

The foundation's 2018-2022 strategic plan calls for building a future with MetroWest residents live and thrive in resilient, healthy and equitable communities. In order to achieve this vision, the foundation is focusing on three pillars that encompass resilient communities. Each of the pillars has sub-categories. The pillars are:

1. Inclusive communities: Health Equity and Meeting Basic Health Needs
2. Efficient and Collaborative systems
3. Adaptable leaders and institutions

The following document provides resources for measuring community and agency-level progress towards creating resilient communities, as well as resources on evidence-based programs and practices. It is designed to give you a starting point and some options when creating a work plan. *The MetroWest Health Foundation does not endorse the use of one tool or program/method over another. It is up to you to decide which tools and methods are best for your program.*

### **Inclusive Communities**

#### **Advancing Health Equity**

##### **General Resources**

- Race Forward: <https://www.raceforward.org/>
- Government Alliance on Race and Equity: <https://www.racialequityalliance.org/>
- Centers for Disease Control Health Equity Initiative: <https://www.cdc.gov/chronicdisease/healthequity/index.htm>
- Massachusetts Office of Health Equity: <https://www.mass.gov/orgs/office-of-health-equity>
- Health Equity Guide: Resources for local health departments: <https://healthequityguide.org/>
- Robert Wood Johnson Foundation: *What is Health Equity*: [https://www.rwjf.org/content/dam/farm/reports/issue\\_briefs/2017/rwjf437393](https://www.rwjf.org/content/dam/farm/reports/issue_briefs/2017/rwjf437393)

- Policy Link Health Equity resources: <http://www.policylink.org/our-work/community/health-equity>

### **Data Resources**

- US Census-American Fact Finder: Ability to access data by zip code: [https://factfinder.census.gov/faces/nav/jsf/pages/community\\_facts.xhtml](https://factfinder.census.gov/faces/nav/jsf/pages/community_facts.xhtml)
- Data Common (MAPC): Ability to access data by town and specific indicators: <https://datacommon.mapc.org/>
- Policy Link: Data on state and city level as well as advocacy tools: <http://www.policylink.org/resources-tools/tools>
- 2018 Massachusetts County Health Ratings State Report: Different Outcomes in States by Place and Race/Ethnicity: <http://www.countyhealthrankings.org/explore-health-rankings/reports/state-reports/2018/massachusetts>
- Diversity Data Kids: Brandeis University database of indicators by state; county and metro area for children and adults organized by race/ethnicity: <http://www.diversitydatakids.org/>; <http://diversitydata.org/>

### **Tools**

- Race Forward: *Racial Equity Impact Toolkit*: <https://www.raceforward.org/practice/tools/racial-equity-impact-assessment-toolkit>
- Government Alliance on Race and Equity (GARE): *Racial Equity Toolkit: An Opportunity to Operationalize Equity*: <https://www.racialequityalliance.org/resources/racial-equity-toolkit-opportunity-operationalize-equity/>
- Annie E. Casey Foundation: *Racial, Equity and Inclusion Action Guide: 7 Steps to Advance and Embed Race, Equity and Inclusion within your Organization*: [https://www.aecf.org/m/resourcedoc/AECF\\_EmbracingEquity7Steps-2014.pdf](https://www.aecf.org/m/resourcedoc/AECF_EmbracingEquity7Steps-2014.pdf)

## **Meeting Basic Health Needs: Social Determinants of Health**

### **General Resources**

- Massachusetts State Health Assessment: Published by the Department of Public Health in October 2017: <https://www.mass.gov/files/documents/2017/11/03/2017%20MA%20SHA%20final%20compressed.pdf>
- CDC Social Determinants of Health: Know what Affects Health: <https://www.cdc.gov/socialdeterminants/>
- Healthy People 2020 Social Determinants of Health: <https://www.healthypeople.gov/2020/topics-objectives/topic/social-determinants-of-health>
- World Health Organization Social Determinants of Health: [https://www.who.int/social\\_determinants/sdh\\_definition/en/](https://www.who.int/social_determinants/sdh_definition/en/)
- Kaiser Family Foundation: *Beyond Health Care: The Role of Social Determinants in Promoting Health and Health Equity*: <https://www.kff.org/disparities-policy/issue-brief/beyond-health-care-the-role-of-social-determinants-in-promoting-health-and-health-equity/>

## **Data Resources**

### Behavioral Risk Factors

- MetroWest Adolescent Health Survey: Analysis of surveys given to every middle and high school student in the foundation's region: <https://www.mwhealth.org/Learning-Insights/Foundation-Publications#68438-adolescent-health>
- Annie E. Casey Foundation: Kids Count: Data by state on a number of indicators for children: <https://datacenter.kidscount.org/>
- Behavioral Risk Factor Surveillance System (BRFSS) Survey: CDC administered survey that covers a number of health indicators: <https://www.mass.gov/behavioral-risk-factor-surveillance>
- Substance use data and reports: Massachusetts reports: <https://www.mass.gov/substance-abuse-data-and-reports>
- Opioid overdose statistics: Massachusetts statistics by town: <https://www.mass.gov/lists/current-opioid-statistics>
- CDC Wonder: Data on a number of indicators by state, county and census tract: <https://wonder.cdc.gov/>

### Hunger and Food Insecurity

- USDA Food Desert Map: Searchable map that indicates food deserts: <https://www.ers.usda.gov/data-products/food-access-research-atlas/go-to-the-atlas/>
- Project Bread: Stats on hunger in Massachusetts: <http://www.projectbread.org/get-the-facts/reports-and-studies/>
- Greater Boston Food Bank: Report on cost of hunger in Massachusetts: <http://macostofhunger.org/>
- Feed Framingham: Data on food insecurity in Framingham: <https://www.feedframingham.org/>

