

The 2017 Year of Healthy Communities

Identifying, connecting and integrating efforts to improve well-being and health statewide – within a broader contextual framework.

Health Is More Than Health Care. The 2017 Year of Healthy Communities starts from the recognition that significant opportunities for improving well-being and health are found not just in health care, but everywhere we live, work, learn and play.

Informed by the work of the World Health Organization and the Centers for Disease Control and Prevention, Vitalyst and community partners developed the Elements of Healthy Community wheel in 2016 to identify and demonstrate the interrelated nature of 14 community factors that impact health. Via conferences, meetings and workshops throughout the year, Vitalyst is directly engaging councils of government, universities, counties, cities, towns, business, nonprofits, associations, chambers of commerce and other stakeholders.



Our Goals:

- Identify, lift up and celebrate efforts to help Arizonans be healthier and live well.
- Facilitate connections between groups and sectors.
- Shift the health paradigm – health is more than health care.
- Influence policies and systems for change.

What We're Doing. All year long, Vitalyst is connecting with as many stakeholder groups as possible, facilitating workshops to engage participants in shifting the health paradigm and developing next steps toward improving well-being and health in their communities. We've launched the livewellaz.org website featuring a clickable Elements of a Healthy Community wheel – with each element page designed to provide visitor with quick access to top national experts, key Arizona resources, projects already underway, and a short list of successful national projects that could be happening here soon. Site content by element evolves weekly thanks to contributing organizations and stakeholders. Vitalyst is also producing a series of “radio show”-style webinars to celebrate great work by element, and the success of the webinars is spurring the launch of a podcast series in Fall 2017.

Where We're Heading. The feedback is clear: stakeholders and communities are interested in continuing this dialogue and approach beyond 2017 – and Vitalyst will be there to help. Through the website, podcast, convenings, workshops and methods we will develop together with all interested parties, Vitalyst will continue into 2018 and beyond with the goal of shifting the health paradigm to produce policies, systems and environmental changes that support an overarching vision enabling all Arizonans to Live Well.

Connect, and Learn More. Visit livewellaz.org

A CATALYST FOR
COMMUNITY HEALTH

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