

## 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.<sup>1</sup>

**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.<sup>2</sup>

**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.<sup>1</sup>

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.