



From Crisis to Resilience

Locally-led Efforts to Build Health Resilience in U.S. Communities

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November, 2022

Objectives of today's presentation

1

Describe the challenges facing U.S. communities and the importance of building healthy and resilient communities

2

Share approaches to address the challenges and examples of RAND community health resilience efforts

3

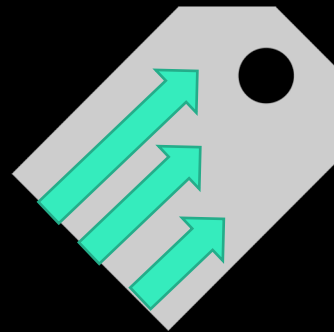
Identify opportunities for local efforts to contribute to community health resilience

Strengthening community health resilience is critical in a changing world

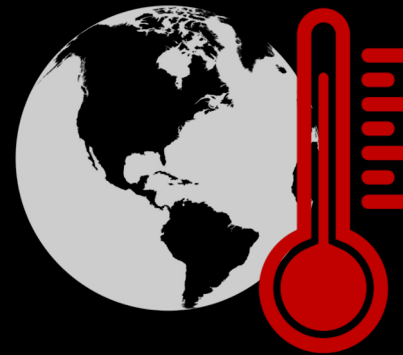
DISASTERS ARE
MORE COMMON



DISASTER COSTS
ARE INCREASING



NEW DISASTERS
ARE EMERGING



EQUITY IS A
CHALLENGE



RESILIENCE

VS

PREPAREDNESS

Relationship-based



Plan-based

Whole community



Government agencies

Long term



Short term

Ongoing



Disaster-centered

Based on strengths



Risk & vulnerability
focused

Broadly defined



Narrowly defined

Sustainable
development



Build back the same

Traditional
models to
address acute
stresses have
not worked
well enough

