

Target Counties: *Emmet, Charlevoix, Leelanau, Antrim, Benzie, Grand Traverse, Kalkaska, Manistee, Wexford, Missaukee*

Promoting Community Systems Change *using the ABLe Change Framework*

Pennie Foster-Fishman, Ph.D. | Erin Watson, Ph.D.
Michigan State University

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Material in this presentation comes from:

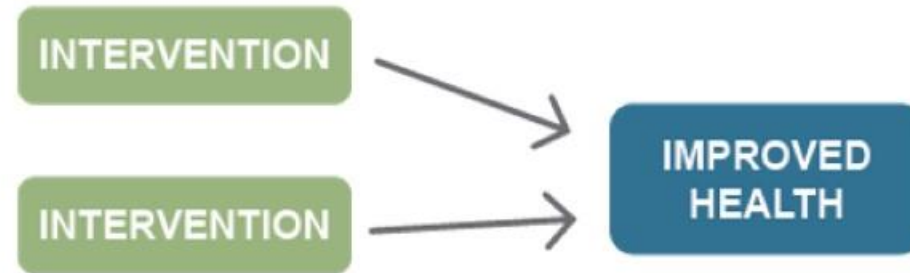
ABLe Change Framework

Pennie Foster-Fishman, Ph.D. & Erin Watson, Ph.D.

