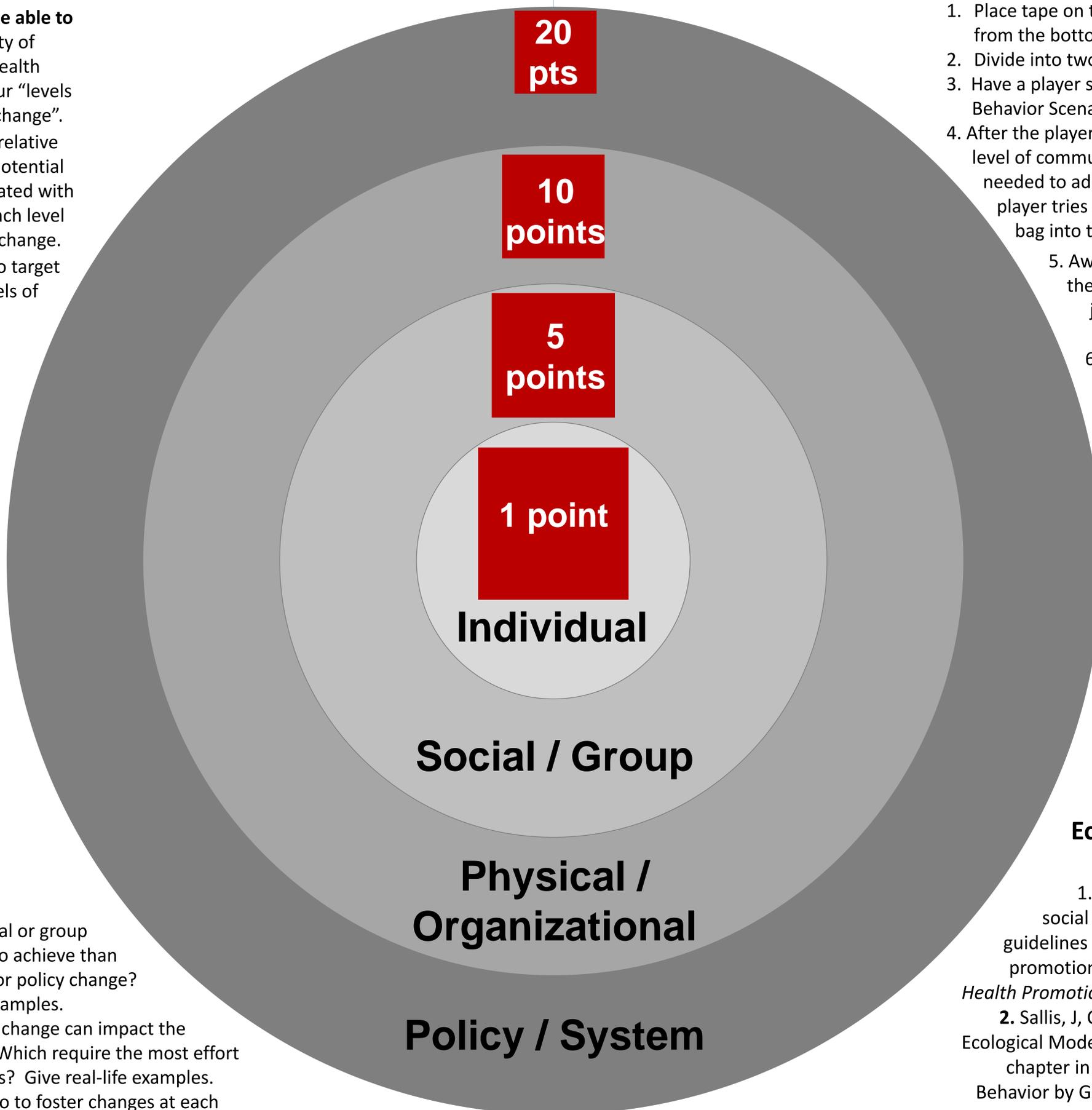


Learning Objectives:**Participants will be able to**

1. Identify a variety of influences on health behaviors at four "levels of community change".
2. Recognize the relative difficulty and potential impacts associated with strategies at each level of community change.
3. Explore ways to target numerous levels of change.

Instructions:

1. Place tape on the floor about 5 feet from the bottom of the game mat.
2. Divide into two teams; form two lines.
3. Have a player select and read a Health Behavior Scenario.
4. After the player's team agrees on the level of community change most needed to address the scenario, the player tries to toss a coin or bean bag into the square at that level.
5. Award points for landing in the *correct* area, team must justify other levels to get points.
6. See instructions for additional options.

**Discussion:**

1. Why is individual or group change easier to achieve than organizational or policy change? Give real-life examples.
2. Which types of change can impact the most people? Which require the most effort from individuals? Give real-life examples.
3. What can you do to foster changes at each level in your community?

Based on Social Ecological Models as described in:

1. Stokols D. Translating social ecological theory into guidelines for community health promotion. *American Journal of Health Promotion*: March 1996;10(4).
2. Sallis, J, Owen, N and Fisher, E. Ecological Models of Health Behavior, chapter in *Health Education and Behavior* by Glanz, et al, ed 4, 2008.

Levels of Community Change

