



# Tree Activity

Use this activity sheet to help identify a Health Outcome that could be addressed in your community. Then use the data in County Health Rankings and Roadmaps website, <http://www.countyhealthrankings.org/>, to begin researching some Health Factors that could be contributing to the Health Outcomes.



**Issue** – What is the health issue you feel should be addressed in your community?

**Root Causes** – Health Factors that might lead to the issue.

**Fruit Grown from Root Causes** - Health Outcomes such as quality of life and length of life. What do they look like in our community? There only 5 measures are looked at in the county health rankings, but feel free to think broader than just those 5 to identify what is happening in your community.

\*\*Also look at some things that are positive, and ask why they are positive. i.e. was there a policy change, system change, civic engagement around issues....like a Parent/Teacher/Student Organization pushing to have healthier lunch options, or vending machines options.

Community Name: EXAMPLE

## HEALTH OUTCOMES

Circle one outcome that is high for the community

Premature Deaths

Poor or Fair Health

Low Birth Weights

Poor Physical Health Days

Poor Mental Health Days

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**Issue:**

Premature Deaths due to food related issues

What action can you plant and grow to make your community healthier?

Work with local food banks to provide food to youth before they leave school for the weekend.

## HEALTH FACTORS

Circle some Factors that may contribute to the outcome for your community

<ul style="list-style-type: none"> <li>Smoking</li> <li>Physical Inactivity</li> <li>Alcohol Impaired driving deaths</li> <li>Uninsured</li> <li>Mental Health Providers</li> <li>Mammography Screening</li> <li>Unemployment</li> <li>Social Associations</li> <li>Air Pollution – Particle Matter</li> <li>Severe Housing Problems</li> <li>Children in Single-Parent Households</li> </ul>	<ul style="list-style-type: none"> <li>Obesity</li> <li>Access to Exercise Opportunities</li> <li>Sexually Transmitted Infections</li> <li>Primary Care Physicians</li> <li>Preventable Hospital Stays</li> <li>High School Graduation</li> <li>Children in Poverty</li> <li>Violent Crime</li> <li>Drinking Water Violations</li> <li>Long-Commute – Driving Alone</li> </ul>	<ul style="list-style-type: none"> <li>Food Environment</li> <li>Excessive Drinking</li> <li>Teen Births</li> <li>Dentists</li> <li>Diabetes Monitoring</li> <li>Some College</li> <li>Income Inequality</li> <li>Injury Deaths</li> <li>Driving Alone to Work</li> </ul>
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# HEALTH OUTCOMES

Circle One Outcome that is high for the community

- Premature Deaths
- Poor or Fair Health
- Low Birth Weights
- Poor Physical Health Days
- Poor Mental Health Days

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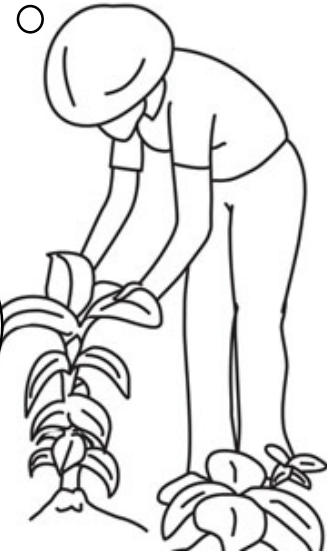
**Issue:**

What action can you plant and grow to make your community healthier?

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# HEALTH FACTORS

Circle some Factors that may contribute to the Outcome for the community

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|---|---|------------------------------|
| <b>Smoking</b>                              | <b>Obesity</b>                          | <b>Food Environment</b>      |
| <b>Physical Inactivity</b>                  | <b>Access to Exercise Opportunities</b> | <b>Excessive Drinking</b>    |
| <b>Alcohol-Impaired driving deaths</b>      | <b>Sexually Transmitted Infections</b>  | <b>Teen Births</b>           |
| <b>Uninsured</b>                            | <b>Primary Care Physicians</b>          | <b>Dentists</b>              |
| <b>Mental Health Providers</b>              | <b>Preventable Hospital Stays</b>       | <b>Diabetes Monitoring</b>   |
| <b>Mammography Screening</b>                | <b>High School Graduation</b>           | <b>Some College</b>          |
| <b>Unemployment</b>                         | <b>Children in Poverty</b>              | <b>Income Inequality</b>     |
| <b>Social Associations</b>                  | <b>Violent Crime</b>                    | <b>Injury Deaths</b>         |
| <b>Air Pollution – Particle Matter</b>      | <b>Drinking Water Violations</b>        | <b>Driving Alone to Work</b> |
| <b>Severe Housing Problems</b>              | <b>Long-Commute – Driving Alone</b>     |                              |
| <b>Children in Single-Parent Households</b> |   |                              |