



Partnering with communities to improve local health



www.c3health.org

What we do

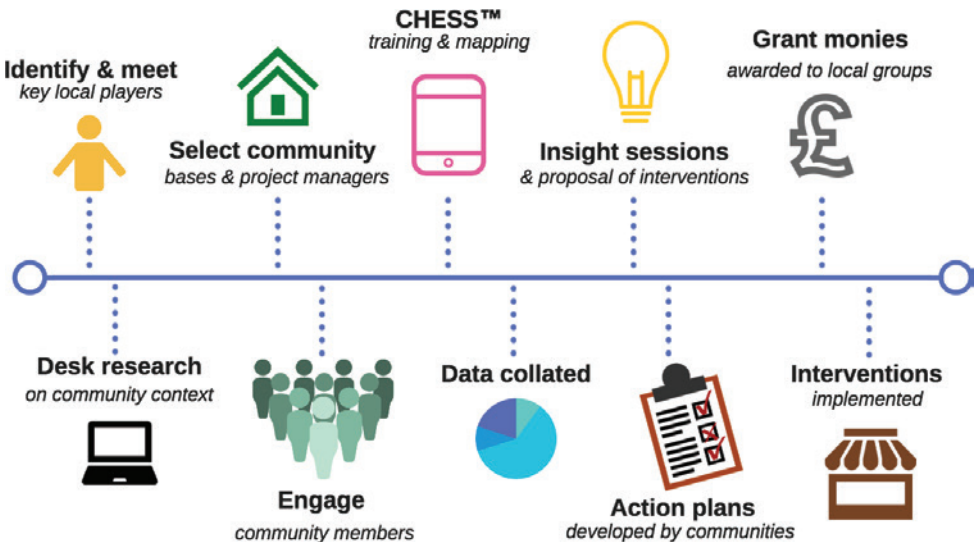
C3's community-engagement programme identifies barriers to good health and uses a community's existing strengths to overcome these barriers. The aim is to **make the healthy option the easy option for all**.

What makes us unique

Health interventions are often imposed on communities. What makes our programme unique is CHESSTM (Community Health Engagement Survey Solutions)* – an innovative, evidence-based approach that shifts decision-making to local communities by engaging them as 'citizen scientists' in an investigation about their health and the built environment.

CHESSTM includes a mobile tool that equips local communities in identifying and mapping the barriers they face every day when making choices about diet, activity and healthy living. Evidence shows that actively engaging communities in evaluating the challenges and opportunities they face in their day-to-day lives leads to more effective, longer-lasting solutions.

This community-based investigation includes:



*C3 is the only UK-based organisation licensed to use CHESSTM, which was created by US-based MATRIX Public Health Solutions.



Our impact

The strength of evidence collected by UK communities through CHES and C3 has led to:

- **Over £2 million awarded** to communities from external funders to implement proposed solutions.
- **2 playgrounds** co-designed with local parents, including transforming a disused carpark.
- **14,000 healthy meals for children** provided by Morgan Stanley in east London, based on C3 and the community's recommendations using CHES.
- **One-third of Halifax's Ovenden population engaged** (4,000 community members) and partnerships with 18 local organisations. Interventions included classes about cooking, gardening, and wellbeing; community clean-ups; dance sessions; breakfast and tea clubs; geocaching; sports/activity sessions.
- **One-third of Girvan's Glendoune population engaged** (1,000 community members) resulting in the refurbishment and revitalisation of the community centre that was previously set to close. It has improved community resilience and community members feel more confident, with developed networks and partnerships.



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How you can partner with C3

1. **CHES as a full-scale project** – C3 is involved with the project from its inception to end, including:
 - identifying and liaising with stakeholders at different community levels;
 - recruiting and overseeing a local project manager to co-lead the CHES tool training, mapping walks and insight sessions;
 - providing public health input for the co-created community action plans;
 - issuing community grants to local organisations so they can start implementing their proposed changes;
 - monitoring the implementation of interventions and evaluation.

“The project without a doubt salvaged a closing local community facility and created the space to build a robust team of future community leaders.”

Roddy MacDonald,
local project manager (Girvan)

2. **CHES as a data collection tool** – although we do stress the importance of using CHES as a process and not just a data collection tool, some projects already have a community engagement process in place and use the CHES tool as a data collection component within the larger project. C3 trains community members in using the tool, leads the CHES mapping walks, compiles the data, and reports back to community members during insight sessions, where proposed actions are also discussed. A final report is provided to the project team to inform subsequent project phases.
3. **CHES ‘lite’** – we provide access to the CHES strategy through a ‘train the trainer’ model (e.g., training community leaders to train community members on CHES). C3 provides oversight and technical assistance to community leaders and partner organisations, but most activities are completed by those within the community.

You can either fund CHES directly, or we can work with you to secure a grant for its use.



About C3 Collaborating for Health

Each year, 40 million people (70% of deaths globally) die from just four major chronic diseases – cardiovascular disease, cancers, type 2 diabetes and chronic lung disease.

Despite this, chronic diseases are under-reported, under-acknowledged and under-funded.

Founded in 2009 when healthcare was largely equated with disease and sickness, C3 has helped shift the focus to prevention and wellbeing by addressing chronic diseases before people fall sick or need care.

C3 Collaborating for Health builds multi-sector Collaboration to catalyse action in the global community, to address chronic diseases by promoting 3 behaviour changes:

- Improving diet and avoiding harmful alcohol use
- Stopping smoking
- Increasing physical activity

Since its founding, C3 has partnered with over 80 organisations from its network of 3,000+ professionals in over 85 countries. Our programmes focus on:

- local communities;
- businesses;
- health professionals, particularly nurses;
- and workplace health.

Learn more at www.c3health.org.





C3 Collaborating for Health (C3)'s vision is for a world where there are no premature or preventable deaths from chronic diseases because people find it easier to live healthy lives.

Together, we can make it easier to live healthy lives.

Contact us

7–14 Great Dover Street, London, SE1 4YR, United Kingdom

+44 (0) 20 3096 7706

info@c3health.org

www.c3health.org

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