

Kwantlen University College  
Collaborative Nursing Program

**Nursing 4210: Health: Transitions**

Learning Activity #9  
**Community Health Capacity**

**Overview:**

“Asset based community building or asset-based community development is an effective way to animate, connect, and inform citizens, and to create an environment in which relationships can build. The asset focus can be a catalyst and a spark for the people to discover, access, and mobilize their unrecognized resources, and engages people who have not participated in the life of the community.” (Roberts, Dedrick & Mitchell, 1999, p.1).

The purpose of the current health care system restructuring is ultimately to promote healthy, vibrant communities. Vibrant communities possess the capacity to promote vibrant health in all members and share common characteristics:

- Community-centered decision-making and problem-solving
- Strong social and economic growth that is locally based
- Community planned and community managed infrastructures
- A place for members to develop interrelationships with other members
- Members are aware of and focused on their community assets and capacities

Community Capacity Building “encourages conversation and creates an environment where people can become acquainted, relationships can grow, and people are interested and motivated to support each other. It does not mean searching for the “needy” and the community deficiencies; rather, it is connecting and talking with many citizens, providing a way for citizens to talk to each other, to develop relationships, and share their gifts and capacities.” (Roberts, Dedrick & Mitchell, 1999, p.1).

**Ends In View:**

This learning activity is intended to give the learner the opportunity to:

1. Explore the process of Community Capacity Assessment and Building to promote health.
2. Recognize the steps involved when planning a Community Capacity and Asset Mapping assessment for community health promotion.
3. Identify the role of the nurse in Community Capacity and Asset Assessment/Building.

## **In Preparation:**

1. Read Health Canada (2001). *Population Health Template Working Tool*. Ottawa. at: [http://www.hc-sc.gc.ca/hppb/phdd/pdf/template\\_tool.pdf](http://www.hc-sc.gc.ca/hppb/phdd/pdf/template_tool.pdf)
2. Read Health Canada (2001). *Population Health Newsletter*, Fall. Ottawa at <http://www.hc-sc.gc.ca/hppb/phdd/news2001/pdf/newsletter2001.pdf>
3. Explore the *CBR Community Asset and Capacities* website:  
[http://www.cbr-aimhigh.com/main/ccbam\\_model\\_summary.htm](http://www.cbr-aimhigh.com/main/ccbam_model_summary.htm)

## **In Practice:**

1. Participate in class discussion related to using Community Capacity and Asset Mapping assessment in the local Health Authorities, i.e. Fraser Health, Vancouver Coastal, etc.
2. View the models from CBR included on the next 2 pages, and discuss how nurses can use each of these steps to assess Community Assets and Capacities from a health perspective.
3. What is the nurse's role in Community Asset and Capacities Assessment and Building?
4. How does this model integrate with the assessment of health determinants?
5. Compare the Community Assets and Capacity Model with the Population Health Promotion Model developed by Health Canada. Apply both to a selected community.

## **In Reflection:**

1. How can you, as a nurse, help your local community assess and build its capacities and assets for health and a rich community spirit?

