



HEALTH
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Health happens together.

Meaningful Community Engagement: How People, Stories, and Data Advance Health Equity

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Walkability Story

The Walkability Project: how pivoting toward a community's goal to improve its built environment led to long-term change.

<https://vimeo.com/648987845>



NATIONAL ACADEMY OF MEDICINE

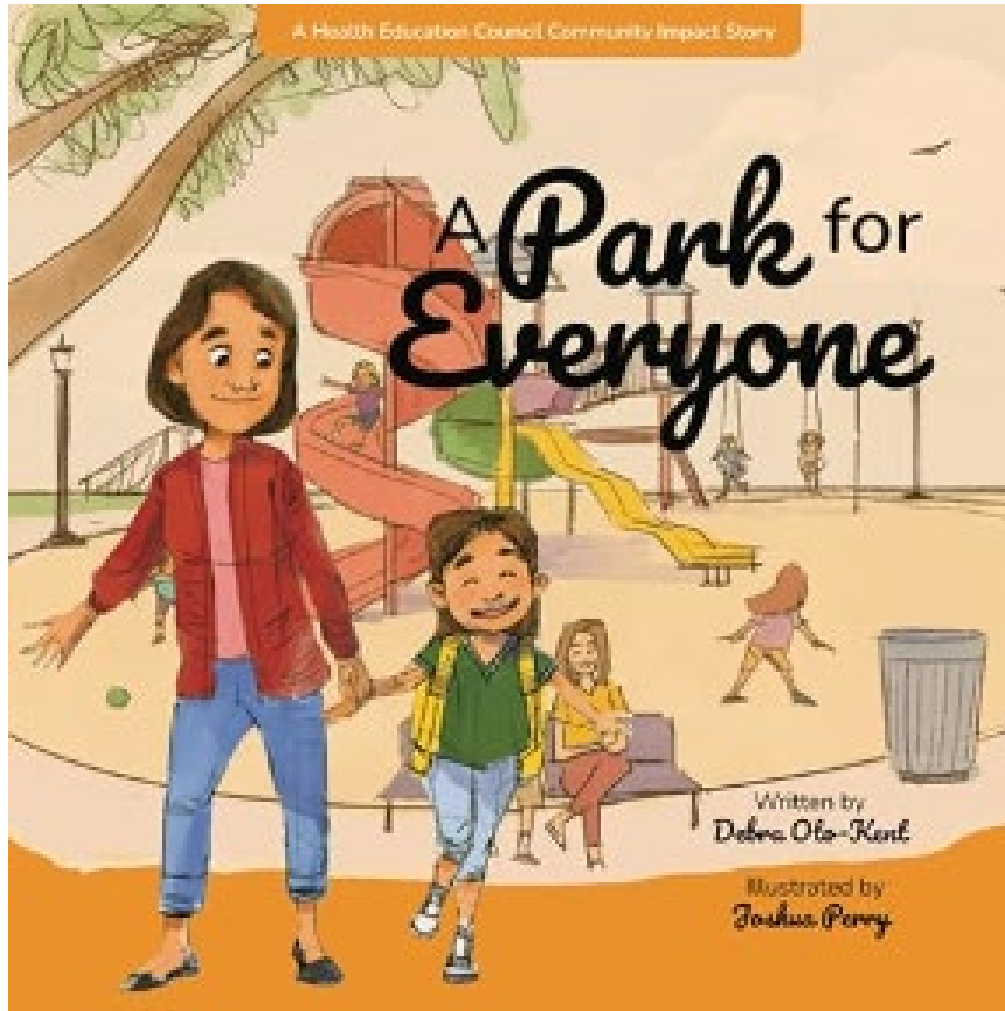


Foundational Strategies of all HEC Initiatives:

