

# Promoting Community Health and Well-Being through University Extension

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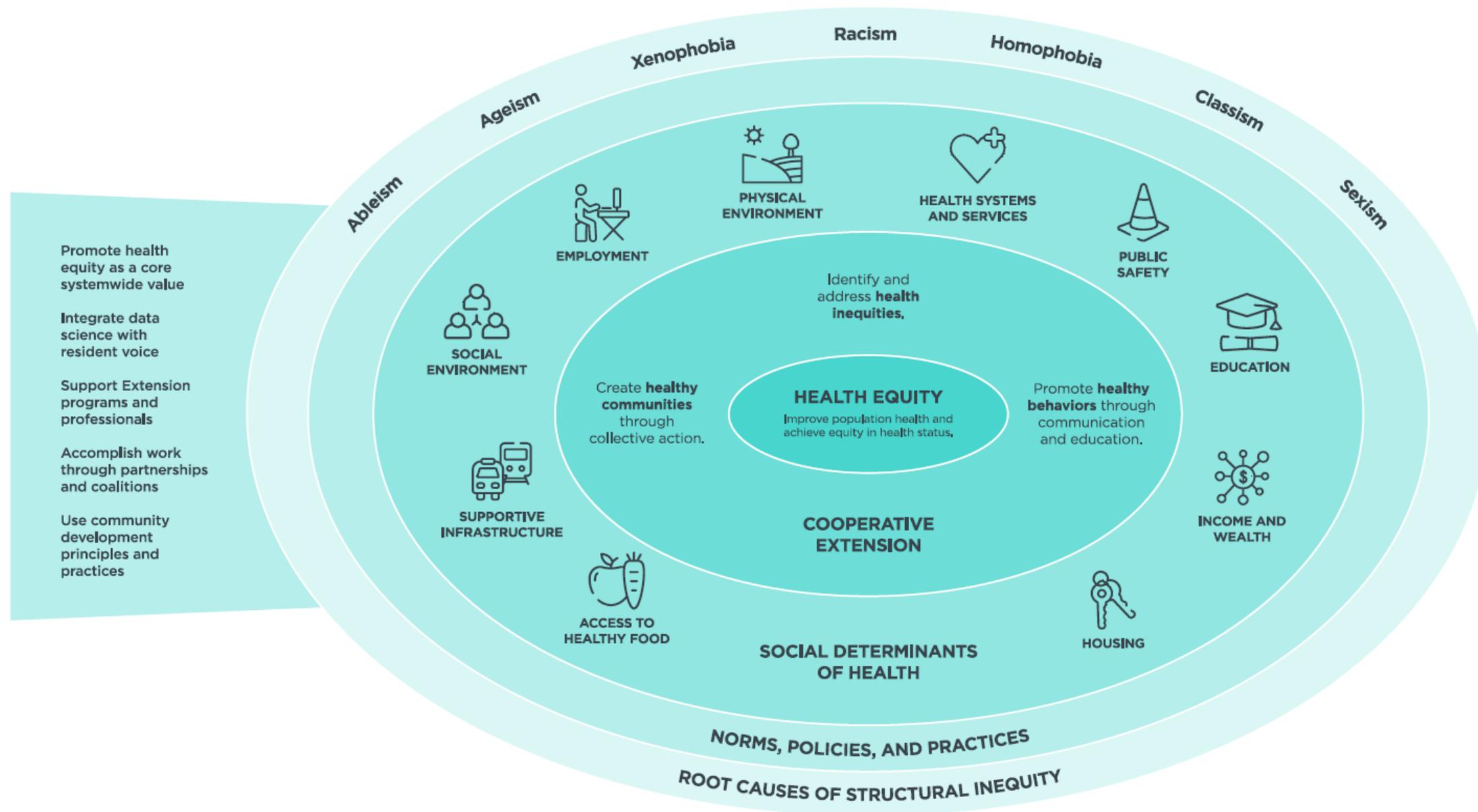
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ENGAGEMENT  
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# Need of the Hour

- Addressing today's rural health disparities requires highly engaged and collaborative approach
- The pandemic brought forward rural communities' vulnerabilities and accessibility concerns to affordable health care
- Cross-sector collaborations involving different stakeholders has shown to help address health inequities
- Coordinating different networks and facilitating dialog to cocreate solutions has shown to be the key to success – Michigan State University model (Dwyer et al. 2017)
- Extension is a long-standing component of the land-grant university



