

Healthy Communities Delaware

Thriving People. Thriving Places.

Overview of *My Thriving Community Toolkit*





Healthy Communities Delaware
Thriving Places. Thriving People.

Healthy Communities Delaware is a network of community and investment partners working to improve health, well-being and equity.

Vision: Healthy, safe and vibrant communities where all people are thriving, no exceptions.

Managed collaboratively among the:

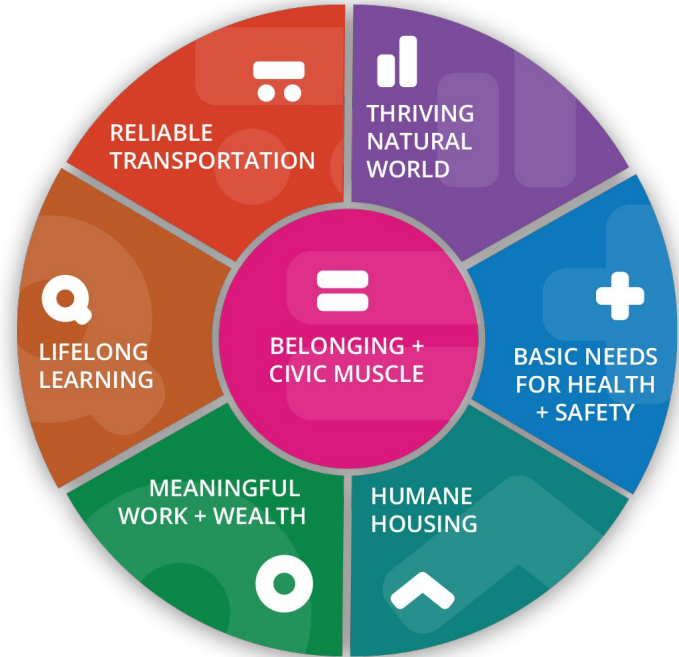
- Delaware Community Foundation
- Delaware Division of Public Health
- University of Delaware Partnership for Healthy Communities

Vital Conditions for Well-Being

80% of our health is influenced by factors ***outside of the healthcare system.***

The **Vital Conditions** are what we all need, all the time, to thrive and be well.

HCD partners with and invests in communities to improve community vital conditions.



New Resource!

Help youth to:

- Explore community influences on health and well-being,
- Learn about their community,
- Embrace their power to engage in positive change.

Visit HealthyCommunitiesDE.org to learn more and access the [free online toolkit](#).



Designed & Tested with DE Stakeholders

- **Co-Designed with:**

- Delaware educators
- Delaware youth
- Delaware community based organization staff
- Other stakeholders

- **Piloted by:**

- 2 Delaware school teachers (Social Studies and Health/PE)
- 3 Local community-based programs (DE Futures, Teen Warehouse, La Esperanza- Cultivando Lideres)

Who can use this toolkit?

- **Teachers**

- health education, social studies, civics
- high-school (adaptable for middle-school)
- after-school club coaches

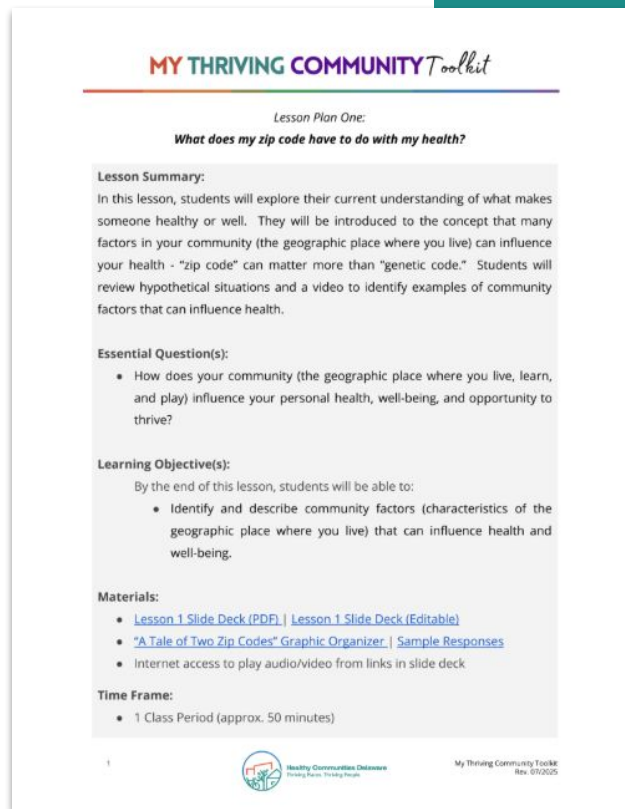
- **Community Program Leaders**

- leadership development
- community service programs

- ***AND other stakeholders working to advance a Vital Conditions mindset***

What's in the toolkit?

