenty of wall space |
| <input type="checkbox"/> Pens and notepads for the group | <input type="checkbox"/> Camera |
| <input type="checkbox"/> Voter registration and information materials provided by GLN | <input type="checkbox"/> Copies of Info sheet for the group (see attachments) |
| <input type="checkbox"/> Copies of Evaluation form for the group | |



Summary Discussion Guide

2-hour meeting

The purpose of this meeting is for participants to envision their idea of a healthy community, discuss the issues currently preventing their community from being healthy and propose solutions that can be achieved through their involvement and actions driven toward policy change.

Facilitator tips:

- Welcome everyone, invite them to sign in, have some refreshments and get comfortable
- Introduce the purpose of the dialogue and explain your role
- Set ground rules with the group (see sample rules handout) and have them posted on an easel sheet
- Let group know we will be taking notes/pictures and who will do this. Post notes on easel sheet for group to see

Introductions (5 minutes)

Ask everyone to share their name and how long they've lived in (city). Ask if they have kids/family (how many) and close introductions by sharing how many kids/families are represented in the room and the idea that we want to build a healthier communities for them.

Envisioning the community we want: (15 minutes)

Share the "Info Sheet" with participants, including the broad definition of health as affected by every aspect of human activity, including the place we live, the food we eat, the levels of stress we are exposed to and the level of fairness and equality in our communities. Invite the group to answer the following question or do this activity:

(Possible interactive activity: ask the group to meet in pairs and draw their picture of a healthy community, including the two or three most important characteristics as described in the question below. Then, have them explain their drawings and post them on the wall).

6. What do you believe are the 2-3 most important characteristics of a healthy community? (When you picture a healthy community, what stands out?)
Recorder: listen for and record compelling statements and stories.

Unnatural Causes – Place matters (30 minutes)

Show "Place Matters" Episode from Unnatural Causes – continues



Overview of "Place Matters": What are some of the ways you feel the home/neighborhood/community you live in affects your health? Increasingly, Southeast Asian immigrants like Gwai Boonkeut are moving into neglected urban neighborhoods where African Americans have long suffered, and now their health is being eroded too. What can be done to create a neighborhood that promotes rather than destroys health?

Give participants a few minutes to share general impressions of the episode as you transition them into a locally-focused dialogue with the following questions.

Bringing it Home: Our Local Challenges (30 minutes)

What do you believe are the 3 most important issues that must be addressed to improve the health and quality of life in our community? **Recorder: listen for and record compelling statements and stories.**

- If you could improve one thing in your community right now, what would it be? Or... What are the 3 most important challenges we will face in the next 5 to 10 years?

(Possible activity: write people's issues on an easel sheet as they mention them and add color dots next to the ones that get repeated to help prioritize them.) Once everyone has shared and issues are visible to everyone in the room, ask the following questions.

From Dialogue to Action: (25 minutes) - Recorder: listen for and record compelling statements and stories.

- What change needs to happen in order to address these issues?
- What action, policy, or funding priorities would you support to build a healthier community? Or What are you willing to do to help these changes happen?

Evaluation & Final Thoughts (15 minutes)

Have group fill out the evaluation form and briefly discussed what they learned or hope to gain from the discussion. Remind the group that the action steps discussed will become part of an action platform to address issues affecting low income families in Marin County.

Action Forum: let the group know that an action forum to present and ratify the information collected in these dialogues at the county level will take place in October 2008. Invite participants to attend and ratify their agenda. Let them know that you will be contacting them in the near future with more information about the forum and for them to invite others.

Thank everyone for coming and encourage them to continue the dialogue at www.maringrassroots.org and post comments on the Building Healthy Communities blog.



Evaluation Form for Participants – 2-Hour Dialogue Session

Dialogue city:	Your name:
What is your gender?	<input type="checkbox"/> Male <input type="checkbox"/> Female
What is your age group?	<input type="checkbox"/> 18-25 <input type="checkbox"/> 26-35 <input type="checkbox"/> 36-45 <input type="checkbox"/> 46-60 <input type="checkbox"/> Over 60
What is your annual income?	<input type="checkbox"/> less than \$20,000 <input type="checkbox"/> \$20,000-\$30,000 <input type="checkbox"/> \$31,000-\$40,000 <input type="checkbox"/> \$41,000-\$60,000 <input type="checkbox"/> Over \$60,000
What is your ethnicity?	<input type="checkbox"/> African-American <input type="checkbox"/> Latino/Hispanic <input type="checkbox"/> Caucasian (non-Hispanic) <input type="checkbox"/> Asian/Pacific Islander <input type="checkbox"/> Other:
What is your primary language?	<input type="checkbox"/> English <input type="checkbox"/> Spanish <input type="checkbox"/> Vietnamese <input type="checkbox"/> Other:
What is your city of residence?	<input type="checkbox"/> Marin City <input type="checkbox"/> Canal <input type="checkbox"/> Novato <input type="checkbox"/> Other (specify): _____

Do you agree or disagree with the following statements about this Dialogue session? (Please check one box for each item.)

