

Community Action Planning Tool Kit

An Upstream Approach for Shifting Social Determinants of Health to Improve Infant Health Equity



Backstory: In August 2021, 21 Healthy Start grantees received Infant Health Equity supplement grants of up to \$80,000 to design action plans aimed at shifting social and structural determinants of health that impact infant mortality and perinatal outcome inequities. The NICHQ [Healthy Start Technical Assistance and Support Center \(TASC\)](#) is supporting grantees to design action plans by March 2022. Grants may be available to implement action plans at a future date.



Social Determinants of Health: A person's zip code is the best predictor of their health. The places where we live, work, play, and learn shape conditions that allow us to thrive – or not. Social inequalities such as racism, classism, anti-immigrant sentiment, and gender-based oppression drive institutional inequities that shape our living conditions. “Good health” emerges from the social determinants of health, upstream factors as diverse as early childhood development experiences, employment opportunities, food availability, air and water quality, transportation access, public safety, housing, and myriad others. Uprooting long-held, inequitable conditions calls for upstream, innovative, and systems change approaches.



Purpose: We created this Toolkit to help Healthy Start grantees design *a navigational blueprint to action*.

- ✓ Make smart decisions about which social determinants of health to tackle.
- ✓ Choose upstream strategies potent enough to shift structural barriers that hold inequities in place.
- ✓ Lay out concrete steps to effectively implement those strategies.
- ✓ We designed this Toolkit by lifting up the best ideas, practices, and tools designed by others who are seeking similar goals – taking action to dismantle existing community conditions that hold inequities in place.



What's Inside: The Toolkit contains the following.

- ✓ Worksheet Packet: Eight worksheets to support action planning process
- ✓ Resource Compendium: A curated list of resources and tools to support the action planning process.

