



Creating healthier communities starting with me, and moving towards we



ME

JOIN AND PLEDGE

Visit theforceforhealth.com, register for a free membership, and pledge to be a Force for Health

ASSESS

Identify your basic health needs using Force for Health's member health assessment

LEARN IT

Take basic health courses on the Force for Health Academy to increase your health literacy

LIVE IT

Set goals based on what you've learned and find community specific resources using myhealthyhuntingdon.com

SHARE IT

Be a role model and share what you've learned with others around you

BECOME AN AMBASSADOR

Earn badges by learning about health topics more in depth and gain access to resources for IDEAS projects



WE

CREATE A TEAM

Form or join a group of individuals interested in service to complete an IDEAS project to benefit your community

IDENTIFY

Identify a health disparity or problem specific to your community

DESIGN

Create a plan of action to help address the identified health disparity

ENGAGE

Follow through with your plan by implementing your solution with your team

ANALYZE

Assess the outcome of your solution and evaluate its success based on previously set goals

SHARE

Share your team's service with others at Force for Health's leadership conference and social media