There are challenges to local resilience building efforts



CONFUSION over scope and intent

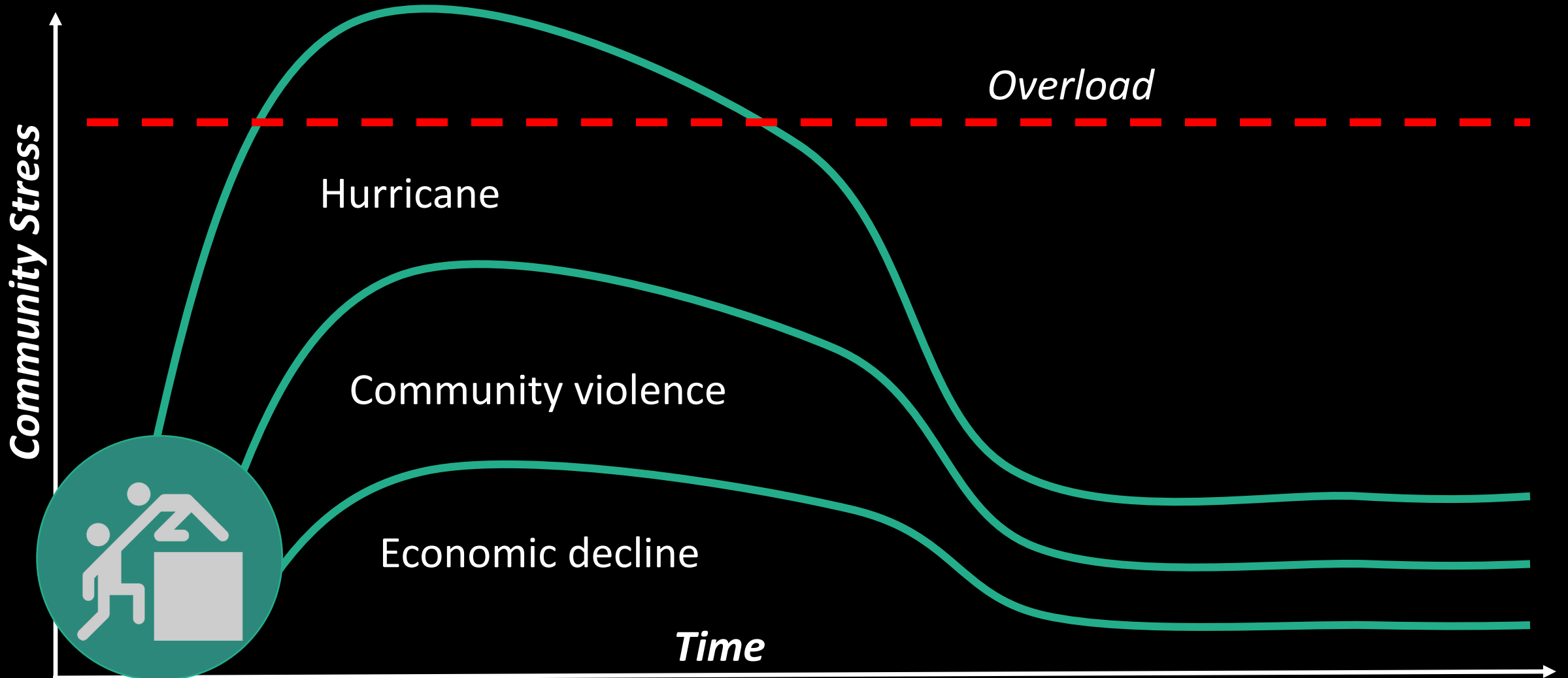


DIFFICULTY TRANSLATING FRAMEWORKS into action,
even when definitions are clear

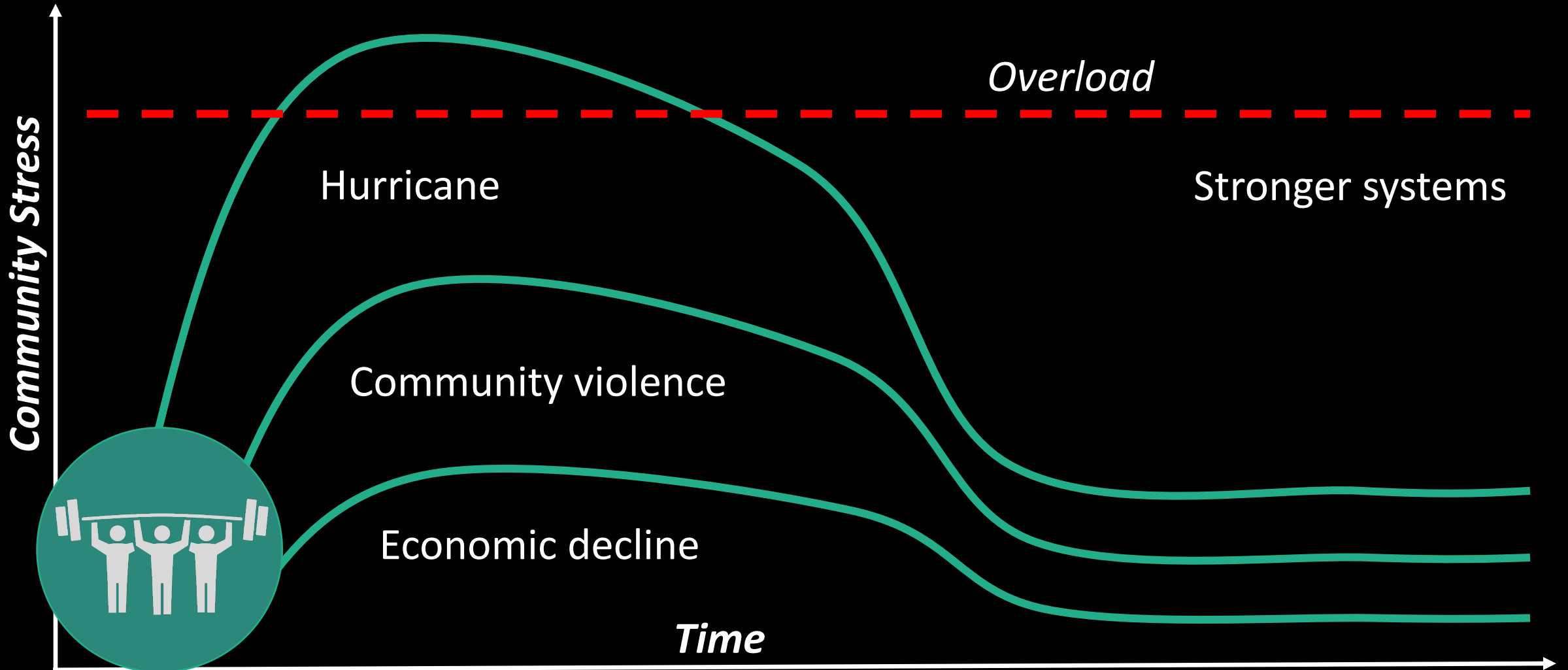


LIMITED MEASURES OF IMPACT

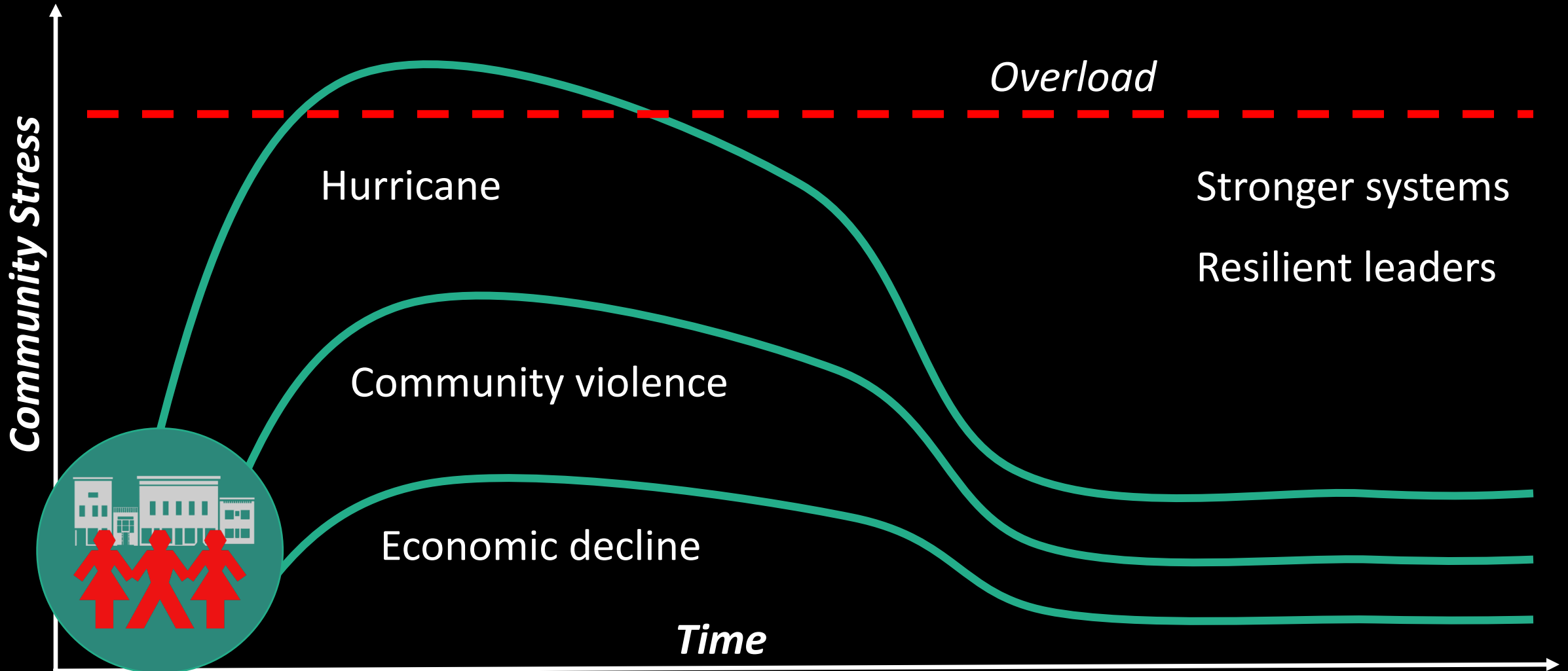
But we can rise to meet those challenges



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But we can rise to meet those challenges

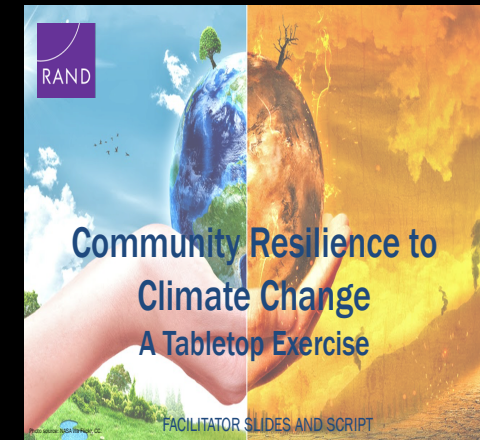


Approach 2: Build local agency to make efforts more inclusive by elevating community voice

