

# Your Blueprint for Action

## RURAL HEALTH Transformation Center

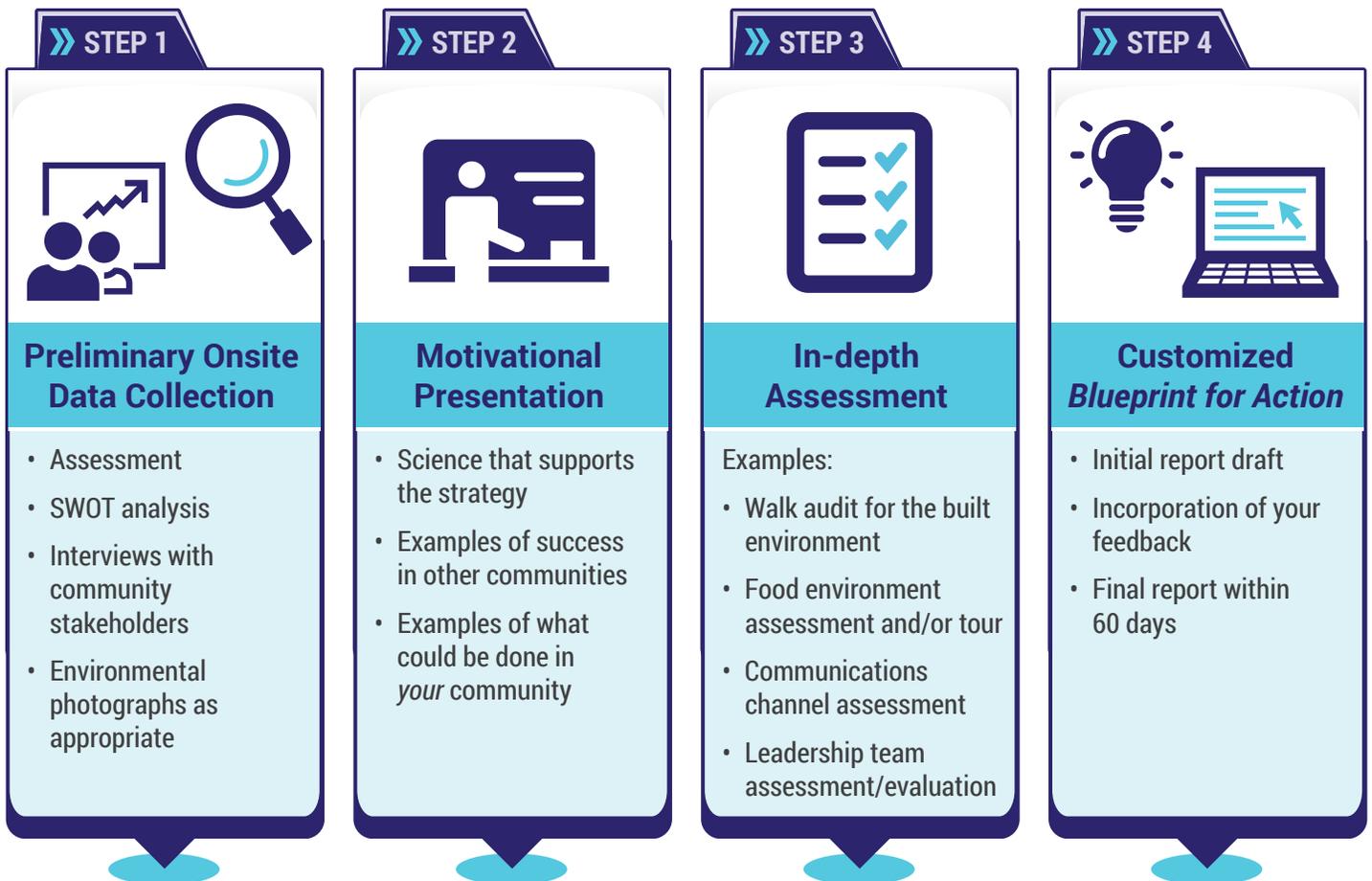
With more than 20 years of experience, our community rural health consulting team is well versed in creating sustainable change. We are passionate about evidence-based solutions to community rural health improvement and sharing lessons learned from our award-winning initiative, Hearts Beat Back:® The Heart of New Ulm Project. Guided by our real-world experience, we work collaboratively to help you achieve long-term sustained community health outcomes. Through our array of tailored solutions, we help you build capacity at the individual, interpersonal, organizational, community and policy levels.

### Featured Solution

## Blueprint for Action: *Your Guide to Solving a Specific Challenge*

**What:** Our experts will spend two days in your community with your team and key stakeholders to complete a comprehensive assessment of an identified community health challenge. We'll then provide you with a detailed *Blueprint for Action* that your team(s) can use to inspire action toward a common goal and accelerate your work.

### How does the Blueprint process work?



# Your Blueprint for Action

**What are some possible challenges the Blueprint can address?:** Our experts can help you solve a wide variety of rural community health challenges. Some of the most common areas we help address involve:

### Built environment challenges



**Would you like to better understand ...** Where there are opportunities in your community to improve safety for all users of your roads, especially pedestrians and bicyclists? How you can educate people of all ages in the community about bicycling and walking safety and encourage them to increase their walking and biking to improve their health?

### Food environment challenges



**Would you like to better understand ...** Where there are opportunities to better improve availability and access to healthier foods across the community? How you can engage restaurants, grocery and convenience stores to offer and promote healthier choices? How you can better support community initiatives such as farmers markets, co-ops, community gardens? How you can engage private and public sector organizations to adopt healthy vending policies?

### Integrated communications strategy challenges



**Would you like to better understand ...** How you can develop a comprehensive long-term communications strategy? How you can determine what messaging resonates with the community/stakeholders as well as the topics or goals? How to implement and execute successful branding for your initiative?

### Leadership structure challenges



**Would you like to better understand ...** How you can best structure your leadership to ensure representation from the right stakeholder groups? How you can successfully achieve community buy-in and ownership? How you can effectively engage all stakeholders?

**Ask to see our case studies in each of these areas for a look at our success.**

## Connect With Us!

For more information on how our community rural health consulting services can help you, please contact us:

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