

## Visioning a Healthy Community

Adapted from the Healthy Native Community Fellowship (2012) Guide to Community Wellness Planning. Healthy Native Communities Partnership, Inc: Shiprock, NM. <http://hncpartners.org>

### Helpful Materials

Flip chart paper posted on the wall to hang participants' drawings  
5x7 large post-it paper  
Markers, crayons, tape



### Number of Participants

This activity will work with any size group. The time will vary depending upon the size of the group.

### Amount of Time

30-60 minutes

Post large sheets of blank flip chart paper on the wall and write the heading "Your Healthy Community". Give participants four 5x7 colored post-it papers and a variety of markers.

Invite participants to close their eyes. "Think about your community 15 years from now. It is the healthiest community you can ever imagine. People are no longer being diagnosed with diabetes, heart disease, or cancer...What do you see around you? What are people doing? What things are happening? What does your community look like? Now open your eyes. Using the markers and post-it papers draw activities you see, behaviors you see, things in the environment... this is your vision. Use your imagination to draw your vision of your healthy community."

### Helpful Tips

- ♥ Be supportive of people's drawings. This is about ideas.
- ♥ Express yourself by drawing pictures.
- ♥ Share your ideas in positive ways. For example instead of drawing a no tobacco sign draw a tobacco free community gathering.

After participants have finished drawing, ask them to work in groups of 4-6 people. Each person shares their drawings within the smaller group. After participants have shared their vision for a healthy community, have each group post their pictures on the large flip chart paper. Ask a representative from each group to share the common ideas they talked about in their group.

After each group has shared their ideas, discuss the following questions.

- What do you see? What common themes do you see in people's pictures?
- What cultural values do you see being expressed?
- How does culture influence community health and wellness?
- How do you think connection to core values and culture contribute to a healthy community?
- What needs to happen to move towards this community vision of health and wellness?
- What is one thing participants could do to help make this vision happen?

After visioning a healthy community, participants can begin to identify small steps to move towards their shared community vision of health and wellness. Visioning may be a step in developing a shared action plan to help realize a healthier community.