

The wellness program at Community Level

(Note: Review the section Ideas: Grass- Root Wellness Program on the website)

The Communities comprise of individuals, families, societies, local social and religious organizations. Participant community groups which can work together include:

- *Housing Societies*
- *Sports and Gym Clubs*
- *Rotary and Lions clubs*
- *Religious organizations*

The first essential step in organizing the community level wellness program is to:

Identify a Community Team Leader and form a core *team* by recruiting a committed group of individuals; those with a healthcare background can be a great asset. The primary goal is to focus on the following:

1. *Organize health education program*- source and disseminate the education materials, including small brochures, posters, and digital media messages with catchphrases focusing on pertinent ideas.
2. *Build Initiatives for improving physical activity*- Create neighborhood walking groups. Share activity parameters with neighbors and friends-number of steps taken, number of stairs climbed, yoga, and pranayama activities.Organize group sports and outdoor activities for the children.
3. *Organize periodic meetings* to plan and share information on where to procure healthy foods, healthy recipes, cooking demonstrations, food sharing- nourishing potluck meals, and sharing stories of success.
4. *Develop a Public-Private partnership* between community leaders and local legislators to promote the availability of safe foods and the availability of spaces for safe walking and physical activity.

1. Organization of Health Education program – The education program should include the following:

- Education regards the cause of overweight, obesity, and related common diseases such as high blood pressure and heart disease. Focus on the impact of these diseases on long and short term health.
- Provide an outlook regards the cost of the medical care of these diseases and how prevention, early diagnosis via screening and reversal via early treatment can translate into large savings on medical expenses.
- Education regards what to eat and what not to eat.
- Education regards balanced Lifestyle- Health-promoting eating and sleeping behaviors- when to eat, how often to eat, and what constitutes healthy sleep.
- Education regards healthy activity and exercise routine

(Note: Review the section of Holistic meal and balanced lifestyle on the website)

- 2. *Formulate the methodology of implementing Health education*** - This may include many efforts such as :
- Distribution of written education material (brochures, pamphlets digital or paper copies)
 - Health education posters and digital messages.
 - Organize periodic education events-Talks and seminars from experts within the group, open forum group discussions with question answers sessions.
 - Organize periodic health and fitness events- Wellness group walks, healthy recipe competition and sharing, sports events, Yoga and Pranayam instructions by local experts
- 3. *Make all possible efforts towards creating a health-supporting environment*** – Some of these will require creating public- Private partnership between leaders in communities and the local political leaders.
- Advocate and support healthy foods in the neighborhood stores versus junk and fast foods consumer have high leverage in setting up the new normal by not buying unhealthy products.
 - Promote advocacy for smoke-free public places.
 - Advocacy and activism to build safe walking spaces - Ask for footpaths on the streets and public parks, areas for physical education, exercise, and sports in schools and corporate offices.
 - Build up a positive culture of disease-free society and healthy active children and adults
- 4. *Early diagnosis and disease reversal via periodic screening and first treatment***
- At the community, level encourages periodic screening for those with high-risk factors (Obesity, especially abdominal obesity and family history of Type2 diabetes or heart attacks).
 - At school level – School health checks, including Weight and Waistline measurement. Childhood obesity is the most common cause of the untimely early onset of Type2 diabetes and heart diseases.