Agree Somewhat Agree Disagree

- | | | | |
|---|--------------------------|--------------------------|--------------------------|
| 1. This session was helpful in increasing my understanding of the broader definition of health that includes physical, mental and social wellbeing, and not merely the absence of disease | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 2. This session was helpful in increasing my understanding of things that can change to reduce health disparities in my community | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 3. This session was helpful in increasing my understanding of issues affecting my community | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 4. This session was helpful in increasing my understanding of what my neighbors hope for our community | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 5. This session was helpful in increasing my understanding of the connection between my health and the place I live | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 6. This session was helpful in creating a satisfactory action agenda that resulted from these dialogues series | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 7. These dialogue series helped me increase my commitment to participate in the Action Forum in October to present and ratify the action agenda | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

8. Comments/suggestions:



Sample Ground Rules:

Before you start the dialogue, it is important to set some ground rules with the group that everyone can agree on following for the three sessions. Below are some sample rules you may want to propose to your group. Customize it to the type of group you are facilitating and their needs. Include the group's ideas for other rules and remind everyone that the whole group is responsible for enforcing them. Source: A guide for training study circle facilitators (www.studycircles.org).

Sample Rules:

- Everyone gets a fair hearing
- Share talking time
- If you are offended/uncomfortable, say so and why
- It's OK to disagree, but don't personalize it. Stick to the issue.
- Speak for yourself, not for others
- One person speaks at a time
- We share responsibility to make our dialogues productive
- We will agree on the recordings of our meetings
- Group is responsible for helping enforce the rules
- Community interests come first

The role of recorders:

The dialogue recorder plays a very important role in gathering and summarizing the main themes of the conversation. This is a crucial role, as capturing what is shared during the dialogues will help build the action platform. Recorders should be briefed before the dialogues on the importance of their role and on how to best go about it. Facilitators and recorders could take turns during different sessions to ensure the recorder can also take part of the conversation.

Tips:



Source: A guide for training study circle facilitators – Every Day Democracy – www.studyircles.org.

- Capture big ideas and themes, not every word.
- Use the words of the speaker as closely as possible. Be careful not to alter the intended meaning.
- Check with the speaker or the group to make sure your notes are correct.
- Write neatly so everyone can read the notes.
- Number each page at the top. Identify each set of

notes with a clear title.

- Use markers that are deep earth tones, such as dark green, brown, blue, and purple. Use black sparingly. Use light colors (red, yellow, orange, light green) for highlighting or emphasis only.
- Be low-key. Stay in the background and don't distract people from the conversation. Be aware of times when recording is not appropriate (for example, when people are sharing personal stories).
- Create a sheet called "Parking Lot." Capture—or "park"—ideas that come up in the conversation that the group wants to return to later.
- Post the ground rules each time, along with any notes or sheets of paper that the group will need to refer to during a particular session.

Note taking serves many purposes:

- It helps group members stay on track and move the discussion along.
- **It creates a group memory of the whole dialogue.**
- It provides a way to capture the wisdom and common themes that develop in the discussion.
- **Notes from the dialogues will be used to build action platform.**
- Notes from all the dialogues in your community can contribute to a summary report of the activities.



Facilitator Evaluation Form: Source: A guide for training study circle facilitators – Every Day Democracy – www.studyircles.org.



How did your dialogues go?

Facilitators and co-facilitators to complete when the dialogues have ended. Thank you for filling out and returning this form!

Location/site of your dialogue: _____

When did your study circle meet? Days _____ Time _____

Facilitator name: _____

1. Generally speaking, how satisfied have you been with your experience as a Community Dialogue Facilitator?

- very satisfied
- somewhat satisfied
- not at all satisfied

Why? _____

2. What was your most challenging experience as facilitator? Please provide an example:

3. If you co-facilitated a dialogue, how well did you and your partner work together?

4. In all, how many people participated in your dialogues? (Count everyone who attended at least one session.) _____

How many people started with the first session? _____

How many of those people attended all the sessions? _____

How many people attended only one or two sessions? _____

5. How do you think your group felt about its dialogue experience?

- very satisfied
- somewhat satisfied
- not at all satisfied

- Continues -



Facilitator Evaluation Form – continued

6. Did you have adequate support from the program organizers?

Yes No

Please explain:

What additional support would have been helpful?

