



Guiding Principles of UCD

Health Equity

According to The Robert Wood Johnson Foundation, health equity means that everyone has a fair and just opportunity to be as healthy as possible. This requires removing obstacles to health such as poverty, discrimination, and their consequences, including powerlessness and lack of access to good jobs with fair pay, quality education and housing, safe environments, and health care.

- For the purposes of measurement, health equity means reducing and ultimately eliminating disparities in health and its determinants that adversely affect excluded or marginalized groups.
- Health equity is the ethical and human rights principle motivating efforts to eliminate health disparities; health disparities are the metric for assessing progress toward health equity.¹

Key Steps to Advancing Health Equity:

1. Identify important health disparities that are of concern to the stakeholders.
2. Change policies, laws, systems, environments, and practice to eliminate inequities.
3. Evaluate and monitor efforts using short timer and long-term measures.
4. Reassess strategies to plan next steps.²

Asset-Based Community Development

According to The Rural Health Information Hub, Asset Based Community Development (ABCD) builds on the assets that are already found in the community and mobilizes individuals, associations, and institutions to come together to build on their assets-- not concentrate on their needs. An extensive period of time is spent in identifying the assets of individuals, associations, and then institutions before they are mobilized to work together to build on the identified assets of all involved. Then the identified assets from an individual are matched with people or groups who have an interest or need in that asset. The key is to begin to use what is already in the community.³

Key tenets of ABCD are:

¹ <https://www.rwjf.org/en/library/research/2017/05/what-is-health-equity-.html>

² <https://www.rwjf.org/en/library/research/2017/05/what-is-health-equity-.html>

³ <https://resources.depaul.edu/abcd-institute/resources/Documents/WhatisAssetBasedCommunityDevelopment.pdf>



1. Everyone has gifts.
2. Relationships Build a Community
3. Citizens at the Center.
4. Leaders Involve Others as Active Members of the Community.
5. People Care About Something

Key Assets in ABCD are:

1. Individuals
2. Associations
3. Institutions
4. Physical Assets
5. Connections⁴

System Oriented Approach

The Australian Prevention Partnership Centre defines System Oriented Approach as:

A system is a set of interrelated parts that form a whole. A system is not the sum of its parts, but rather the product of their interaction.

Systems thinking is way to make sense of a complex system, by exploring the relationships, boundaries and perspectives in a system. It can help us approach otherwise unmanageable problems by providing:

1. A different perspective (seeing all parts, and their interconnections)
2. Tools and methods that can be used to explore the system, keeping in mind the dynamic nature of the parts and their relationships.
3. Systems thinking is way to make sense of a complex system, by exploring the relationships, boundaries and perspectives in a system. It can help us approach otherwise unmanageable problems by providing:
 - a. A different perspective (seeing all parts, and their interconnections)

To change health behavior, we need a range of governments, organizations and individuals to work together in a coordinated way to attack the problem from many different angles and in dynamic, flexible ways. Applying systems thinking and systems approaches enables us to create an environment that supports people to make better health decisions and avoid chronic disease. ⁵

Sustainability

Sustainability for UCD encompasses having the right staff and leadership to support and propel forward the Common Agenda; cultivating internal and external partners to enhance commitment

⁴ <https://resources.depaul.edu/abcd-institute/resources/Documents/WhatisAssetBasedCommunityDevelopment.pdf>

⁵ <https://preventioncentre.org.au/chronic-disease-and-systems/taking-a-systems-approach-to-prevention-new-page/>

and collaboration across all sectors and the Rio Grande Valley. Ensuring diversified and leveraged funding so the initiative can thrive, and adapting to the changing local, regional, and national environments to always provide optimal and best practice solutions towards diabetes prevention.