

**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.

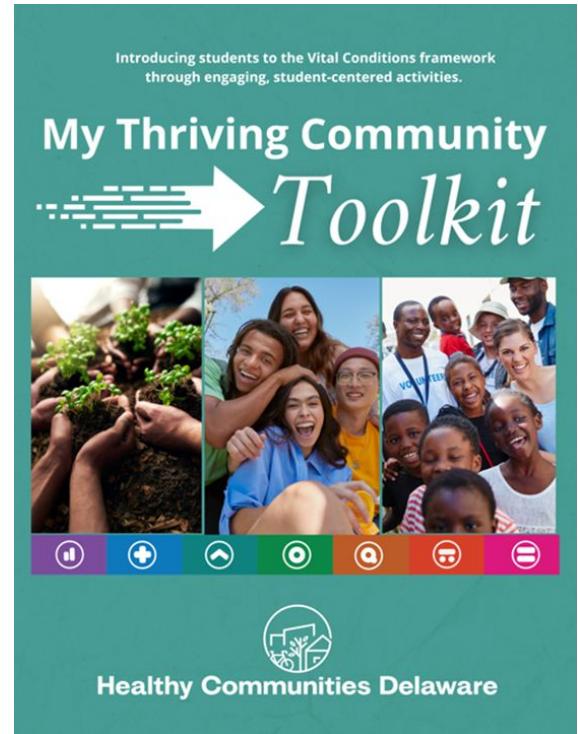


# New Resource!

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



The image shows the cover of the 'My Thriving Community Toolkit'. The cover is teal with white text. At the top, it says 'Introducing students to the Vital Conditions framework through engaging, student-centered activities.' Below that is the title 'My Thriving Community' with a large white arrow pointing right, followed by 'Toolkit' in a stylized font. Below the title are three photographs: a close-up of hands holding small plants, a group of diverse young people smiling, and a group of adults and children smiling. Below the photos is a row of eight small icons representing different vital conditions. At the bottom is the Healthy Communities Delaware logo and the text 'Healthy Communities Delaware'.

Introducing students to the Vital Conditions framework through engaging, student-centered activities.

**My Thriving Community**

→ *Toolkit*



Healthy Communities Delaware

# 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

## MY THRIVING COMMUNITY Toolkit

### Lesson Plan One:

#### *What does my zip code have to do with my health?*

##### Lesson Summary:

In this lesson, students will explore their current understanding of what makes someone healthy or well. They will be introduced to the concept that many factors in your community (the geographic place where you live) can influence your health - "zip code" can matter more than "genetic code." Students will review hypothetical situations and a video to identify examples of community factors that can influence health.

##### Essential Question(s):

- How does your community (the geographic place where you live, learn, and play) influence your personal health, well-being, and opportunity to thrive?

##### Learning Objective(s):

By the end of this lesson, students will be able to:

- Identify and describe community factors (characteristics of the geographic place where you live) that can influence health and well-being.

##### Materials:

- [Lesson 1 Slide Deck \(PDF\)](#) | [Lesson 1 Slide Deck \(Editable\)](#)
- ["A Tale of Two Zip Codes" Graphic Organizer](#) | [Sample Responses](#)
- Internet access to play audio/video from links in slide deck

##### Time Frame:

- 1 Class Period (approx. 50 minutes)



My Thriving Community Toolkit  
Rev. 07/2025

# Lesson Scope & Sequence

<b>Lesson 1</b>	<b>What does my zip code have to do with my health?</b>	<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>
<b>Lesson 2</b>	<b>Introduction to the Vital Conditions for Health &amp; Well-being</b>	<i>What are community “vital conditions” and why do they matter?</i>
<b>Lesson 3</b>	<b>Using the Vital Conditions Model to Learn More about My Community</b>	<i>How can I use the Vital Conditions model to learn about the strengths and opportunities in my community?</i>

<b>Lesson 4</b>	<b>Building a Thriving Community</b>	<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>
<b>Lesson 5</b>	<b>Exploring Belonging &amp; Civic Muscle</b>	<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>
<b>Final Project (HS)</b>	<b>Flexing My Civic Muscle</b>	<p><i>How can I flex my civic muscle to impact my community's vital conditions?</i></p>
<b>Final Project (MS)</b>	<b>Design a Thriving Community</b>	<p><i>What does a thriving community look like? What part could I play in my community?</i></p>

# 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.

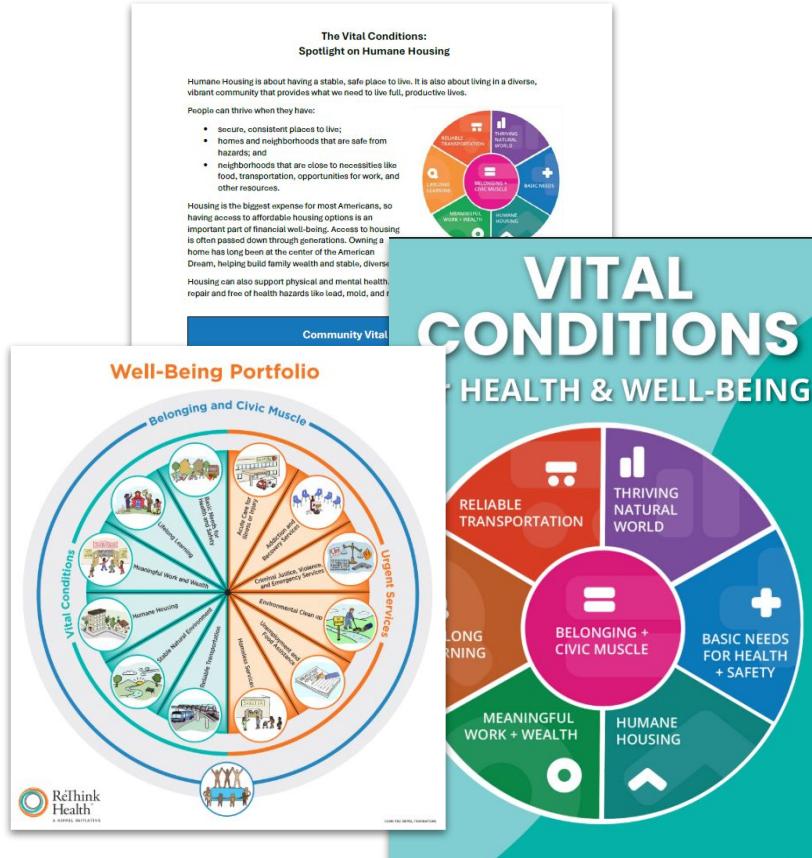
*“By examining their own communities through the lens of vital conditions, students took a step toward becoming more informed, empathetic, and civically engaged individuals. It laid a strong foundation for future learning about public health, equity, and personal responsibility within a community context.”*

*– 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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