

# Community Participation Health Promotion in Communities



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constructing... collecting.... holding



# Making it matter....

▶ Meaning

▶ Doing

▶ Influencing



# Ottawa Charter Integrated Health Promotion

Community Action

@ enabling

Developing Skills

@ mediating

Supportive Environments

Healthy Public Policy

@ advocating

Reorienting Services

# Resiliency....

✚ Significant Other

✚ Something to hope for

✚ Being valued with purpose



# Rights agenda



- ☐ Justice not charity
- ☐ Beyond needs based to rights based
- ☐ Health, wellbeing - right not a privilege
- ☐ Equality of opportunity
- ☐ DO NO HARM

# Being your own super heroine / hero...



- ☀ Opportunities to influence
- ☀ Autonomy in your own life – self determination
- ☀ Real Choices...receiving, contributing, sharing in the spread of meaningful information
- ☀ Helping others
- ☀ Experiencing success & recognition

# Releasing capacity.....

- Recognising ~ assets & strengths  
~ 'lay knowledge'
- Identifying & addressing BARRIERS
  - ~ social determinants
  - ~ not being connected
  - ~ policy & organisational
  - ~ historical



# Health Promotion ~ Community Development

## Individuals, groups, communities.....

- Articulating one's human rights
- Identifying one's own needs & priorities
- Defining the barriers.....to change
- Recognising strengths & assets
- Planning the actions for change

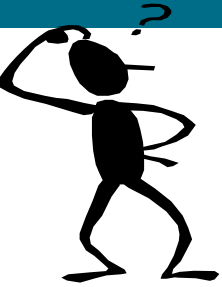
~ Articulating the change  
~ Learning & reflecting  
~ Renegotiating positions of  
power



# Development....developing

- Dynamic.....changing.....over time
- Different stages...beginning....middles....ends
  - Taking steps.....right sequence
  - What comes first...what comes next
  - Growing.....needs nurturing
- Strong foundations...skills building on skills
- SKILLS.....new.....consolidating.....competent
- Recognition of achievements and milestones
  - Impediments.....barriers.....delays

# Who's priorities..... who's PLACE



Be **CURIOUS**

Practice **IGNORANCE**

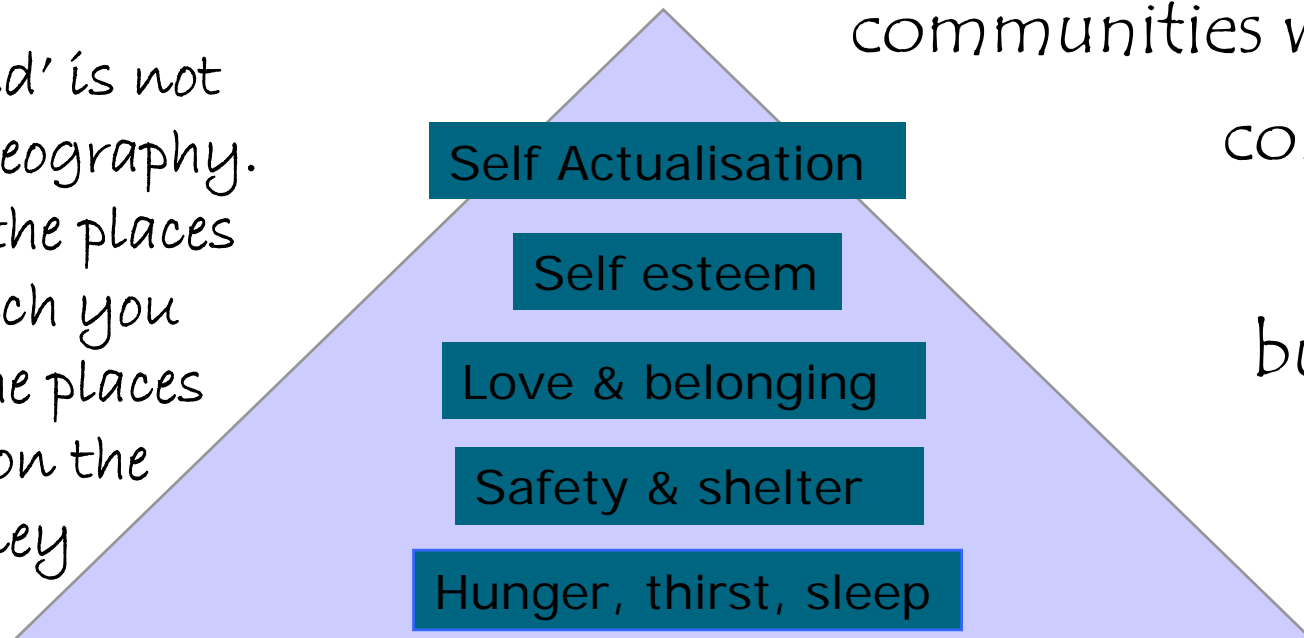
'Place-based' is not just about geography. It is about the places from which you begin & the places you go on the journey

Start at the place from where communities want to continue;

begin;

build & ;

grow



Maslows Hierarchy of needs