7. If you were to facilitate another round of dialogues, what would you change?

8. What difference has facilitating these dialogues have made to you, personally?

9. Are you interested in facilitating again?

10. What difference do you see this dialogues making in the community?

11. Other impressions, concerns, and comments:



Evaluation Form – Session 1 & 2

Dialogue city:	Your name:
What is your gender?	<input type="checkbox"/> Male <input type="checkbox"/> Female
What is your age group?	<input type="checkbox"/> 18-25 <input type="checkbox"/> 26-35 <input type="checkbox"/> 36-45 <input type="checkbox"/> 46-60 <input type="checkbox"/> Over 60
What is your annual income?	<input type="checkbox"/> less than \$20,000 <input type="checkbox"/> \$20,000-\$30,000 <input type="checkbox"/> \$31,000-\$40,000 <input type="checkbox"/> \$41,000-\$60,000 <input type="checkbox"/> Over \$60,000
What is your ethnicity?	<input type="checkbox"/> African-American <input type="checkbox"/> Latino/Hispanic <input type="checkbox"/> Caucasian (non-Hispanic) <input type="checkbox"/> Asian/Pacific Islander <input type="checkbox"/> Other:
What is your primary language?	<input type="checkbox"/> English <input type="checkbox"/> Spanish <input type="checkbox"/> Vietnamese <input type="checkbox"/> Other:
What is your city of residence?	<input type="checkbox"/> Marin City <input type="checkbox"/> Canal <input type="checkbox"/> Novato <input type="checkbox"/> Other (specify): _____

A. Do you agree or disagree with the following statements about this Dialogue session?

(Please check one box for each item).

	Agree	Somewhat Agree	Disagree
1. This session was a good start! I am motivated to participate in the next sessions to help build an action agenda with focus on solving community issues.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. This session was helpful in increasing my understanding of the broader definition of health that includes physical, mental and social wellbeing, and not merely the absence of disease.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. This session was helpful in increasing my understanding of things that can change to reduce health disparities in my community.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. This session was helpful in increasing my understanding of issues affecting my community.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. This session was helpful in increasing my understanding of what my neighbors hope for our community.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. This session was helpful in increasing my understanding of the connection between my health and the place I live.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. This session was helpful in increasing my understanding on the importance of setting a vision for what I want my community to be.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

- Continues -



B.- Do you agree or disagree with the following statements about the facilitator of this Dialogue session? (Please check one box for each item.)

	Agree	Somewhat Agree	Disagree
1. We started and finished the meeting on time	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. The facilitator(s) helped the group set the ground rules and stick to them	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. The facilitator(s) made us all feel welcome	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. The facilitator(s) didn't take sides	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. The facilitator(s) helped us talk about different points of view	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. The facilitator(s) made sure everyone participated	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. The facilitator(s) helped the group work out disagreements	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. The facilitator(s) helped us come up with our own ideas for action and change	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. The facilitator(s) explained how our dialogue fit into the bigger community effort	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

C.- What worked in this session? What can we do better next time?

Thank you for your feedback!



Evaluation Form – Session 3

Dialogue city:	Your name:
What is your gender?	<input type="checkbox"/> Male <input type="checkbox"/> Female
What is your age group?	<input type="checkbox"/> 18-25 <input type="checkbox"/> 26-35 <input type="checkbox"/> 36-45 <input type="checkbox"/> 46-60 <input type="checkbox"/> Over 60
What is your annual income?	<input type="checkbox"/> less than \$20,000 <input type="checkbox"/> \$20,000-\$30,000 <input type="checkbox"/> \$31,000-\$40,000 <input type="checkbox"/> \$41,000-\$60,000 <input type="checkbox"/> Over \$60,000
What is your ethnicity?	<input type="checkbox"/> African-American <input type="checkbox"/> Latino/Hispanic <input type="checkbox"/> Caucasian (non-Hispanic) <input type="checkbox"/> Asian/Pacific Islander <input type="checkbox"/> Other:
What is your primary language?	<input type="checkbox"/> English <input type="checkbox"/> Spanish <input type="checkbox"/> Vietnamese <input type="checkbox"/> Other:
What is your city of residence?	<input type="checkbox"/> Marin City <input type="checkbox"/> Canal <input type="checkbox"/> Novato <input type="checkbox"/> Other (specify): _____

A.- Do you agree or disagree with the following statements about this Dialogue session? (Please check one box for each item.)

