

WORKSHEET

What Drives Health

This worksheet is a companion to the Understand What Drives Health Action Learning Guide. Consider the worksheet a place to track your progress through the guide and to reflect on your own community's experience with the topic.

The worksheet will take you through the sections of the Action Learning Guide:

Your vision of a
healthy community



What does the County Health
Rankings model tell us about health?

Your Vision of a Healthy Community



Envision that you wake up tomorrow to find that your community is the healthiest place that you can imagine. What would you notice about the community? Think through each of your senses. What do you see? Smell? Taste? Feel? Hear?

Describe your vision in writing, by drawing picture, or in a conversation with someone else.





Reflection & Discussion

1. Review the words or pictures you came up with to describe a healthy, vibrant neighborhood.
2. Consider which health factors fit with that vision.

How does your vision of a healthy, vibrant neighborhood connect to the County Health Rankings model?



Questions for Reflection & Discussion

Which parts of the County Health Rankings model of health are new to you?

What parts remind you of your own experience?

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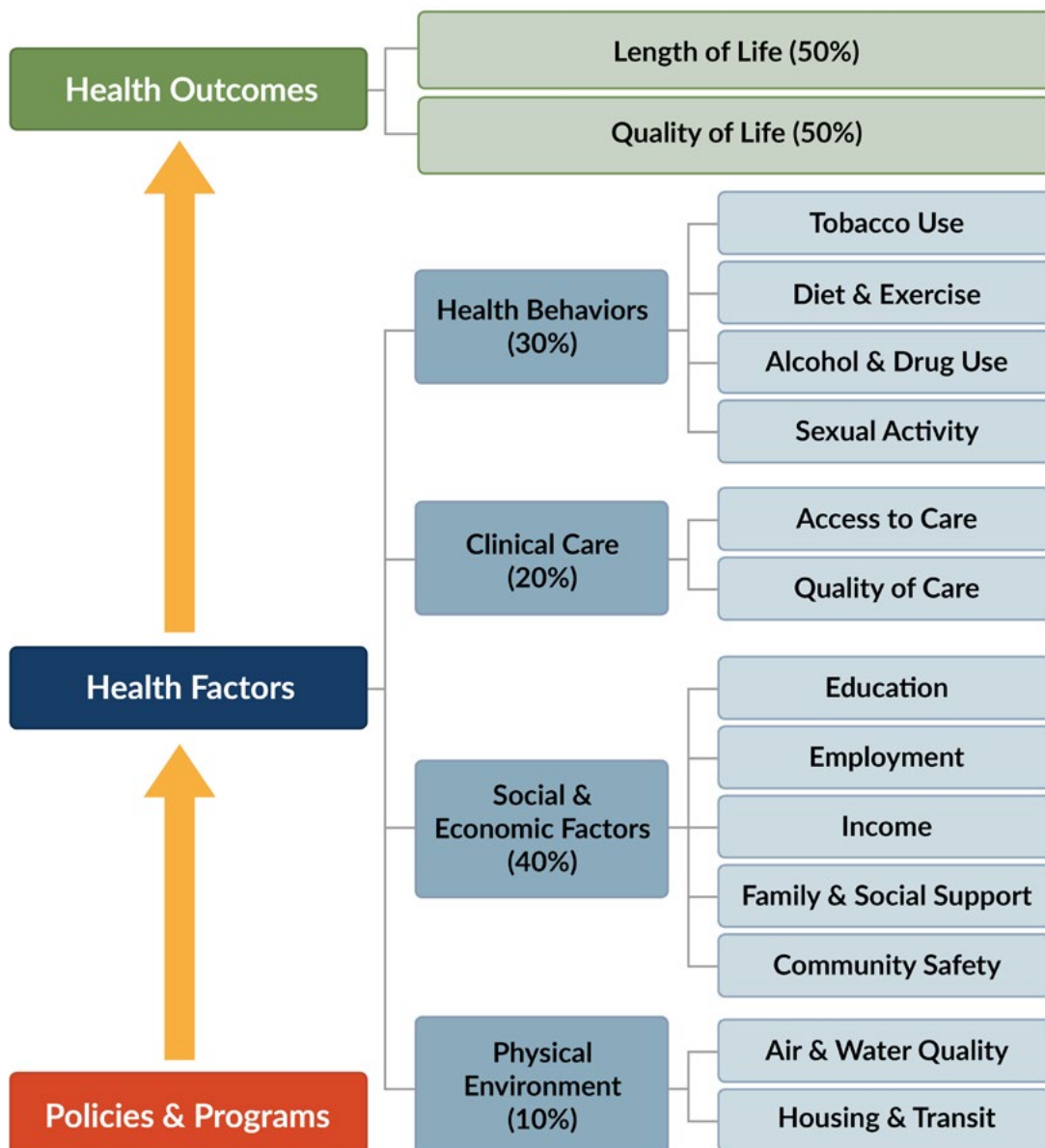
What Does the County Health Rankings Model Tell Us About Health?



