

Connecting the Dots for Health - The Worksheet

HOW DO YOU DEFINE HEALTH?

6 Realms of Health are:

1. _____ 2. _____ 3. _____
4. _____ 5. _____ 6. _____

The Bonus Health Realm is _____

What are some Predictors of Health?

Health Equity is? _____

How do you define your Community's Health?

Share something you did for your community's health did the pandemic?

6 Reasons Why Parks Matter for Health

1. _____ 2. _____
3. _____ 4. _____
5. _____ 6. _____

Add some of your own:

List one National Research Study: _____

List one Colorado Collaboration for Health: _____

LET'S IDENTIFY THE DOTS FOR HEALTH:

Who are potential partners in my community for health?

What do you currently offer that improves health?

How do you create health equity in your community?

What realms of Health do you influence?

YOU ARE A STAR DOT IN HEALTH!