Advocacy and networking



Use of stories and narratives



Rapport and trust

Use of mixed methods

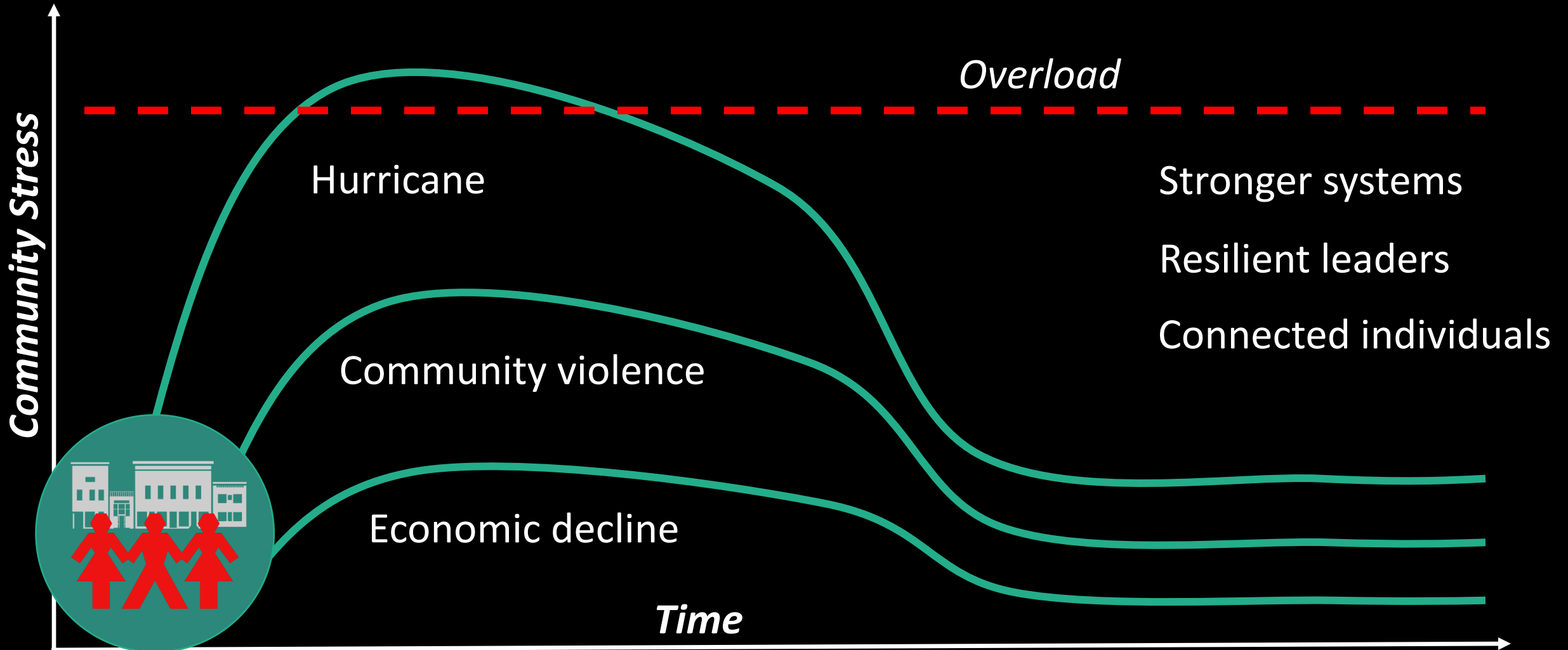
EXAMPLE: Tools, trainings, and tabletop exercises build needed leadership capabilities



Building
community
health
resilience
takes
the whole
community



But we can rise to meet those challenges



Approach 3: Resilient communities drive residents toward a resilience mindset

“I have skills I can use to help others”

“My community is not immune to stress”

“If something unpredictable were to happen, I can count on my community”

A photograph of a woman with dark curly hair, wearing a yellow top and a necklace, smiling and giving a thumbs-up gesture. The photo is part of a larger poster with a green background.

As part of your storm preparation build your relationships with your nearest neighbours. Knowing that you have support can reduce stress and anxiety.

- Check on your loved ones;
- Make an emergency plan with your nearest neighbours.
- Check in with those around you and offer to help others, especially people that might be vulnerable; and
- Never be afraid to ask for help!