Health Factors Have Varying Influence on Health

The Rankings model helps us understand the factors communities can change to improve health. It shows the relative contribution of those factors on health.

There is no one “true” way to perfectly represent the health of a community. The County Health Rankings model provides a starting place for conversations in your own community about what shapes health.



County Health Rankings model © 2018 UWPHI

Policies & Programs



Exploring Policies and Programs

Watch the 1-minute [Nurturing the Future: Investing in Early Childhood Development](#) video and consider the following questions.

What policies or programs could a community consider to “invest in early childhood development”?

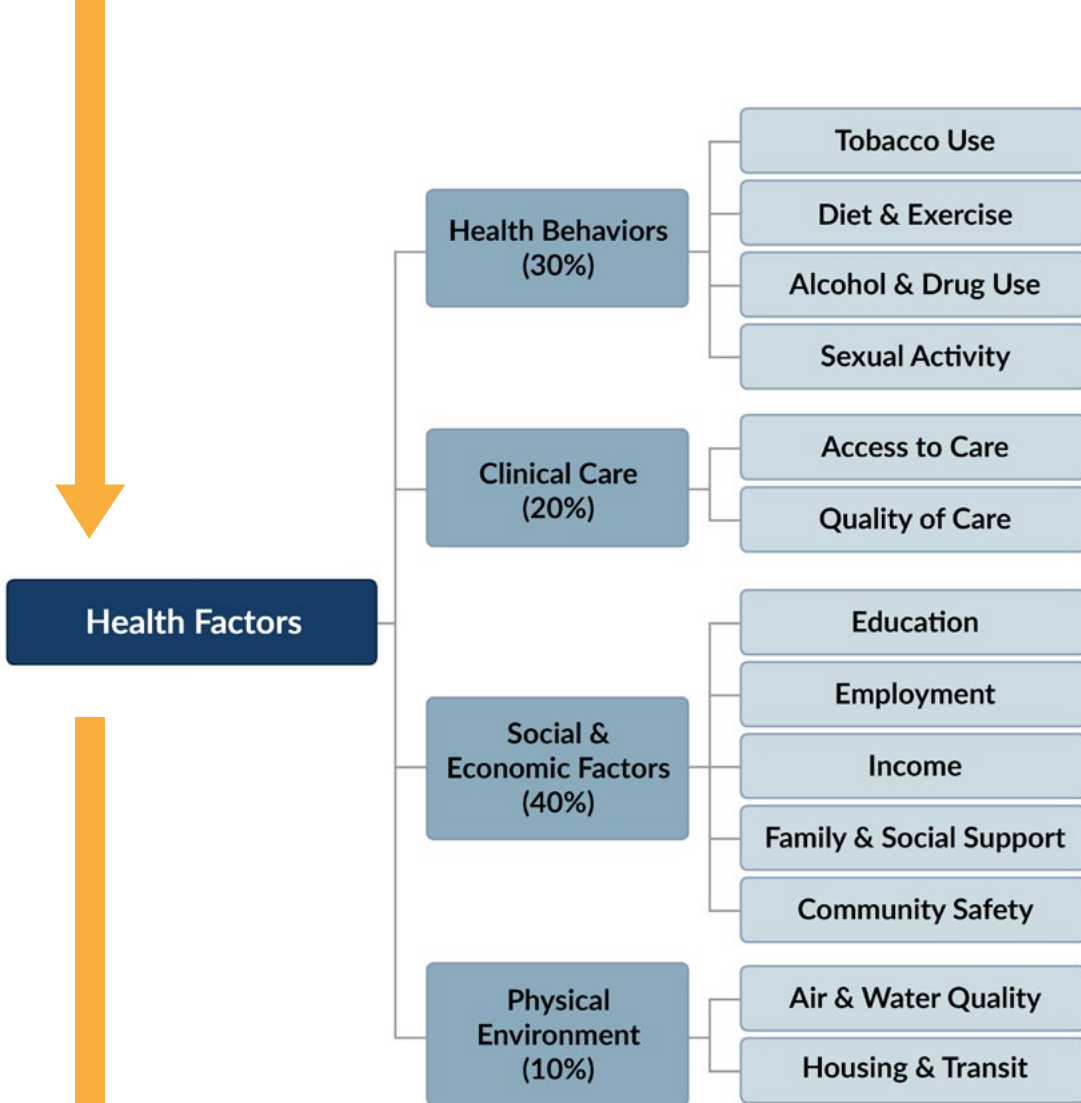
Look at the Rankings model. Which health factors could be impacted by policies or programs that invest in early childhood development?