### Access to Healthcare Services

- County Health Rankings: Per capita primary care physician data by county: <http://www.countyhealthrankings.org/app/massachusetts/2018/measure/factors/4/data>
- Blue Cross Blue Shield Foundation of Massachusetts: *The Geography of Uninsurance in Massachusetts, 2011-2015*: [https://bluecrossmafoundation.org/sites/default/files/download/publication/Geography\\_of\\_Unins\\_Mar17\\_FINAL.pdf](https://bluecrossmafoundation.org/sites/default/files/download/publication/Geography_of_Unins_Mar17_FINAL.pdf)
- American Dental Association Massachusetts Oral Health Fact Sheet: <http://www.ada.org/~media/ADA/Science%20and%20Research/HPI/OralHealthCare-StateFacts/Massachusetts-Oral-Health-Care-System.ashx>

### Environmental Health

- Massachusetts Bureau of Environmental Health: Data by town and state on a number of measures: <https://www.mass.gov/orgs/bureau-of-environmental-health>

### **Tools**

#### Social-Emotional Learning

- Massachusetts Standards for Preschool and Kindergarten Social and Emotional Learning, and Approaches to Play and Learning: <http://www.doe.mass.edu/kindergarten/SEL-APL-Standards.pdf>
- Social Emotional Learning Core Competencies: CASEL (national organization advancing social emotional learning in children): <https://casel.org/core-competencies/>

#### Environmental Health

- Environmental Protection Agency Walkability Checklist: Tools to assess how safe and easy it is to walk in a community: <https://www.epa.gov/smartgrowth/walkability-checklist>

## **Efficient & Collaborative Systems**

### **Integrating Health, Social and Community Services**

#### **General Resources**

- 2017 Community Health Improvement Plan: MetroWest plan developed by a cross-sector of agencies: <https://www.mwhealth.org/Portals/0/Uploads/Documents/2017%20Community%20Health%20Improvement%20Plan.pdf>
- 2018 Greater Milford Community Health Improvement Plan: <http://www.chna6.org/community-health-improvement-plan/>
- Massachusetts Healthy Aging Collaborative: Promotes Age and Dementia Friendly communities and includes town and city level demographic data for older adults: <https://mahealthyagingcollaborative.org/>
- National Center for Medical Legal Partnerships: Promotes integrating legal services into medical practices: <https://medical-legalpartnership.org/>
- Center for Health Information and Analysis (CHIA): Data on the health care system in Massachusetts: <http://www.chiamass.gov/>

#### **Tools**

- Health Resources in Action: Community Health Improvement Plan Toolkit: <https://hria.org/resources/community-health-improvement-toolkit/>

- AARP Age Friendly Toolkit: <https://www.aarp.org/livable-communities/network-age-friendly-communities/>
- World Health Organization Age Friendly Cities Checklist: List of the essential components of an Age Friendly community: [http://www.who.int/ageing/publications/Age\\_friendly\\_cities\\_checklist.pdf](http://www.who.int/ageing/publications/Age_friendly_cities_checklist.pdf)
- ACT on Alzheimer's Dementia Friendly Toolkit: <http://www.actonalz.org/dementia-friendly-toolkit>

## Facilitate Information Sharing and Learning

### *General Resources*

- SAMSA Components of an Effective Coalition: <https://www.samhsa.gov/capt/tools-learning-resources/components-effective-coalition>
- Council on Nonprofits Communities of Practice resources: <https://www.councilofnonprofits.org/tools-resources/community-of-practice>

### *Tools*

- Community Catalyst coalition building tools: <https://www.communitycatalyst.org/resources/tools/roadmaps-to-health/coalition-building-and-maintenance>

## Adaptable Leaders and Institutions

## Foster Innovation and Practical Solutions

### *General Resources*

- Collective Impact Forum: Model that provides a framework for community groups and residents to work towards common goals: <https://collectiveimpactforum.org/>
- Design Impact: Organization that promotes design thinking for social issues: <https://d-impact.org/>

### *Tools*

- FSG Guide to Collective Impact: <https://www.fsg.org/publications/guide-evaluating-collective-impact>
- Stanford University Design Thinking Resources: <https://dschool.stanford.edu/resources-collections/a-virtual-crash-course-in-design-thinking>

## Develop Resourceful and Effective Leaders

### **General Resources**

- Bridgespan Group Leadership Succession Planning resources: <https://www.bridgespan.org/insights/library/nonprofit-management-tools-and-trends/succession-planning>
- National Council on Nonprofits Succession Planning resources: <https://www.councilofnonprofits.org/tools-resources/succession-planning-nonprofits-managing-leadership-transitions>

### **Data Resources**

- Gender Equity in the Charitable Sector: Report published by Independent Sector: <https://www.independentsector.org/wp-content/uploads/2016/10/gender-equity-learning-guide-2016.pdf>
- Race to Lead Initiative: Data on the racial leadership gap in Massachusetts nonprofit organizations: <http://racetolead.org/>
- American Association of University Women: Data and resources around the gaps in female leadership roles and wages: <https://www.aauw.org/>

### **Tools**

- Bridgespan Nonprofit Leader Development Toolkit: <https://www.bridgespan.org/insights/library/leadership-development/nonprofit-leadership-development-toolkit>
- Building Movement Project: Research and tools to help nonprofits support the voice and power of the people they serve: <http://www.buildingmovement.org/>