

Here are 10 things we hope you learned at the Building Community Resilience Session

- 1 Socially integrated housing contributes to a healthy community. This housing is stable, affordable, near transit, and appropriate for all income levels and generations.
- 2 Complete neighborhoods and communities have a people-centered design, meaning residential, businesses, services, schools, and transit are in close proximity.
- 3 High-quality education contributes to a healthy community. This includes programs from kindergarten through college, trade schools, after enrichment programs, youth career and skill building and adult education.
- 4 A thriving and inclusive economy consists of diverse, local, small businesses that provide economic opportunities for those within the community.
- 5 Healthy food access promotes healthy living in a community by providing affordable, fresh, local, and culturally appropriate food in local grocery stores.
- 6 Affordable and accessible transportation contributes to a healthy, cohesive community. This includes walking, biking, and public transit that is easy to use.
- 7 Public spaces should be conveniently located as well as provide a safe and diverse space for those in the community to relax, socialize, and be active.
- 8 Safe and socially cohesive neighborhoods provide community members the opportunities to connect, be empowered, and get involved in decision-making.
- 9 A healthy community needs a clean environment which consists of green spaces, efficient natural systems, healthy trees, and sustainable energy and water systems.
- 10 Public services and infrastructure within a community should be open and available to people of all ages, incomes, races, and immigration status.

<http://www.gethealthysmc.org/10-key-components-healthy-equitable-communities>