Cooperative Extension's Framework for Health Equity and Well Being (2021)

# Cooperative Extension's Framework for Health Equity and Well-Being Recommendations

To the Cooperative Extension System and its partners:

1. *Advance health equity as a core system value* to ensure that all people have a fair and just opportunity to be as healthy as they can be.
2. *Utilize community assessment processes* that integrate data science and resident voice to identify and address health inequities with greater precision.
3. *Invest in the success and visibility* of Extension's health-related professionals, programs, and initiatives.
4. *Establish partnerships* with academic units, universities, government agencies, corporations, nonprofit organizations, and foundations that share a commitment to reducing or eliminating health inequities.
5. *Utilize a community development approach* to advance the work of coalitions focused on influencing the social determinants of health.

Burton et al. (2021) *Cooperative Extension's National Framework for Health Equity and Well Being*. [Report of the Health Innovation Task Force] Extension Committee on Organization and Policy: Washington, DC Available at <https://www.aplu.org/members/commissions/foodenvironment-and-renewable-resources/board-on-agriculture-assembly/cooperative-extensionsection/ecop-members/ecop-documents/2021%20EquityHealth%20Full.pdf>

# CSU Around the State

- CSU – a land-grant university, earned the Carnegie Foundation’s Classification for *Community Engagement designation* in 2000 and 2015, and continues to hold the designation
- In 2016, CSU earned the *Innovation & Economic Prosperity (IEP) Universities Designation* from the Association of Public and Land-Grant Universities.
- CSU has been recognized on the *President’s Higher Education Community Service Honor Roll* from the Corporation for National and Community Service.
- CSU’s statewide ecosystem serves as a platform for CSU to connect to communities, and for communities to connect to CSU’s research and education, facilitate local connections and work alongside communities.

CSU Agricultural Research Centers	CSU SPUR
Regional Centers	Colorado State Forest Service
Collaboration Campuses	CSU Extension

# The Story of Our Community

*Where Colorado State University Meets Community*

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# ABOUT THE OFFICE OF ENGAGEMENT AND EXTENSION

*We Learn and Work Together across Colorado to Exchange, Develop and Apply Knowledge, Empowering Individuals and Communities to Thrive from Learning.*



**CSU Extended Campus**  
*Education for Everyone,  
from Anywhere*



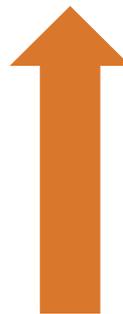
**CSU Extension**  
*Your Connection to CSU  
in Your Community*



**Colorado Water Center**  
*Serving the Greater  
Colorado Community for  
Nearly Six Decades*



**Salazar Center for North  
American Conservation**  
*Building Bridges in  
Conservation Research,  
Policy and Practice*



