STRENGTHENING THE COMMUNITY

Lesson learned and best practices approach to health promotion and creation of healthy aging communities in Broward County, FL

Intro: The YMCA of Broward County, under the umbrella of the Healthy Aging Regional Collaborative of South Florida is creating healthy aging communities in collaboration with over 65 community partners, by delivering culturally sensitive, evidence-based programs to older adults through peer led education instruction in Broward County.

BEST PRACTICES

- Build a Multi-Sector Collaborative
- Portfolio of Evidence-Based Programs
- Train Culturally Appropriate Lay Leaders
- Conduct Face-to-Face Outreach & Social Engagement
- Train the Trainers & Referral System for sustainability

MULTI-SECTOR COLLABORATIVE

RESULTS OF A STRONG COMMUNITY

Over the last three years:
- Over 50 lay leaders
- Over 65 Multi-sector sites
- Over 4,500 Older Adults Served

Discussion: Utilizing culturally sensitive lay leaders, building a multi-sector partner collaborative and establishing community buy-in has been critical in establishing healthy aging communities across all racial, social economic and educational levels.