

## Speak To Your Health!



### Community Participation and Your Health

Did you know that where you live can affect your health and well-being? The parks, sidewalks, buildings, and schools in your community can affect how healthy you are.<sup>1</sup> Your friendships and relationships with your neighbors help you stay healthy.<sup>1</sup> Participating in events in your neighborhood also helps keep you healthy.<sup>2, 3</sup> The beginning of a new year is the perfect opportunity to get engaged in your community. Encourage your friends and neighbors to do the same. Doing so will benefit everyone involved and lead to a healthier future.



#### DID YOU KNOW?

The *Speak To Your Health!* Community Survey is a resource that provides information about participating in the community and associated health outcomes in Genesee County. The results of the 2011 survey found that:

- 65% of Genesee County residents believe that people in their neighborhood are willing to help their neighbors.
- 19% of Genesee County households participated in a clean-up project or community garden to improve their neighborhood within the last year.
- 32% of Genesee County households volunteered at a local school to improve neighborhood conditions in the past year.

- 14% of Genesee County households participated in a meeting for neighborhood improvement within the past year.
- 26% of Genesee County households reported taking action to resolve a neighborhood problem during the past year.

#### WHERE CAN YOU GET MORE INFORMATION?

- Resource Genesee [www.resourcegenesee.org](http://www.resourcegenesee.org) (810) 767-0500
- Genesee County LandBank - Clean and Green/Adopt-A-Lot <http://www.thelandbank.org/programs.asp#two> (734) 647-0219
- Genesee County Health Department [www.gchd.us](http://www.gchd.us) (810) 257-3612
- Genesee County Community Action Resource [www.gc4me.com](http://www.gc4me.com) (810) 232-2185
- Crim Fitness Foundation [www.crim.org](http://www.crim.org) (810) 235-3396
- Genesee County Parks Volunteering [www.geneseecountyparks.org](http://www.geneseecountyparks.org) (810) 736-7100
- Neighborhood Roundtable (810) 210-8357

1. Healthy People 2020. (2012). "Social Determinants of Health." [www.healthypeople.gov](http://www.healthypeople.gov)  
 2. NICE. (2008). "Community Engagement to Improve Health." NHS: National Institute for Health and Clinical Excellence. [www.nice.org.uk](http://www.nice.org.uk)  
 3. "Community Engagement." Genesee County Health Department: Reports and Data, Clio Model Planning Process. [www.gchd.us](http://www.gchd.us)

### WHAT CAN YOU DO?

- ◆ Make time to talk with your neighbors
- ◆ Participate in community activities
- ◆ Volunteer at a local event or with a local organization
- ◆ Help plan a neighborhood event or activity
- ◆ Ask your friends and neighbors their opinions on local events or resources
- ◆ Share your knowledge and skills with other community members
- ◆ Ask your friends or family to participate in an activity with you
- ◆ Check with your local school or church for opportunities to volunteer!