# Quick Start Fact Sheet

**Key Principle:** Community/Public Health

## Idea: Community Cafés: Healthy Living and Healthy Lifestyles

### The Idea

**What areas do you want to focus on for improvement?**
- Desire to understand barriers and facilitators to healthy living and healthy lifestyles in the school community.
- Incorporate principles of Whole School, Whole Community, Whole Child to create an active, collaborative space that provides a springboard for multiple perspectives and meaningful discussions. Group discussions often provide insights that might not emerge in interviews.

### Goals

**What exactly is it that you want to achieve?**
- Discover the restraining forces that act to keep the problem from changing, and forces that may drive change.
- Make emergent knowledge and insight visible and actionable. Use understanding of these forces in devising solutions to the problem and identifying targets and agents of change.
- Develop a team of community partners committed to building a culture of health in the community.

### Action Steps

- Consider who will be affected and how?
- Get buy-in for your initiative. Who are the individuals who must be involved and engaged in your initiative?
- Who can lead the initiative? What partners/stakeholders should be involved?
- What resources will be needed? (i.e. types of staff and required time; supplies and materials, equipment, other resources; estimated costs).
- What are possible challenges and barriers? Reflect on these and think about possible solutions and strategies.
- What is your timeline?
- Do you have a short-term outcome to demonstrate early visible improvements?
- How will you share/communicate your proposed initiative and with whom?
- Have you thought about sustainability for your project? Will this be a project you can continue annually?

### Resources

- What resources can guide this project using evidence-based, best-practices?
- Are there templates, information, guides already in place?
- What are others doing? Find out about other initiatives. What are other schools, districts, states doing? Do not limit yourself to nursing-related initiatives. Be sure to ask what were the lessons learned.
- Are there funding sources and grants that can help off set costs?

### Measure Outcomes

- How will you measure progress and success?
- What are your outcome measures?
- How often will you check and measure your progress?
- Who will be responsible for collecting and reporting the information/data?
- How will you evaluate your initiative to determine success?

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**Social Media**

- @CDCObesity
- #cultureofhealth
- @WHO
- @MyPlate
- @healthyschools
- @schoolnurses
- @NJSSNA1
- #NJSchoolNurseLeadership

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For more details on this project, see chapter 5, idea 1.