## CSU COMMUNITY NEEDS ASSESSMENT - OVERVIEW

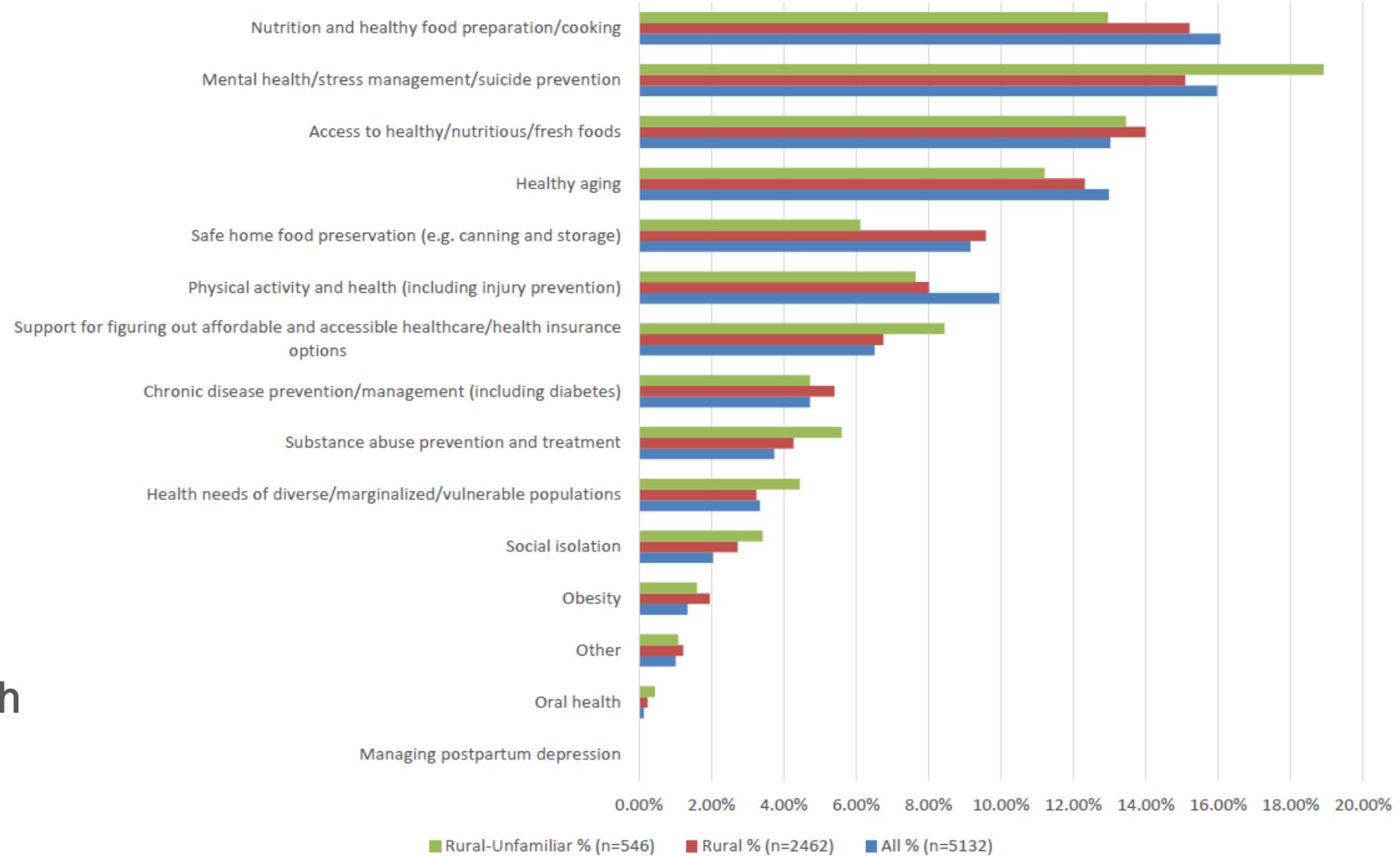
- From 2020-21: embarked on a year-long, formal community needs assessment (CNA) process
- Overarching goal: to more fully tell the story of our communities and Extension's role in our communities
- Conducted in all 64 Colorado counties
- Methodology:
  - Mixed methods including secondary data analysis to make use of pre-existing information such as demographic reports, strategic plans, economic development documents, and health assessments
  - Key informant interviews to gather in-depth information to fill in understanding of select issues
  - Community surveys to quantify the prevalence of issues among a broad population of respondents