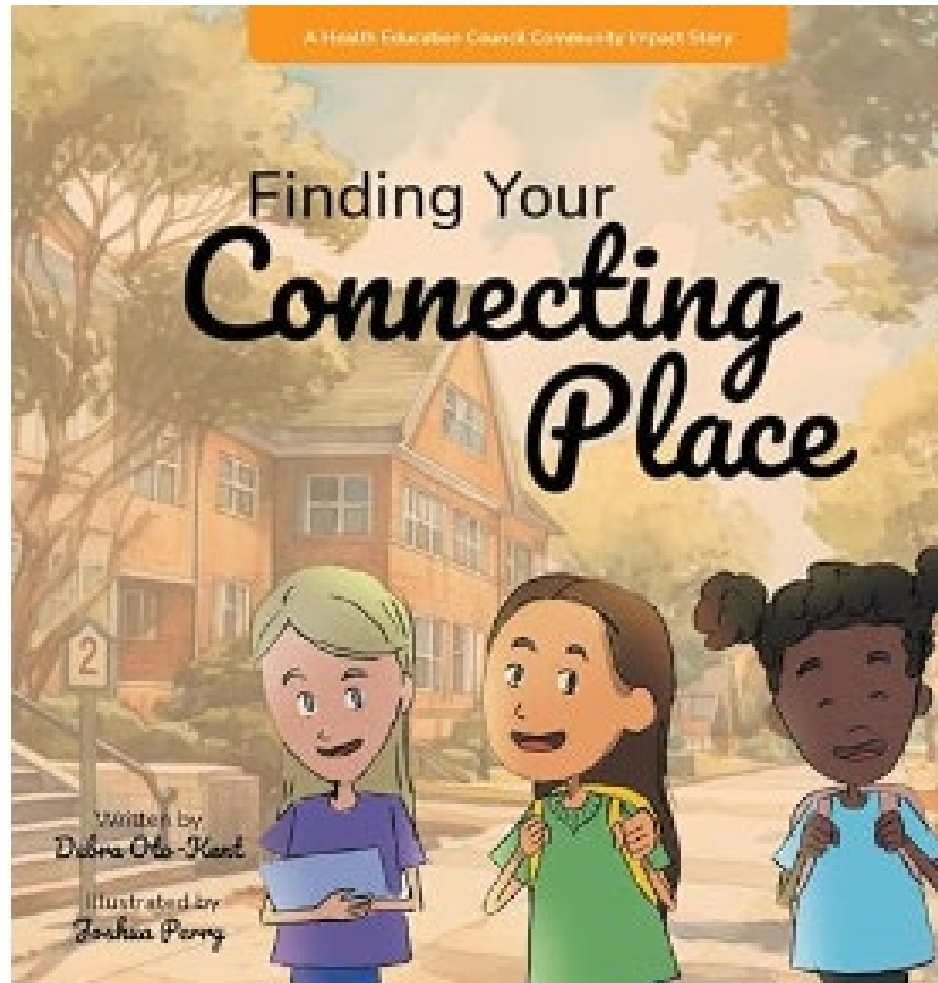
- Cross-sector collaboration/collective impact- no one sector can improve overall health outcomes for communities
- Resident Engagement – asset-based; historically, excluded communities- 'people are the experts of their own lives'

Resident Engagement: The Heart of Our Efforts





Nina loves visiting her grandmother's house. She would love it more if she could play at the park across the street. But it's unsafe and rundown. What can Nina do to make the neighborhood park a fun and welcoming place for everyone again?



Nina loves adventures. But lately, she feels like everyone she used to play with are too busy with their own lives. Especially Abuelita, her favorite co-adventurer. This makes Nina feel sad and alone. What can she do to figure out why Abuelita doesn't want to play? How can Nina and Abuelita learn together about life, connections and what makes us happy?



Lessons Learned

- Trust, history, relationship
- What matters: messenger, approach, enter and exit
- Listen without an agenda; act on what is heard; pivot
- Meeting people where they are at: where health happens
- Incremental, visible change, evidence of listening
- Asset, resilience based
- People want to contribute and sustain what they help build