

Key Principles for Community Health and Well-Being Practice

Purpose

This one-pager outlines clear strategies for community-based organizations to plan and run community health programs. These efforts should be fair, respectful of different cultures, and long-lasting.

Key Principles

Engage Trusted Messengers and Local Resources

- Work with community health workers (CHWs), faith leaders, and local champions.
- Use community resources, such as schools, places of faith, recreational centers, and grassroots groups.
- Build on ties and trust within the community.

Utilize Culturally Responsive and Tailored Approaches

- Create programs that show the community's traditions, languages, and real-life experiences.
- Include activities and practices that are common in the local culture.
- Co-create messaging and programs with the community to ensure fit and trust.

Ensure Accessibility

- Deliver services and programs where people meet (faith spaces, schools).
- Reduce barriers to transit, cost, language, and scheduling.
- Make health services available in common places.

Support Community Engagement

- Involve community members in planning, carrying out, and reviewing.
- Raise community voices and lived experience.
- Encourage people to make decisions together to help sustainability and ownership.

Build Partnerships with Local Organizations and Stakeholders

- Work with faith-based groups, schools, employers, and local nonprofits.
- Align goals and resources to maximize reach and impact.
- Build networks that support long-term community health efforts.

Utilize Peer Support and Social Networks

- Encourage peer-to-peer learning and support.
- Use social networks to promote duty, motivation, and shared learning.
- Encourage a sense of community around healthy habits.

Evaluate, Adapt and Sustain Programs

- Use feedback and data to keep making programs better.
- Adjust strategies to better meet changing community needs.
- Plan for long-term continuity through building skills and working together.

Evidenced Based Practices for Community Health and Well-Being Workbook

Developed in joint effort with the Delaware State Health Improvement Plan (SHIP) team and the Community Health Advocacy Mobilization Group (CHAMG), this workbook supports community-based groups in identifying evidence-based programs that promote health and well-being. It collects peer-reviewed resources from global, federal, and national organizations, with strategies organized by key health topics including obesity, cardiovascular disease, diabetes, depression, and more. Click this [link](#) to access the workbook. If you have any trouble accessing the link, email info@delawareship.org