Michigan State University

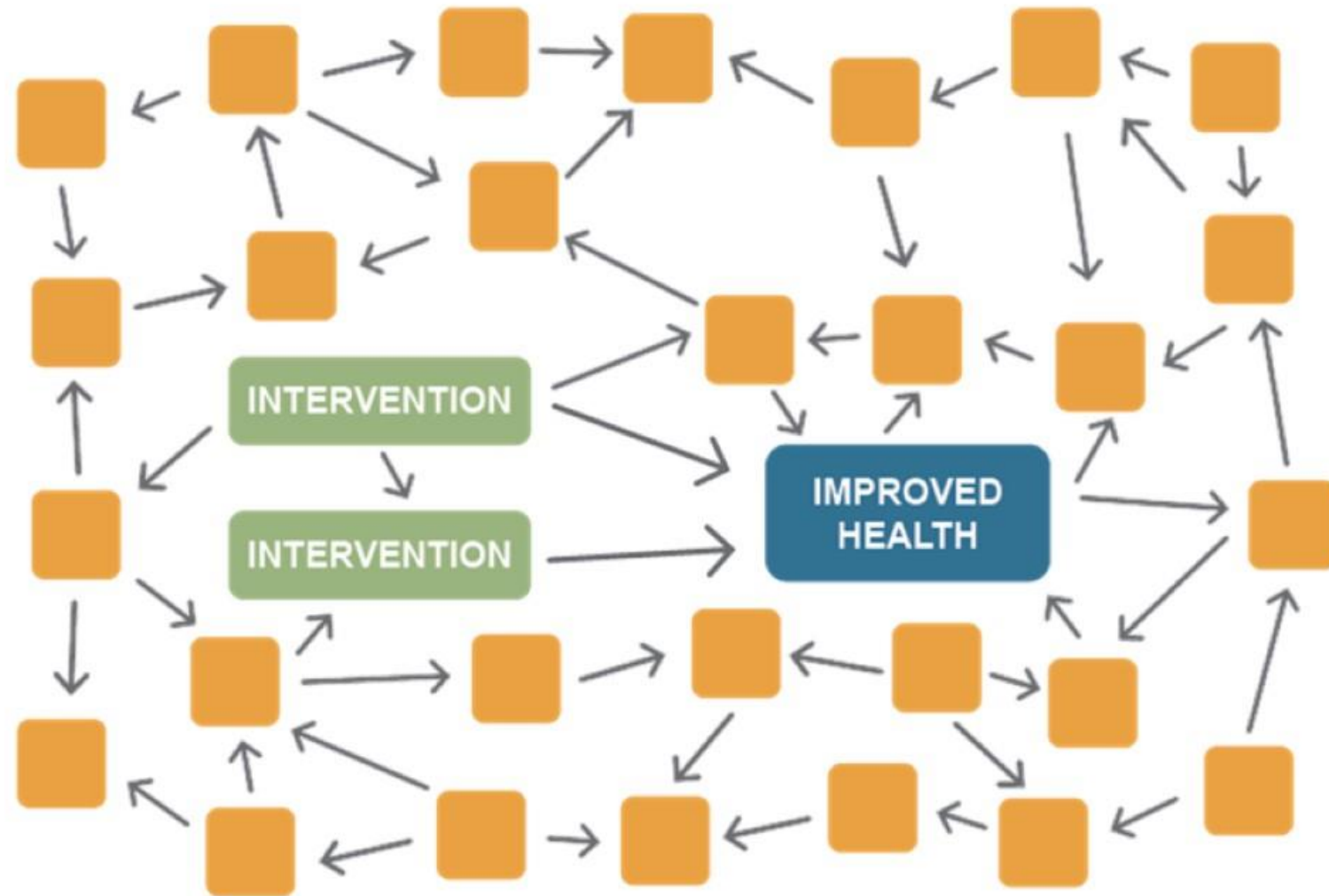


How we typically approach community problems



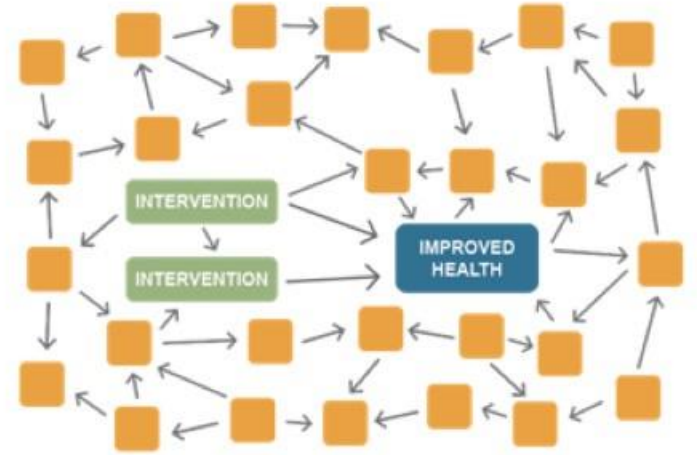
Foster-Fishman, et al., 2007

What community problems really look like



Foster-Fishman, et al., 2007

Aim of ABLe



Help you see and effectively address the complex problems you're tackling in your community

ABLE Process

Define

- 1 Define a Targeted Problem
- 2 Determine System Boundaries
- 3 Understand the Community System
- 4 Adopt a Shared Agenda

Design

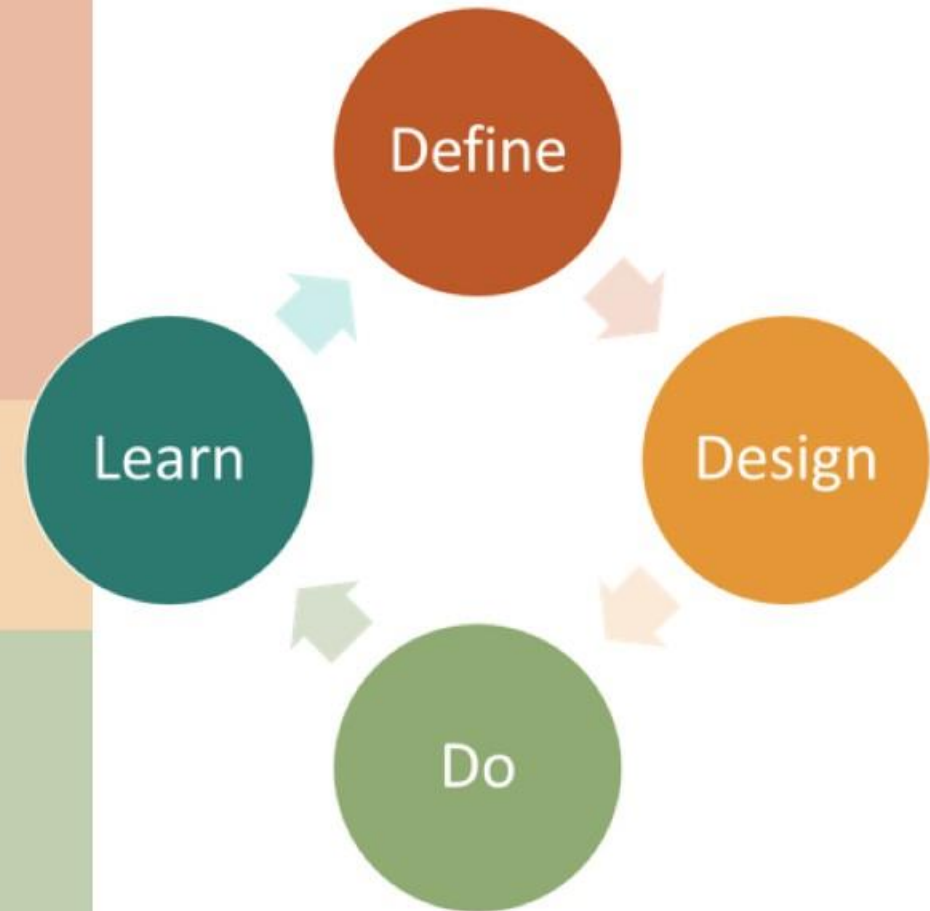
- 5 Design Powerful Strategies

Do

- 6 Promote Quick Wins
- 7 Build a Climate for Effective Implementation

Learn

- 8 Learn for Continuous Improvement



Define a Targeted Problem

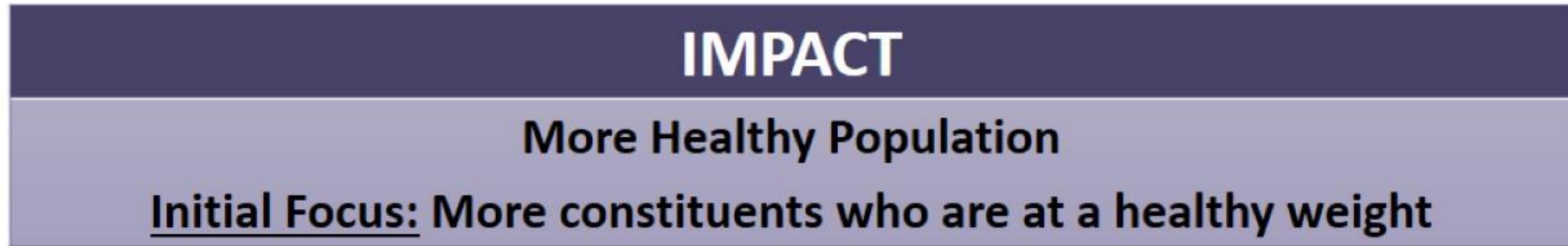




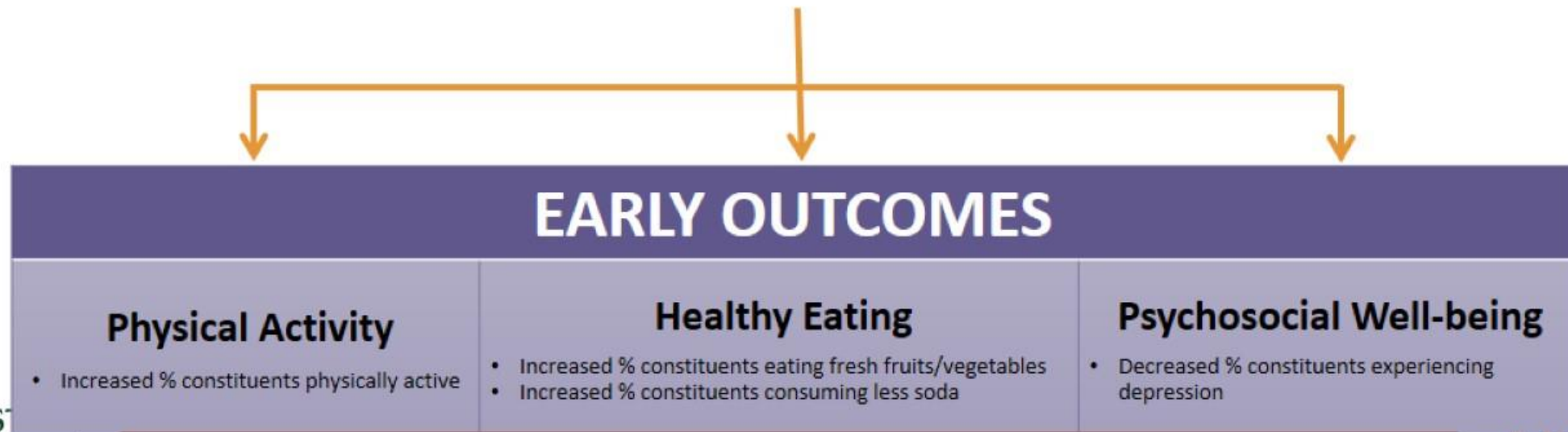
What would a
Healthy
Community Look
Like?

Draft Northern Michigan CHIR Shared Vision

Priorities from June ABLe Training



What will show we're on track towards this Impact?



Draft Northern Michigan CHIR Shared Vision

IMPACT

More Healthy Population

Initial Focus: More constituents who are at a healthy weight

EARLY OUTCOMES

Physical Activity

- Increased % constituents physically active

Healthy Eating

- Increased % constituents eating fresh fruits/vegetables
- Increased % constituents consuming less soda

Psychosocial Well-being

- Decreased % constituents experiencing depression



WHY?

Northern Michigan CHIR Shared Vision

IMPACT

More Healthy Population

Initial Focus: More constituents who are at a healthy weight

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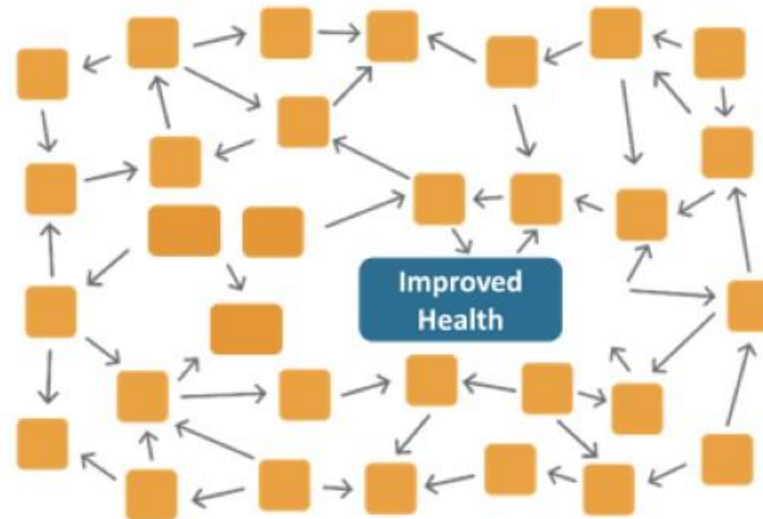
Healthy Eating

- Increased % constituents eating fresh fruits/vegetables
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- Decreased % constituents experiencing depression

**Social Determinants
of Health**



**Community System
Conditions**

Northern Michigan CHIR Shared Vision



IMPACT
What we'll see when our shared vision is realized

More Healthy Population

Initial Focus: More constituents who are at a healthy weight

- Decreased % of constituents who are obese
- Decreased % of constituents who are overweight

EARLY OUTCOMES
What we'll see to show we are making progress toward our Impact

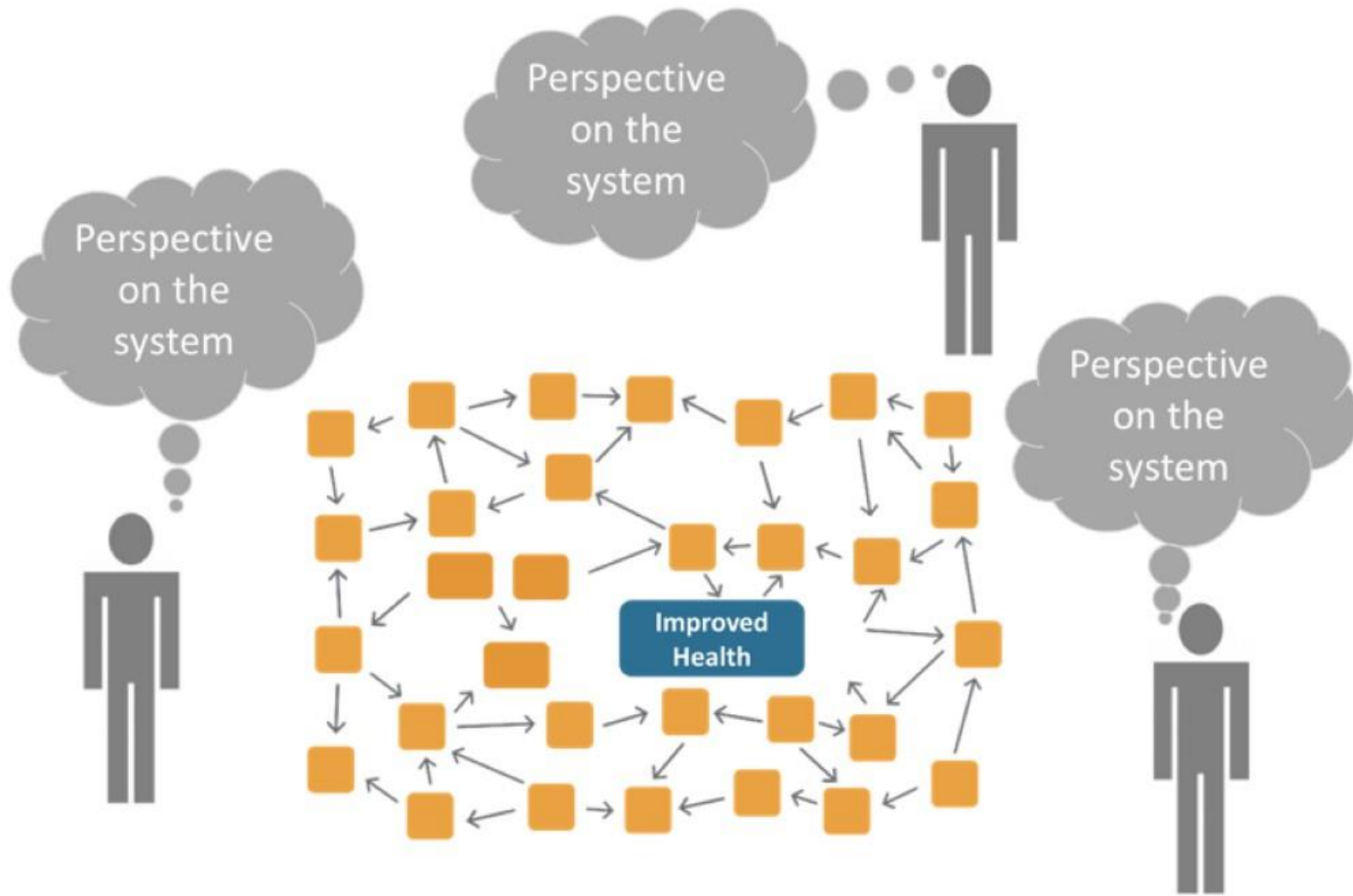
<p style="text-align: center;">Physical Activity</p> <ul style="list-style-type: none"> • Increased % constituents physically active 	<p style="text-align: center;">Healthy Eating</p> <ul style="list-style-type: none"> • Increased % constituents eating fresh fruits/vegetables • Increased % constituents consuming less soda 	<p style="text-align: center;">Psychosocial Well-being</p> <ul style="list-style-type: none"> • Decreased % constituents experiencing depression
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SOCIAL DETERMINANTS OF HEALTH
What we need to put in place to reach our Outcomes

COMMUNITY SYSTEM CONDITIONS
What we need to put in place to reach our Outcomes

Economic Stability	Neighborhood and Physical Environment	Community and Social Context	Health Care System
<ul style="list-style-type: none"> • Living Wage Jobs 	<ul style="list-style-type: none"> • Affordable, Accessible Healthy Food • Opportunities for Active Living & Transit • Affordable Housing 	<ul style="list-style-type: none"> • Social Bonding /Cohesion 	<ul style="list-style-type: none"> • Affordable, Accessible Health Care

Integrated Systems		Responsive Efforts	
Alignment of policies, practices, efforts with change goals	Coordination of local services, programs, and efforts	Relevant and Accessible Quality Programs and Supports	Responsiveness to Constituent Voice



Residents

Providers

Supporters

Decision-Makers

ABLE Process

Define

- 1 Define a Targeted Problem
- 2 Determine System Boundaries
- 3 Understand the Community System
- 4 Adopt a Shared Agenda

Upcoming ABLe Trainings

Design

- 5 Design Powerful Strategies

October 11 & 12

Do

- 6 Promote Quick Wins
- 7 Build a Climate for Effective Implementation

January 24 & 25

Learn

- 8 Learn for Continuous Improvement

For more information on ABLe
see:

<http://ablechange.msu.edu/>