	Agree	Somewhat Agree	Disagree
1. This session was helpful in increasing my understanding of the broader definition of health that includes physical, mental and social wellbeing, and not merely the absence of disease	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. This session was helpful in increasing my understanding of things that can change to reduce health inequities in my community	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. This session was helpful in increasing my understanding of issues affecting my community	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. This session was helpful in increasing my understanding of what my neighbors hope for our community	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. This session was helpful in increasing my understanding of the connection between my health and the place I live	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. This session was helpful in increasing my understanding on the importance of setting a vision for what I want my community to be	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



	Agree	Somewhat Agree	Disagree
7. This session was helpful in creating a satisfactory action agenda that resulted from these dialogues series	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. These dialogue series helped me increase my commitment to participate in the Action Forum in October to present and ratify the action agenda	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

B.- Do you agree or disagree with the following statements about the facilitation and facilitator(s) of this Dialogue session? (Please check one box for each item.)

1. We started and finished the meeting on time	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. The facilitator(s) helped the group set the ground rules and stick to them	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. The facilitator(s) made us all feel welcome	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. The facilitator(s) didn't take sides	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. The facilitator(s) helped us talk about different points of view	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. The facilitator(s) made sure everyone participated	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. The facilitator(s) helped the group work out disagreements	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. The facilitator(s) helped us come up with our own ideas for action and change	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. The facilitator(s) explained how our dialogue fit into the bigger community effort	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

What worked in this session? What can we do better next time?

Thank you for your feedback!



Info sheet:

Healthy Community Principles



The following principles are guiding the most successful initiatives from communities around the nation planning their vision for a healthy community:

A broad definition of "health"

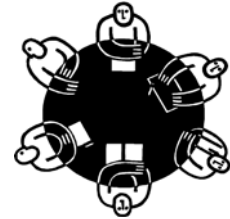
Health is not the absence of disease. Health is defined broadly to include the full range of quality-of-life issues. It recognizes that most of what creates health is lifestyle - and behavior - related. Other major factors are genetic endowment and the socio-economic, cultural, and physical environments. Health is a by-product of a wide array of choices and factors -- not simply the result of a medical care intervention.

Address quality of life for everyone

Healthy communities strive to ensure that the basic emotional, physical, and spiritual needs of *everyone* in the community are attended to.

Diverse citizen participation and widespread community ownership

In healthy communities, all people take active and ongoing responsibility for themselves, their families, their property, and their community. A leader's work is to find common ground among participants so that everyone is empowered to take direct action for health and influence community directions.



Focus on "systems change" - Policy

This is about changing the way people live and work together. It is about how community services are delivered, how information is shared, how local government operates, and how business is conducted. It is about resource allocation and decision making, not just "nice" projects.

Build capacity using local assets and resources

This means starting from existing community strengths and successes and then investing in the enhancement of a community's "civic infrastructure." By developing an infrastructure that encourages health, fewer resources will need to be spent on "back end" services that attempt to fix the problems resulting from a weak infrastructure.



Benchmark and measure progress and outcomes

Healthy communities use performance measures and community indicators to help expand the flow of information and accountability to all citizens, as well as to reveal whether residents are heading toward or away from their stated goals. Timely, accurate information is vital to sustaining long-term community improvement.

Source: The Community Tool Box: Leading a Community Dialogue on Building a Healthy Community.



Credits:

Parts of this discussion guide, as well as the evaluation forms were adapted from the following sources:

- The Community Tool Box: Leading a Community Dialogue on Building a Healthy Community.
- Building Strong Neighborhoods discussion guide – Every Day Democracy
- Thriving Communities discussion guide – Every Day Democracy
- A Guide for Training Study Circle Facilitators - Every Day Democracy
- Equal Voice for Americas Families town hall discussion guide
- www.unnaturalcauses.org

Special thanks to the Building Healthy Communities partners, Grassroots Leadership Network staff, Celia Graterol, the community dialogue facilitators and their advisors, for their input in the development of this guide. For more information about Building Healthy Communities, visit www.maringrassroots.org.

Additional resources about environmental health and justice, as well as public participation can be found at the Building Healthy Communities blog resource section, accessible through www.maringrassroots.org.