- 5 lessons and 2 final project options
- Each lesson includes:
 - written lesson plan with learning objectives, directions, and assessments
 - companion slide deck for presentation
 - student worksheets/graphic organizers
 - other supplemental resources
- Materials are available [online](#) (Google platform-resources are editable) or download a static pdf



Lesson Scope & Sequence

Lesson 1	What does my zip code have to do with my health?	<i>How does your community (the geographic place where you live, learn, and play) influence your personal health, well-being, and opportunity to thrive?</i>
Lesson 2	Introduction to the Vital Conditions for Health & Well-being	<i>What are community “vital conditions” and why do they matter?</i>
Lesson 3	Using the Vital Conditions Model to Learn More about My Community	<i>How can I use the Vital Conditions model to learn about the strengths and opportunities in my community?</i>

Lesson 4	Building a Thriving Community	<p><i>What are ways to build or strengthen a community's Vital Conditions?</i></p> <p><i>How are community vital conditions and the need for urgent services in a community related?</i></p>
Lesson 5	Exploring Belonging & Civic Muscle	<p><i>What are belonging and civic muscle?</i></p> <p><i>Why are they central to all of the other Vital Conditions?</i></p>
Final Project (HS)	Flexing My Civic Muscle	<i>How can I flex my civic muscle to impact my community's vital conditions?</i>
Final Project (MS)	Design a Thriving Community	<i>What does a thriving community look like? What part could I play in my community?</i>

Enduring Understandings

- My community - the place where I live, learn, and play - influences my health, well-being, and the opportunities available to me.
- I can use the vital conditions as a mental model to help me think about the properties of my community and how they support, or do not support, people to be well and thrive.
- I, like other members of my community, have the power and agency to improve my community's conditions.

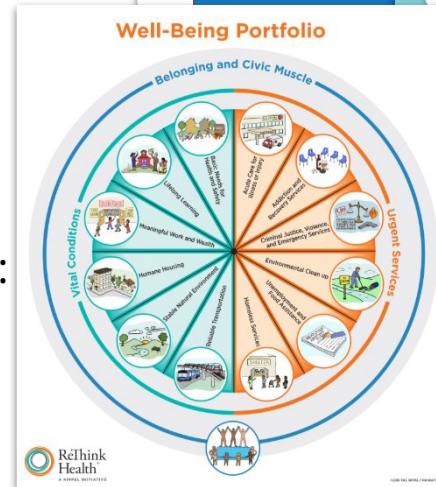
“By examining their own communities through the lens of vital conditions, students took a step toward becoming more informed, empathetic, and civically engaged individuals. It laid a strong foundation for future learning about public health, equity, and personal responsibility within a community context.”

– Pilot Instructor

“We had great conversations and I learned a lot about them and I learned a lot about what's meaningful to them in their community.” - Pilot Instructor

Selected Resources in the Toolkit

- 1-pagers about each vital condition
- Large printable poster
- Well-Being Portfolio - poster and prioritizing activity
- Brief explainer videos:
 - Vital Conditions overview
 - Multi-solvers
- Videos that introduce key concepts:
 - impact of zip code on health
 - power of civic muscle



Ideas for Use with Other Audiences

- Pull out resources to support stakeholder planning meetings.
 - share 1-pagers about vital conditions of interest
 - use the large printable poster as a focus for a sticky note brainstorming session
 - use the Well-Being Portfolio poster for a prioritizing activity
- Use the short explainer videos as discussion starters or social media posts
- Adapt lessons for use with adult-oriented development programs
 - Community Health Workers trainings
 - Resident Leadership programs
- *Others?*

We invite you to:

- Explore
- Use
- Share, or
- Adapt



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these materials to support your work.

Thank You!

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