Discussion & Reflection

Effective local, state, and federal **Policies and Programs** can improve a variety of factors that, in turn, shape the health of communities.

Consider your own experience. Are there policies or programs that have made it easier or harder for you to buy healthy food, be more physically active, feel safe and connected in your neighborhood, or have safe and clean water to drink?



Health Factors Determine Health Outcomes

Many things influence health. However, social and economic circumstances are foundational to achieving long and healthy lives.

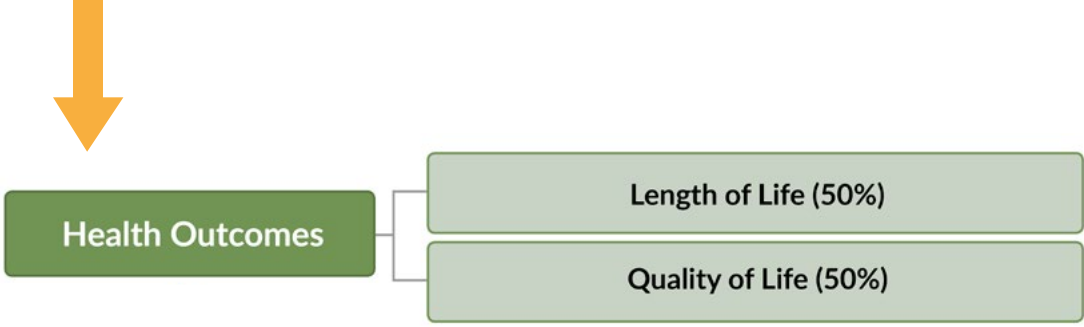
These social and economic conditions also influence other important drivers of health. They impact our ability to make healthy choices, afford medical care or housing, and even manage stress. The factors that drive health are interconnected.



Discussion & Reflection

Consider an issue that is important in your community right now.

1. Write your issue here: _____
2. Draw a star by the health factors most closely related to the issue.
3. Draw a line from those to other health factors that are interconnected.



Length & Quality of Life

Health outcomes in the County Health Rankings represent the current health of a county.

The County Health Rankings considers two types of health outcomes: how long people live (length of life) and how healthy people feel while alive (quality of life).



Explore & Use the Rankings Model

Use the Rankings Model as a Communication Tool

ASK...

- Where do you see your work in the County Health Rankings model?
- What surprises you about this broad vision of health?
- What policies are helping or hindering health in your community?
- Who may be benefiting and who may be harmed most by these policies?
In what ways are people affected?

REFLECT...

- Consider the weights in the County Health Rankings model.
- What do you notice?
 - Do they make sense in our context?

TELL A STORY...

Use the County Health Rankings model as a visual to walk through a personal story about how a policy has impacted your health.

How does your vision of a healthy, vibrant neighborhood connect to the County Health Rankings model?

I will share the Rankings model with...	
I want them to know...	
I want them to feel...	
I want them do this...	



We All Have a Role to Play

Think about the people in your community who make positive changes happen. Call them leaders, changemakers, or stakeholders—these are the people with whom you want to connect.

Using the Rankings model as a framework, brainstorm specific people or organizations that are making a difference across the health factors included in the County Health Rankings model.

Health Factor	Focus Areas	Who is making a difference in this area? Brainstorm specific people or organizations in your community.
Health Behaviors	Tobacco Use	
	Diet & Exercise	
	Alcohol & Drug Use	
	Sexual Activity	
Clinical Care	Access to Care	
	Quality of Care	
Social & Economic Factors	Education	
	Employment	
	Income	
	Family & Social Support	
	Community Safety	
Physical Environment	Air & Water Quality	
	Housing & Transit	



Questions for Reflection & Discussion

What questions did this raise for you?

What insights are beginning to emerge?

What applications or action ideas does this Action Learning Guide reveal for you?