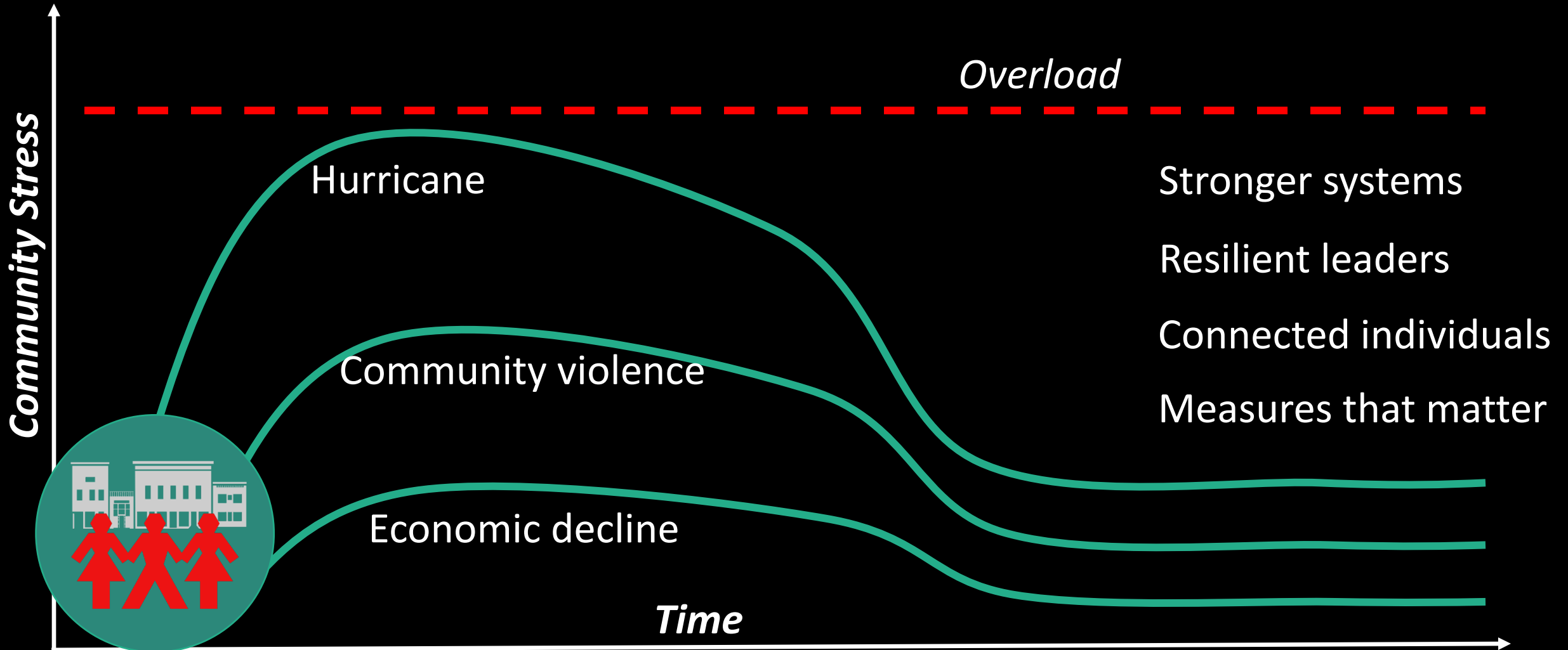
When making a plan with neighbours, agree that they will check on you and you on them. Talk about what kind of support you and they might need after a disaster.

Connect to Protect

GOVERNMENT OF THE VIRGIN ISLANDS PAHO

EXAMPLE: Resilience networks in the Virgin Islands

But we can rise to meet those challenges



Approach 4: Moving beyond health to wellbeing and equity as key outcomes



EXAMPLE: Building an action framework and measures for the Robert Wood Johnson's efforts to build a culture of health in the U.S.

- Focus on broad determinants of health and upstream drivers
- Appeal to multiple audiences
- Call attention to systemic inequities affecting well-being

Locally-led efforts present a unique opportunity for building community health resilience



REQUIRES 'ALL HANDS ON DECK' to leverage community assets



Emphasizes building **COMMUNITY CAPABILITY**



Reorients communities toward a **STRENGTHS-BASED AND RELATIONSHIP-FOCUSED** approach

Moving the needle will take a collective effort



“

Coming together is a beginning. Keeping together is progress. Working together is success.

– Henry Ford

”

For more information



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www.rand.org/topics/community-resilience