COMMUNITY ENGAGEMENT RESOURCE LIST

The following list includes case studies, tools, websites, articles, and other resources to facilitate community engagement. The information offers strategies for engaging local residents and other constituents to play meaningful roles in creating and implementing policies and environmental changes to foster physical activity and healthy eating.

Case Studies

- **The Value of Leadership Development: Community Driven Change in the Central California Regional Obesity Prevention Program**
  The Central California Regional Obesity Prevention Program (CCROPP) works to combat obesity and improve health in California’s San Joaquin Valley. CCROPP’s partners view its leadership training program, in which local residents are prepared to take on leadership roles within their communities, as essential to the success and longevity of their work. This case study examines how leadership training has helped to advance CCROPP’s policy and environmental change goals, and the implications for obesity prevention efforts in contexts similar to the Central Valley.

Tools and Resources

- **Community Engagement and Participation Outline *NEW TOOL***
  Engaging community members to have a participatory role in creating healthy environments is a powerful process for generating sustainable change. The items included in this outline are important components of an authentic and participatory community engagement process. This tool should be used to help assess the extent to which you are integrating community input and involvement into your project.

- **Community Engagement in Public Health**
  This paper provides a conceptual framework for community engagement in public health using the *Ladder of Participation*. The framework was developed by those working in large public health departments in California and provides examples of community engagement from Contra Costa County health services as well as lessons learned and best practices for other health departments.

- **Ladder of Participation**
  **Ladder of Participation for Young Adults**
  The Ladder of Citizen Participation, developed by Sherry Arnstien in 1969, to this day still holds value in understanding the power dynamics between individuals and holds some interesting insights into getting people involved in community engagement. In
connection with Arnstein’s ladder, The Free Child Project developed a similar tool to help in the understanding of participation among young adults.

- **Developing Community-Generated Policies**
  Most targeted communities have complex power dynamics because of chronic neglect and disinvestment by policymakers and other gatekeepers. Therefore, enacting policy requires more community leadership, advocacy, and grassroots participation to overcome these dynamics than in communities where relationships are more equitable and less adversarial. This worksheet, developed by the Praxis Project, serves as a guide for shaping proactive, community-generated policies.

- **CHANGE Tool**
  The CDC’s Community Health Assessment aNd Group Evaluation (CHANGE): Building a Foundation of Knowledge to Prioritize Community Needs Tool helps community teams develop their community action plan. This tool walks community team members through the assessment process and helps define and prioritize possible areas of improvement. The CHANGE tool is located within the Building a Foundation of Knowledge to Prioritize Community Needs Action Guide, which walks you through a step-by-step process for completing the tool.

- **Promoting Healthy Public Policy through Community-Based Participatory Research**
  This compilation of case studies focuses on community based participatory partnerships throughout the nation that are working to change policy to improve community health, reduce disparities, and foster equity.

- **Community Building and Collaboration**
  The Center for Civic Engagement specializes in community building and organizational development. The tips, tools and resources page of their website offers links to a variety of resources and external organizations’ websites that focus on community building and collaboration strategies.

- **Wilder Collaboration Factors Inventory**
  This questionnaire is designed as a self-assessment tool to help groups inventory their strengths on factors that have been deemed important for successful collaboration. The accompanying resource is designed to help you interpret your scores from this survey and offer guidance for using your results to work with your team to create a more cohesive and engaging process of collaboration.

- **Encouraging Involvement in Community Work**
  The Community Tool Box is a global resource for free information on essential skills for building healthy communities. The resources within the toolbox provide practical, step-by-step guidance in community-building skills.

- **Community Involvement in the Federal Healthy Start Program**

Leadership provided by the Arkansas Center for Health Improvement in strategic partnership with PolicyLink.
To craft appropriate community-based solutions, the policymakers who conceived Healthy Start mandated community involvement in program planning, implementation, and evaluation. This report from PolicyLink highlights the results of a nine-city study of Healthy Start sites to discover the effects of community involvement on program outcomes.

- **Collaborative Neighborhood Planning**
  This article serves as a case study of Seattle, Washington’s neighborhood planning approach, and describes and analyzes how local governments can function as civic enablers and capacity builders for collaborative and accountable planning among neighborhood stakeholders and city government.

