

Creating a Culture of Wellness Master Wellness Volunteer Statewide Cohort Training Activity Guide: July 17th, 2024

Instructions: The action tasks below can be used to guide further individual self-study while listening to the **Creating a Culture of Wellness** session

Action Task: Community Location

Select **one** location that you see your volunteer work happening: _____

Action Task: Challenges

In the box below, write down challenges that you, or others in your community, may face when trying to be healthier at the selected community location. What types of things prevent you from, or make it harder to, use this place for wellness?

Action Task: Action Plan

An ecological model approach is necessary to create population-level improvements in health. Simply telling people to live healthier, like be more active and eat better is not enough.

Population-based health behavior change requires multiple approaches and must address multiple levels of influence through a combination of five P's: *Person(al)*, *People*, *Programs*, *Projects*, and *Policies*.

Person(al):

The individual and their personal characteristics such as knowledge, attitudes, and skills.

People:

Interpersonal relationships, social networks, and communities.

Programs:

Outreach, education, and behavior change activities; events and education; pop-ups, demonstrations, and trial installations.

Projects:

Changes to physical infrastructure & built environment; create inviting locations & a supportive environment for healthier behavior.

Policies:

Ordinances, rules, regulations, practices & procedures; rewrite the rules so healthy designs are the norm, changes stick, & people are rewarded for making the active, healthy choice.

In the boxes below, write down strategies that you can implement to help people use the selected community location. The best ideas will be specific and concrete enough that you can develop actual action steps.

P	Strategies
Person(al)	
People	
Programs	
Projects	
Policies	