# COMMUNITY NEEDS ASSESSMENT - OVERVIEW

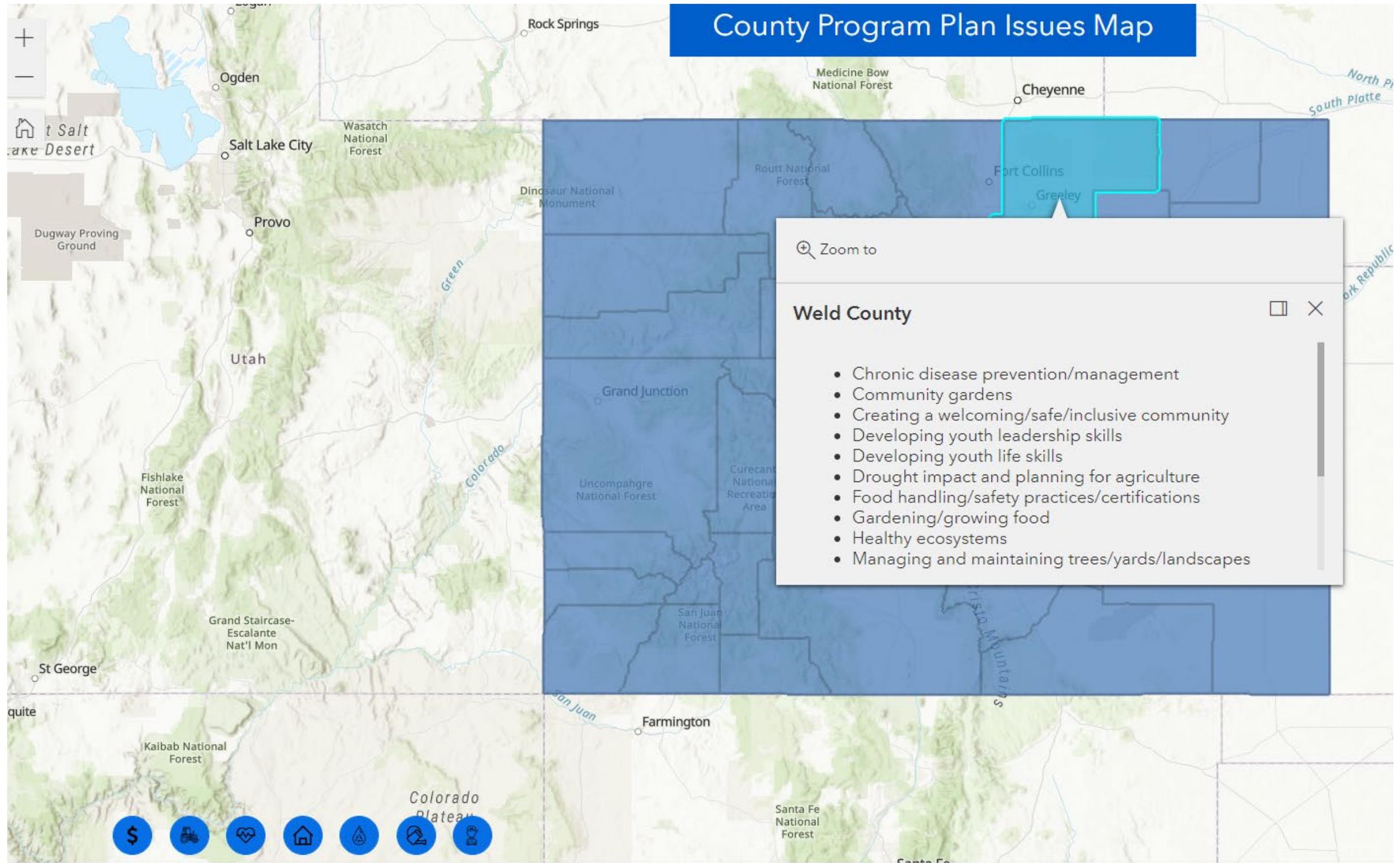


In the area of health and well-being, select up to three topics where information and educational resources would be most helpful to you.

- Mental health/stress management/suicide prevention
- Nutrition and healthy food preparation/cooking
- Access to healthy/nutritious/fresh foods
- Healthy aging



# County Program Plan Issues Map



# Civic Capacity Index

*David MacPhee, Patti Schmitt and David Chrislip*

*Human Development and Family Studies, Center for Prevention Science and College of Health and Human Sciences*

- Initial funding from the Boettcher Foundation
- The initial stage of the two-part project aims to *validate the Civic Capacity Index* against indicators of community resilience and well-being, equity and inclusion, and collective efficacy.
- The second stage is aimed at the *translational science* aspect of the project. This focuses on providing these communities with technical assistance involving training community collaborators in using the CCI.

»» *"Civic Capacity describes a community's capacity for collective action to solve local problems...it goes beyond coping with a crisis like the coronavirus and returning to the status quo. It is a dynamic process of reinvention and transformation from within the community."*

## The Civic Capacity Index: A Tool for Community Transformation



Assess collective capacity to respond to change & challenge



Diagnose and design authentic, inclusive collaborative processes



Frame leadership development to build social cohesion, community well-being, and collective efficacy



Evaluate impact of current civic initiatives



Framework for community-driven change & resilience

# Why is Civic Capacity Important?

## CIVIC CAPACITY AND COVID-19 RESILIENCE



**Colorado communities that scored higher on domains of community-driven leadership, as measured by the CCI, had better COVID-19 outcomes.**

- Communities with higher levels of leadership, inclusion, social cohesion, and community resilience had lower death rates.
- Communities with higher levels of social control, social cohesion, and community resilience had lower COVID-19 case rates.

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# Thank you



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