- **PHLP Fact Sheet and related resources: Working with Public Health (A New Ally for Redevelopment)**
  With many shared goals and valuable resources to direct toward neighborhood revitalization efforts, public health and redevelopment agency staff make powerful allies. This fact sheet is designed for redevelopment professionals to show how partnerships with public health staff can increase the impact of redevelopment projects, improving residents’ health while strengthening the local economy.

- **NPLAN Fact Sheet: How to Partner with Government to Enforce Laws in Your Community**
  Community members can work with local government to create healthier environments for children by reporting instances when municipal ordinances (local laws) are not being observed. The National Policy & Legal Analysis Network to Prevent Childhood Obesity (NPLAN) developed this fact sheet to help advocates and other community leaders work with local officials to ensure businesses are complying with local ordinances.

- **PHLP Partners for Public Health**
  This guide provides a broad overview of the many public agencies that make policy decisions affecting aspects of the built environment, pointing public health professionals toward opportunities for engagement. Each section of the guide includes information about the way particular agencies are structured, their decision-making processes, and oversight and accountability. It can serve as a valuable resource to help advocates navigate the complex web of people and processes associated with public policymaking in order to influence decisions that impact their communities.

## Youth Engagement

- **Youth-Hosted Forum Playbook**
  The Alliance for a Healthier Generation’s empowerME is a by kids, for kids movement that’s inspiring all kids to make healthy behavior changes and to become leaders and advocates for healthy eating and physical activity. Youth-Hosted Forums provide a
platform to convene youth to lead and participate in discussions about solving the childhood obesity problem. This Playbook provides steps, tools, and resources to plan and implement a Youth-Hosted Forum, all the while raising youth voices.

- **Confronting the Glass Ceiling of Youth Engagement**
  This publication by the Academy for Educational Development acknowledges the "glass ceiling" that youth often encounter when working on community change efforts. It gives advice on how to work within the power structure to "break" the glass ceiling and recognizes that youth do not need to be granted power in order to have the power to effect change within their community.

- **Community Youth Mapping**
  The Academy for Educational Development developed this tool to engage youth in the process of community change. This allows youth to identify the assets within their community and potential gaps or barriers. It includes a 10-step process for community youth mapping.

- **uMAP: A Participatory Community Mapping Process**
  uMAP is a participatory community mapping process to facilitate social action and neighborhood change in a way that is based on young people’s everyday lives, perceptions, values, assets and needs. Under the "about" page there is a special focus on childhood obesity and how community mapping can help engage children in child friendly community planning for active living. The site is in English and Spanish.

- **Photovoice as a Tool For Youth Policy Advocacy**
  Photovoice allows community residents to use photographs of their community to identify problems and work for solutions. In California, Photovoice was used in communities to improve community parks and recreation options, and increase availability of healthy foods in their neighborhoods and schools. This tool offers tips and resources to get started.

### International Resources

- **Citizens Toolbox**
  This website includes best practice tools citizens can use to advocate for themselves. The “Search Tools” section of the website will help you find a tool based upon your search criteria (criteria ranges from purpose, budget, timeframe, desired level of participation, etc.). While the toolbox was developed in Australia, the tools are broadly applicable.

- **Citizens Handbook**
  The Citizens Handbook website was developed in Canada and has extensive sections and information on advocacy involving community organizing, community building, large scale action, and grassroots problems and solutions. Each section has more subject areas that dive further into those ideas and provides tools and discussion on how to facilitate these conversations.
• **Effective Community Engagement**
  This resource was developed by the Department of Sustainability and Environment in the State of Victoria, Australia. Although it isn't a U.S.-focused resource, this website covers many applicable topics: the basics of engagement, the benefits of engagement, principles of engagement, and participatory engagement. Additionally, a tool for creating an engagement plan is provided, as well as a toolkit which is organized alphabetically by topics pertaining to engagement.

• **Evaluating Community Engagement**
  This resource, provided by Queensland, Australia, was developed to help local officials evaluate community engagement. The guide provides tools on developing an evaluation framework, identifying the correct data sources, collecting data, and interpreting and reporting the results meaningfully.