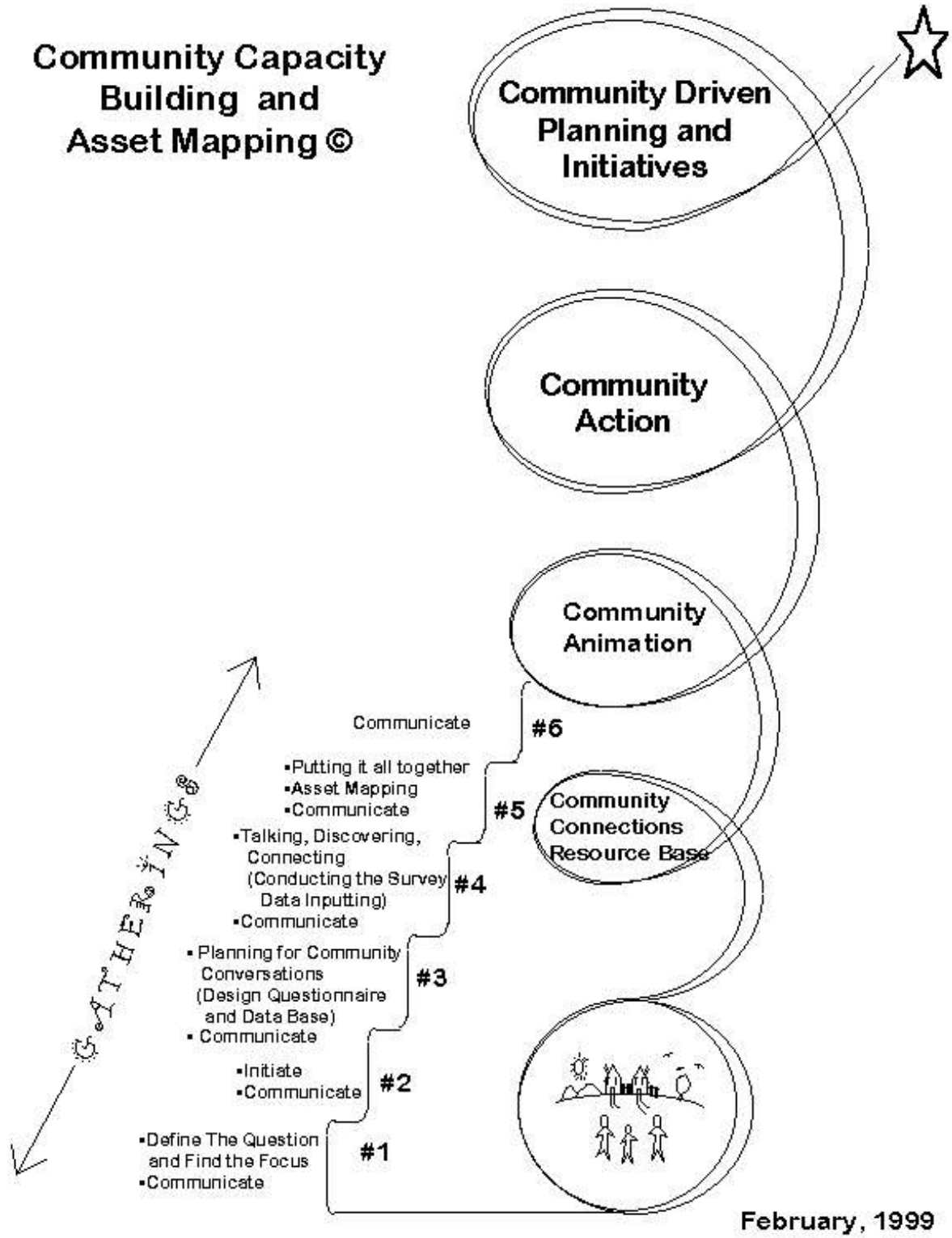
## **References:**

*CBR Community Asset and Capacities* website  
[http://www.cbr-aimhigh.com/main/ccbam\\_model\\_summary.htm](http://www.cbr-aimhigh.com/main/ccbam_model_summary.htm)

Health Canada (2001). *Population Health Template Working Tool*. Ottawa.  
[http://www.hc-sc.gc.ca/hppb/phdd/pdf/template\\_tool.pdf](http://www.hc-sc.gc.ca/hppb/phdd/pdf/template_tool.pdf)

Health Canada (2001). *Population Health Newsletter*, Fall. Ottawa  
<http://www.hc-sc.gc.ca/hppb/phdd/news2001/pdf/newsletter2001.pdf>

# Community Capacity Building and Asset Mapping ©



# Community Building

Relationships

Action

Food

Fun



Passion  
and  
Perseverance

***R.A.F.F. IT UP!!!***

**Relationships** - provide a way to help people meet each other, have conversation, and develop relationships. Sometimes people need help starting a conversation.

**Action** - people feel most connected when they have a piece of the action and when they feel like they have a role to play. The action can be anything.

**Food** - always have good food whenever people get together. Sharing food is a conversation-starter and relationship building - and everyone loves to eat!

**Fun** - if people don't have fun, they won't come back. Fun is an essential element, and it's important that the environment is there so that people can create their own fun. If you do a good job of the first three - helping people build relationships, helping them find their piece of the action, and providing good food - then the fun is sure to follow!

**\* Remember - to ensure that people can be part of RAFF, child care, accessibility, and transportation must be in place. You can't be part if you can't get there!**