

# Community Change Activity

Making positive changes towards a healthy community has widespread benefits. Consider your community, in terms of the SCOPE method outlined below, and get together with a group to brainstorm some community changes that could be made to work towards a healthier environment for all.

The SCOPE method is a means for considering possible opportunities as a community change agent.

<b>S</b>	Strengths →	What strengths does your community have in terms of providing or supporting an environment where good nutrition, physical activity, positive body image, and active parenting are the easy choice AND the healthy choice?
<b>C</b>	Challenges →	What challenges does your community have in terms of providing or supporting an environment where good nutrition, physical activity, positive body image, and active parenting are the easy choice AND the healthy choice?
<b>O</b>	Opportunities →	What opportunities does your community have in terms of providing or supporting an environment where good nutrition, physical activity, positive body image, and active parenting are the easy choice AND the healthy choice?
<b>P</b>	Potential Plans →	What potential actions might you take to build on your community's strengths, address your community's challenges, or act on the opportunities you have identified? Develop a plan!
<b>E</b>	Evaluate Plans and Determine Next Steps →	Evaluate your plan. Does it meet the criteria of a SMART Plan? What steps will you take?

## Potential plans may include:

- Having healthy snacks when you host 4-H meetings or other preteen functions
- Volunteering as a coach for a sport or other event that promotes physical activity
- Helping to create or maintain a community garden
- Volunteering to be on the School Wellness Committee
- Working to improve safe-use areas for bicyclists and pedestrians

## Healthy Living Community Action Plan

<b>S</b>	Strengths →	
<b>C</b>	Challenges →	
<b>O</b>	Opportunities →	
<b>P</b>	Potential Plans →	
<b>E</b>	Evaluate Plans and Determine Next Steps →	

**Discussion Questions:**

What are ways that you can engage other people in helping you to create community change? \_\_\_\_\_

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Your preteen? \_\_\_\_\_

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Other family members? \_\_\_\_\_

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Neighbors? \_\_\_\_\_

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Your 4-H club? \_\_\_\_\_

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Other 4-H clubs? \_\_\_\_\_

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Other community groups? \_\_\_\_\_

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How might you move forward with some of these ideas? \_\_\_\_\_

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