

STRATEGY 7: Engage Community Partners to Help Support Healthy Eating and Active Living

why does this matter

Positive change is more likely to occur when community partners are part of a program's development and implementation.¹

Engaging community partners and building coalitions can help to coordinate and align efforts and leverage resources in the community to support healthy eating and active living.²

Community engagement can help build trust, find new resources and allies, create better communication, and improve overall health outcomes as successful projects evolve into lasting collaborations.¹

MaineHealth

LET'S GO!

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References

1. Centers for Disease Control and Prevention. *Principles of community engagement: Second edition*. CDC/ATSDR Committee on Community Engagement. 2011.

2. Koplan JP, Liverman CT, Kraak VI. Preventing childhood obesity: health in the balance: executive summary. *J. Am. Diet. Assoc.* 2005;105(1):131-138.