ACSM American Fitness Index Community Action Guide Tools and Resources

Coalition Basics

Applied Leadership for Effective Coalitions.
(http://www.ncd.gov/publications/2001/Feb142001) The National Council on Disability developed this guide is designed to assist those interested in promoting leadership development and coalition building.

Centers for Disease Control and Prevention. Community Health Assessment and Group Evaluation (CHANGE)
(http://www.cdc.gov/nccdphp/dch/programs/healthycommunitiesprogram/tools/change/downloads.htm) The CHANGE tool helps community teams (such as coalitions) develop their community action plan. This tool walks community team members through the assessment process and helps define and prioritize possible areas of improvement

Creating an Effective Coalition: An Eight Step Guide
(http://www.preventioninstitute.org/eightstep.html) From the Prevention Institute, this guide suggests eight specific steps for coalition development.

Elevation: A Community Health Practice Guide
(http://www.communityhealthresource.com/Cultivating_Community_Coalitions.doc) From Community Health Solutions, Inc., this guide outlines 10 steps for starting an effective community coalition and 15 strategies for sustaining a coalition.

Maintaining Effective Community Coalitions
(http://www.cchealth.org/groups/health_services/pdf/maintaining_effective_community_coalitions.pdf) Chuck McKetney and Julie Freestone. This report, from the Contra Costa County (CA) Health Services, provides useful, practical information on running efficient coalitions, evaluating coalition work, and knowing when to end a coalition.

Sustainability Planning Guide
(http://www.cdc.gov/nccdphp/dch/programs/healthycommunitiesprogram/pdf/sustainability_guide.pdf) A document from the Centers for Disease Control and Prevention to help coalitions develop a plan for sustainable, long-term impact.

Coalition Planning

Blueprint for Action: Developing Livable Communities for All Ages
(http://www.livable.org/storage/documents/reports/AIP/blueprint4actionsinglepages.pdf) From the National Association of Area Agencies on Aging, Partners for Livable Communities, and the MetLife Foundation, this guide provides tools to build the collaborations needed to create livable communities for people of all ages. The resources at the end of the guide can be used to find the information most immediately relevant to your community's priorities and challenges.

The Built Environment Assessment Tool Manual
(http://www.cdc.gov/nccdphp/dch/built-environment-assessment/) This manual explains the importance of understanding and measuring the built environment and provides a tool for doing so.

Centers for Disease Control and Prevention Evaluation Working Group
(http://www.cdc.gov/eval/) This website highlights of a framework, steps, and standards for program evaluation. Links to additional resources are provided.

Complete Streets Laws and Ordinances
(http://www.walkinginfo.org/library/details.cfm?id=3968) National Complete Streets Coalition of the Pedestrian and Bicycle Information Center offers sample policies, ordinances, and design manuals.

Designing & Building Healthy Places
(http://www.cdc.gov/healthyplaces/default.htm) A Centers for Disease Control and Prevention initiative promoting healthy community design. The interaction between people and their environments, natural as well as human-made, continues to emerge as a major issue concerning public health.

Designed to Move
(http://www.designedtomove.org/resources) Reports and research supporting the Designed to Move call-to-action.

Evaluation Tools and Resources
(http://www.samhsa.gov/capt/tools-learning-resources/evaluation-tools-resources) Resources available to support planning and management, implementation and analysis of data and evaluation.

Promoting Health Equity: A resource to Help Communities Address Social Determinants of Health
(http://www.cdc.gov/nccdphp/dch/programs/healthycommunitiesprogram/tools/pdf/SDOH-workbook.pdf) Workbook for public health practitioners and partners interested in addressing social determinants of health in order to promote health and achieve health equity.

SMART: BRFSS City and County Data
(http://www.cdc.gov/brfss/smart/smart_data.htm) The Selected Metropolitan/Micropolitan Area Risk Trends (SMART) project uses the Behavioral Risk Factor Surveillance System (BRFSS) to analyze the data of selected metropolitan and micropolitan statistical areas (MMSAs) with 500 or more respondents. BRFSS data can be used to identify emerging health problems, establish and track health objectives, and develop and evaluate public health policies and programs.

Smart Growth Principles
(http://smartgrowth.org/smart-growth-principles/) Suggested principles to building a community that supports physical activity and health.

Strategic Plan, Organizational Structure, and Training System. Chapter 8 Developing a Strategic Plan
(http://ctb.ku.edu/en/table-of-contents/structure/strategic-planning) This information covers seven issues: Overview of strategic planning; developing a vision and mission statement, creating objectives, developing strategies, developing an action plan, obtaining feedback from constituents, and identifying action steps to bring about community and systems change.

Sustainability Planning Guide
(http://www.cdc.gov/nccdphp/dch/programs/healthycommunitiesprogram/pdf/sustainability_guide.pdf) A document from the Centers for Disease Control and Prevention to help coalitions develop a plan for sustainable, long-term impact.

Sustainable Communities for All Ages
(http://www.sustainable.org/creating-community/building-partnerships/190-sustainable-communities-for-all-ages) This guide from Just Partners, Inc. includes planning worksheets, issues briefs, community checklists, assessment tools, communication tips, coalition building tools, and information on resource development.

YMCA Community Healthy Living Index
(http://www.ymca.net/communityhealthylivingindex/) This is a set of five community assessment tools that measure opportunities for physical activity and healthy eating in areas that impact an individual's daily life. These tools also facilitate discussion about how to improve the community environment to increase opportunities for healthy living.

Youth Risk Behavior Surveillance System
(http://www.cdc.gov/healthyyouth/yrbs/) The Youth Risk Behavior Surveillance System (YRBSS) monitors priority health-risk behaviors and the prevalence of obesity and asthma among youth and young adults. The YRBSS includes a national school-based survey conducted by the Centers for Disease Control and Prevention (CDC) and state, territorial, tribal, and local surveys conducted by state, territorial, and local education and health agencies and tribal governments.