



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).

1. 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



Building Healthy Communities 2-hour Dialogue Discussion Guide

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

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: