

# THRIVE:

## Tool for Health and Resilience in Vulnerable Environments

<http://preventioninstitute.org/thrive/index.php>

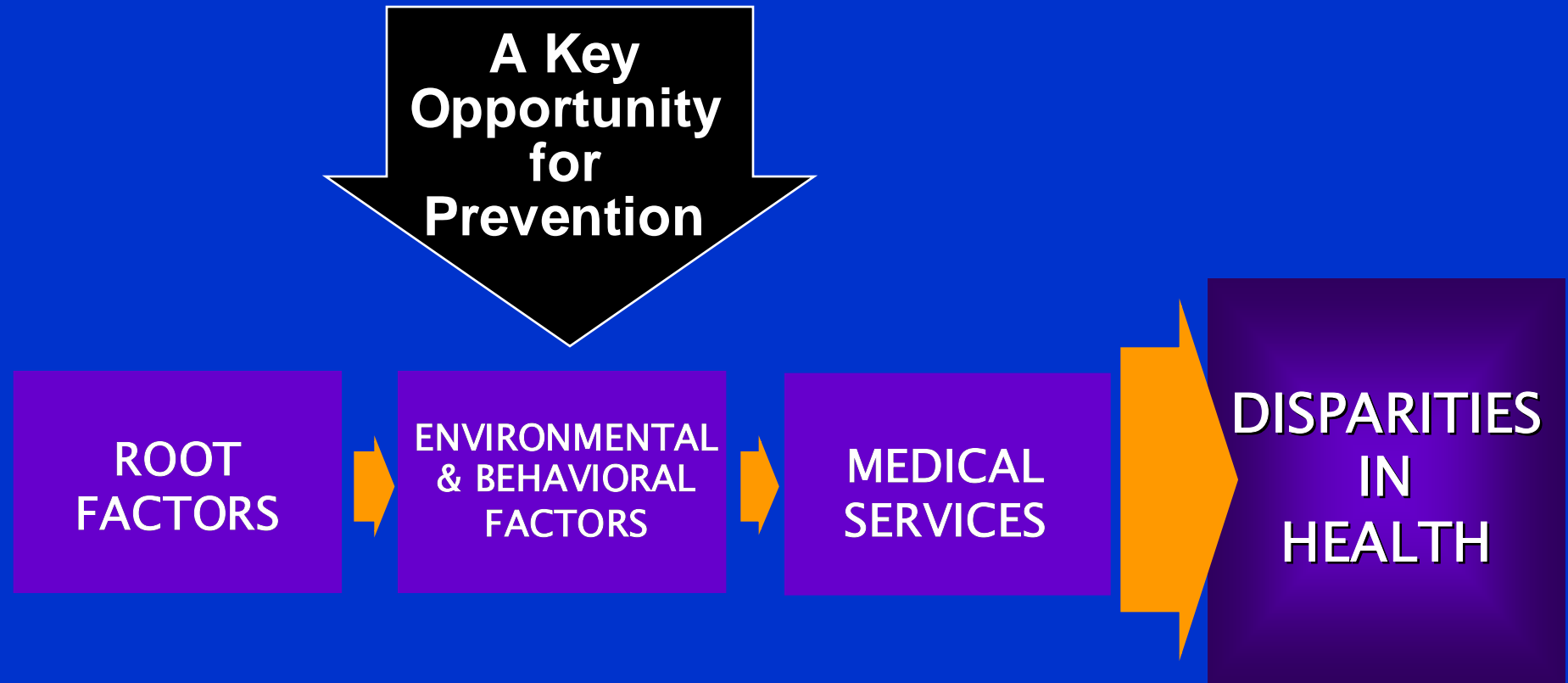
Rachel Davis, MSW  
Managing Director

November 7, 2007  
APHA 2007  
Washington, DC



[www.preventioninstitute.org](http://www.preventioninstitute.org)

# The Trajectory of Health Disparities





# Making Links to Actual Causes of Death

Diet &  
Activity  
Patterns



Tobacco



Alcohol  
& Drugs



Heart Disease

Cancer

Stroke

Diabetes

Injuries  
& Violence

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**ENVIRONMENT**

**TOXINS**

**HEALTH**

**BEHAVIOR**

# Asthma outbreak hits kids

## RISKS OF THE 'RED ZONE'



JENNI GIRTMAN / Staff

Asthma sufferer Tyrone Johnson, 2, breathes fresh air Friday as his aunt Susan Thomas tends him at Atlanta's Hughes Spalding Children's Hospital. Sky-high smog readings in metro Atlanta have produced a flare-up of asthma cases, especially among children.

The Atlanta Journal-Constitution SATURDAY, AUG. 19, 2000

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# What's Sold and Promoted



VS.



Industry  
Group

Low-Wealth  
Neighborhood

High-Wealth  
Neighborhood

Supermarkets

7

27

Carry-out eating  
places

26

24

Bars/Taverns

35

11

Source: Kimberly Morland, et al. American Journal of Preventive Medicine, 2002.

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“It is unreasonable to expect that people will change their behavior *easily* when so many forces in the social, cultural, and physical environment conspire against such change.”

Institute of Medicine

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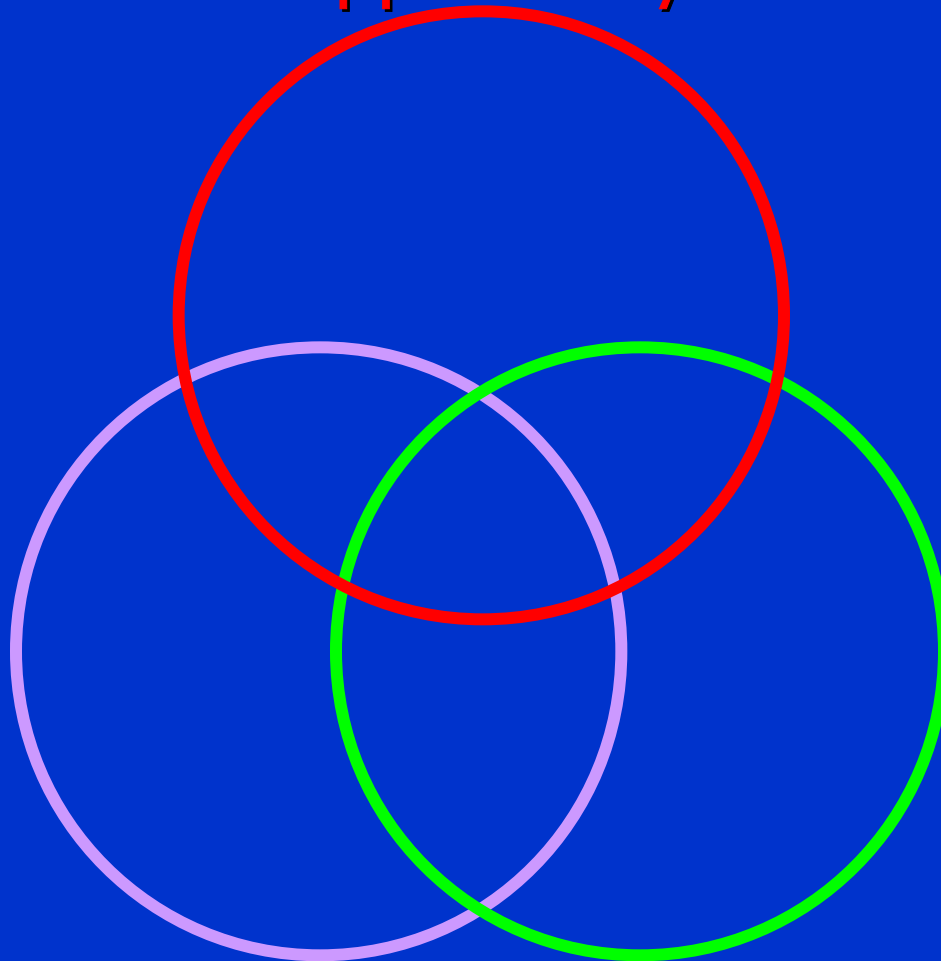


# THRIVE

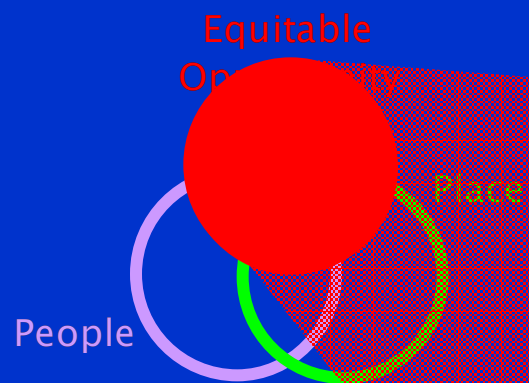
Equitable  
Opportunity

People

Place



# THRIVE

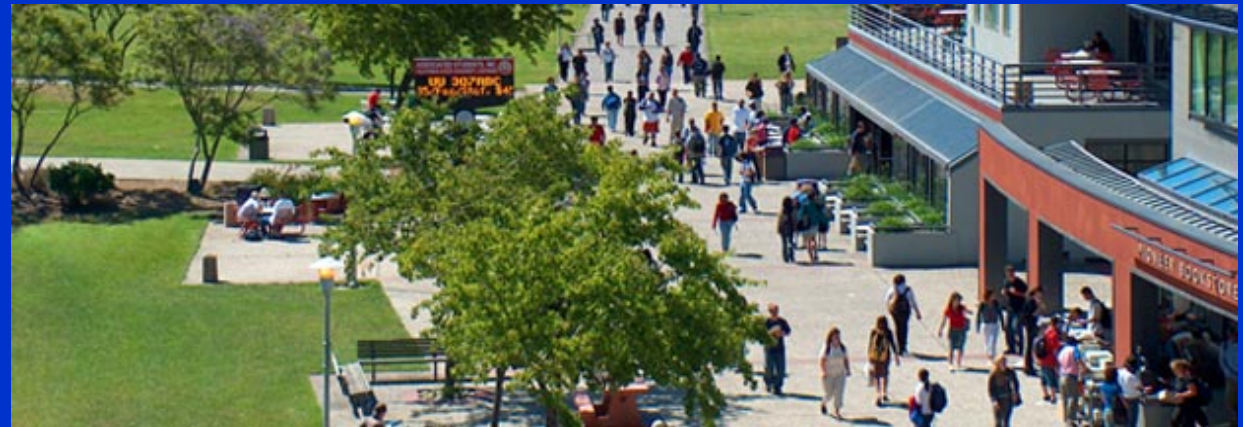


## EQUITABLE OPPORTUNITY

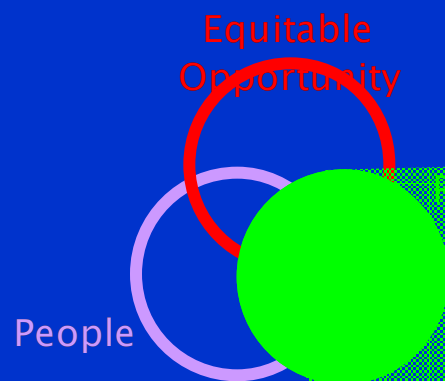
- ◆ Racial justice
- ◆ Jobs & local ownership
- ◆ Education



# EQUITABLE OPPORTUNITY

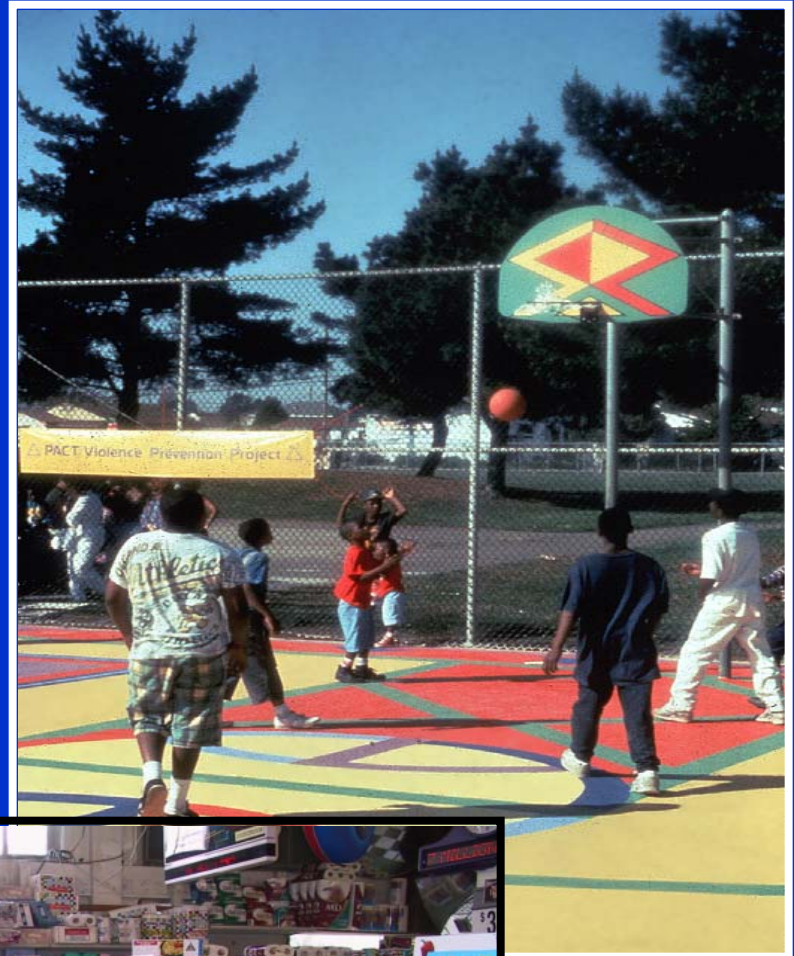


# THRIVE



## PLACE

- ◆ Look, feel & safety
- ◆ Parks & open space
- ◆ Getting around
- ◆ Housing
- ◆ What's sold and how it's promoted
- ◆ Air, water, soil
- ◆ Arts & culture

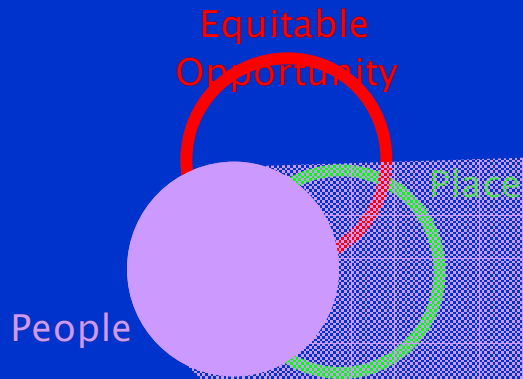


# PLACE



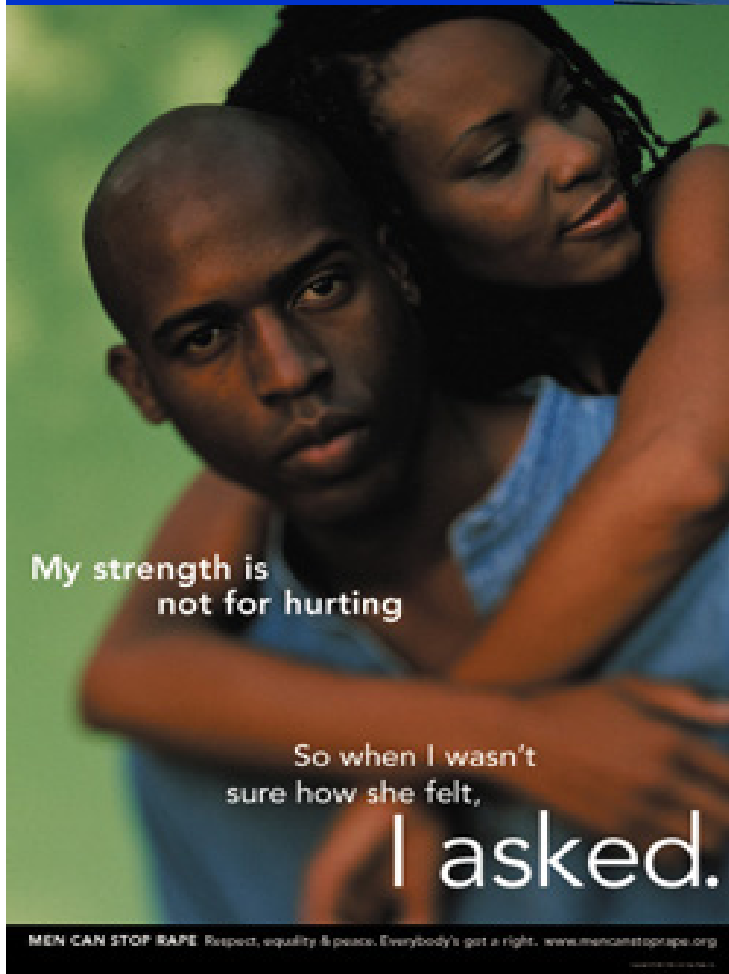
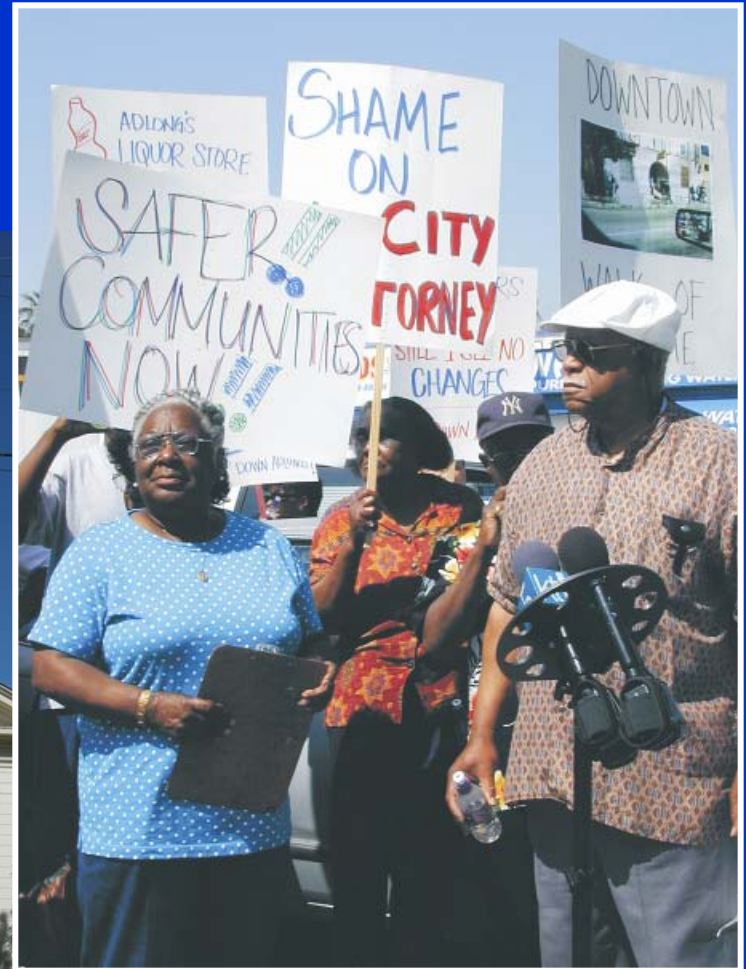
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# THRIVE



## PEOPLE

- ◆ Social Networks & trust
- ◆ Participation & willingness to act for the common good
- ◆ Acceptable behaviors & attitudes



# PEOPLE

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## PILOT EVENT: Del Paso Heights

- ◆ **Pilot host:** Mutual Assistance Network of Del Paso Heights
- ◆ **Population:** 13,941
- ◆ **Demographics:** 35% African American;  
25% Southeast Asian; 20% Latino;  
15% Caucasian; 5% Samoan/American Indian

“THRIVE is a way to use community members’  
ideas and strengths to move things forward.”

—RICHARD L. DANA  
PILOT SITE REPRESENTATIVE







## PILOT EVENT: Hidalgo County

- ◆ Pilot host: Hidalgo Medical Services
- ◆ Population: 6,000
- ◆ Demographics:  
50% Latino; 50% White

“THRIVE has changed the way we view things. Resilience is the future for us. This has changed how we think about our youth and programs for them.”  
—JAMES MARUFFO  
PILOT SITE REPRESENTATIVE



# PILOT EVENT: East Harlem, South Bronx, Central Brooklyn

- ◆ **Pilot Host:** New York City District Public Health Offices
- ◆ **Population:** East Harlem:108,092; South Bronx: 290,052; Central Brooklyn:317,296
- ◆ **Demographics:** East Harlem: 55% Hispanic; 33% African American; 6% White; 3% Asian.  
South Bronx: 43% Hispanic; 28% White; 21% African American; 5% Asian.  
Central Brooklyn: 80% African American; 11% Hispanic; 5% White; 1% Asian

“THRIVE could be a valuable framework to present to other departments to help them understand the health impact of their sectors.”

—ROGER HAYES

PILOT SITE REPRESENTATIVE



“ [THRIVE] makes me believe that I can make a difference in my community. ”

Youth Pilot Participant

# THRIVE Pilot Events: Selected 4-Month Outcomes

- ◆ Trained youth on the THRIVE resilience approach
- ◆ Launched a teen center
- ◆ Established county-wide mentoring program
- ◆ Initiated farmers' markets
- ◆ Enhanced public health and housing partnerships
- ◆ Assessed health impact in planning decisions

# THRIVE Pilot Events: Overarching Outcomes

- ◆ Contributes to a broad vision about community health
- ◆ Confirms value of upstream approaches
- ◆ Challenges traditional thinking about health promotion
- ◆ Is a good tool for strategic planning at community and organizational levels
- ◆ Organizes difficult concepts and enables systematic planning



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- [THRIVE Tool](#)
- [THRIVE Process](#)
- [Feedback](#)
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- [Community Health Factors](#)
- [ENACT](#)
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Please [register](#) to track your answers online

*Tool for Health and Resilience In Vulnerable Environments*

[Click to go back](#) :: [THRIVE Home](#) > [Health Problems](#) > Factor Tool

### Directions

At any time, you can click on each of the clusters and any of the factors to get more information about how it is related to good health and health problems. If you would like a copy of your completed assessment, please print before moving on.

#### 1: Priority Rating:

Taking into account the highest priority health concerns in your community, please rate each of the following factors according to their priority of high (H), medium (M), and low (L). Specifically, the priority rating should indicate how important you think it is that your community addresses that particular factor.

#### 2: Community Effectiveness Scores:

Please rate each of the factors according to how effective your community is at fostering it. Use the 5-point scale below to rate your community's effectiveness. Enter the number that most closely represents your rating of your community.

- 1 = Elements not in place and harmful to health or inappropriate for needs of community
- 2 = Few elements are in place, but needs improvement regarding quality, access, availability, and/or cultural and developmental appropriateness
- 3 = Some elements are in place and well developed. These elements are culturally appropriate and meet the range of developmental needs
- 4 = Many elements are in place and on the road to full development, but there is some room for improvement
- 5 = Meets range of developmental needs. Elements are culturally appropriate, accessible, and available to the community

#### 3: Take Action:

Based on your priority rating and your

## THRIVE: Tool for Health and Resilience in Vulnerable Environments

<u>Equitable Opportunity</u>	Priority	Community Effectiveness Score	Action
<a href="#">Racial Justice</a>	-select	--	<input type="checkbox"/>
<a href="#">Jobs and Local Ownership</a>	-select	--	<input type="checkbox"/>
<a href="#">Education</a>	-select	--	<input type="checkbox"/>

<u>The People</u>	Priority	Community Effectiveness Score	Action
<a href="#">Social Networks &amp; Trust</a>	-select	--	<input type="checkbox"/>
<a href="#">Participation and Willingness to Act for the Common Good</a>	-select	--	<input type="checkbox"/>
<a href="#">Acceptable Behaviors and Attitudes</a>	-select	--	<input type="checkbox"/>

<u>The Place</u>	Priority	Community Effectiveness Score	Action
<a href="#">What's Sold &amp; How It's Promoted</a>	-select	--	<input type="checkbox"/>
<a href="#">Look, Feel and Safety</a>	-select	--	<input type="checkbox"/>
<a href="#">Parks &amp; Open Space</a>	-select	--	<input type="checkbox"/>
<a href="#">Getting Around</a>	-select	--	<input type="checkbox"/>
<a href="#">Housing</a>	-select	--	<input type="checkbox"/>
<a href="#">Air, Water &amp; Soil</a>	-select	--	<input type="checkbox"/>
<a href="#">Arts &amp; Culture</a>	-select	--	<input type="checkbox"/>


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THRIVE: Racial Justice Factor - Windows Internet Explorer

http://www.preventioninstitute.org/thrive/factors/racial\_justice.php

Live Search



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*THRIVE Factor Description*      *Tool for Health and Resilience In Vulnerable Environments*

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## Racial Justice

### What does it mean?

Policies and organizational practices that foster equitable opportunities and services for all; positive relations between people of different races and ethnic backgrounds.

*Ask: Do people of all races and ethnicities have equal opportunity in my community?*

### How does this relate to health and safety outcomes?

Racial justice relates to health and safety outcomes because race and ethnicity shape and operate through pathways including almost all major behavioral risk factors for health.<sup>1</sup> Efforts to promote healthy behaviors in low-income communities and improve the environment are often rendered ineffective because racism, bias, and discrimination can reduce opportunity and foster conflicts that leave the residents feeling powerless, divided, and alienated. Racism impedes efforts to build trust and the sense of community required to effectively advocate for needed change. The impact is manifested in a number of ways. Further, public institutions such as health clinics, schools, law enforcement, parks, etc. tend to be perceived as serving one group of residents to the detriment of the other, and they are viewed with mistrust by one or more segments of the population in a community.

### What health problems are associated with this factor?

Because it relates to the opportunities that people have and the effectiveness of a community to change its circumstances or environment, this factor could link to any of the leading indicators.

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Notes

House JS, Williams DR. Understanding and reducing socioeconomic and racial/ethnic disparities in health. In: Smedley BD, Syme SL, eds. *Promoting Health: Intervention Strategies from Social and Behavioral Research*. Washington D.C.: National Academy Press; 2000:81-124.

Done      Internet      100%

THRIVE: Identify Key Health Problems - Windows Internet Explorer

http://www.preventioninstitute.org/thrive/medical.php?b=1

Prevention Institute THRIVE

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[THRIVE Home](#) > Health Problems

### Identifying Key Health Problems

For each of the following health problems, please indicate if it is a particular concern in your community. When you are finished, you can click at the bottom to continue. The community health factors most closely associated with the health problem(s) you selected, will be highlighted in the THRIVE tool.

- Asthma
- Cancer
- Cardiovascular disease
- Diabetes
- HIV/AIDS
- Mental Health Problems / Mental Illness
- Poor nutrition and physical activity \*
- Substance abuse
- Traffic crashes and other injuries
- Violence

\* Many people refer to this as obesity and overweight/obesity is a Healthy People 2010 Leading Health Indicator. The term 'obesity' is not used here because it implies that many of the health conditions are caused by obesity per se, rather than the fact that while obese people are at high risk for health problems, thin people with poor diet and activity are also at risk.

Internet 100%





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**3: Take Action:**

Based on your prioritizing and your

**THRIVE: Tool for Health and Resilience in Vulnerable Environments**

<u>Equitable Opportunity</u>	Priority	Community Effectiveness Score	Action
<a href="#">Racial Justice</a> *	-select	--	<input type="checkbox"/>
<a href="#">Jobs and Local Ownership</a> *	-select	--	<input type="checkbox"/>
<a href="#">Education</a> *	-select	--	<input type="checkbox"/>

<u>The People</u>	Priority	Community Effectiveness Score	Action
<a href="#">Social Networks &amp; Trust</a>	-select	--	<input type="checkbox"/>
<a href="#">Participation and Willingness to Act for the Common Good</a> *	-select	--	<input type="checkbox"/>
<a href="#">Acceptable Behaviors and Attitudes</a>	-select	--	<input type="checkbox"/>

<u>The Place</u>	Priority	Community Effectiveness Score	Action
<a href="#">What's Sold &amp; How It's Promoted</a>	-select	--	<input type="checkbox"/>
<a href="#">Look, Feel and Safety</a>	-select	--	<input type="checkbox"/>
<a href="#">Parks &amp; Open Space</a>	-select	--	<input type="checkbox"/>
<a href="#">Getting Around</a>	-select	--	<input type="checkbox"/>
<a href="#">Housing</a>	-select	--	<input type="checkbox"/>
<a href="#">Air, Water &amp; Soil</a>	-select	--	<input type="checkbox"/>
<a href="#">Arts &amp; Culture</a>	-select	--	<input type="checkbox"/>

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THRIVE: Racial Justice Action Menu - windows Internet Explorer  
http://www.preventioninstitute.org/thrive/actions/act\_racial\_justice.php

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*THRIVE Action Menu*      *Tool for Health and Resilience In Vulnerable Environments*

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**Racial Justice**

***Policies and organizational practices that foster equitable opportunities and services for all; positive relations between people of different races and ethnic backgrounds***

Relations between and among people take place in a context of institutional bias and discrimination. This context impacts how communities are served and how individuals are treated. Efforts to promote healthy behaviors in low-income communities and improve the environment can be made effective by addressing interpersonal, inter-group, institutional, and structural racism, bias, and discrimination. Communities can address racism, bias and discrimination by promoting trust and understanding between community members, by assessing and taking steps to understand institutional racism within the community, and by ensuring that community members understand the role that racism and economic and educational privilege plays in influencing both opportunity and institutional practices. Addressing other factors without addressing this critical issue can contribute to powerlessness, division, and alienation.

**Sample Action Menu**

- Address divisions among residents of neighborhoods that impede efforts to build trust and the sense of community required to effectively advocate for needed change.
- Ensure that CBOs and public institutions, such as health clinics, schools, law enforcement, and parks are not, whether actually or perceptually, serving one group of residents to the detriment of the other.
- Engage in activities, which build trust across segments of the population in a community.
- Build a sense of community based on place, rather than race or ethnicity. Otherwise, neighborhood efforts to address health related goals can be fractionalized.
- Create means for communities to begin to address discrimination within their boundaries and foster positive ethnic and racial relations.
- To the extent that there are positive relations, people within diverse communities can work together to achieve change that will impact the overall well being of the community.
- Form multiracial task forces to investigate examples of racism within the community's banking, education, health, legal system, criminal justice and social service systems and to identify first targets for action<sup>1</sup> and create groups to monitor the practices of institutions that serve the community (i.e. the lending practices of banks in communities of color.)<sup>2</sup>
- Through regular public gatherings, familiarize community members with a shared analysis of racial and cultural needs and issues, discuss members' opinions of how institutional and structural racism work, develop common terminology about racism.<sup>3</sup>

Done      Internet      100%

# This work is supported by:

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◆ **The California Endowment**

◆ **The Office of Minority Health –**  
U.S. Department of Health and Human Services

◆ **The Community Technology Foundation of California**

# Prevention Institute

Putting prevention  
at the center of community well-being

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[www.eatbettermovemore.org](http://www.eatbettermovemore.org)

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