

The LHMG Theory of Change

The LHMG Theory of Change guides our path to ensuring that no one is disadvantaged from achieving their full health potential in the City of Miami Gardens. Our work focuses on partnering with the City, residents and other community stakeholders to develop, implement, and sustain effective health promotion and education, outreach, public health campaigns, and PSE and Programmatic strategies. We believe this will result in our residents feeling empowered to take control of their health; having improved living conditions and expanded access to health resources; and improved health outcomes. As a result, the City of Miami Gardens will become a healthier place to live, work, play, learn, and worship, ensuring that all residents' physical, emotional and spiritual needs are fulfilled. Our strategic approach is based on feedback from collaboration with community members, partnering organizations, and our collective-impact efforts since the inception of LHMG in 2014.

COMMUNITY CONDITIONS

Historically, Miami Gardens residents experience higher rates of several chronic diseases compared to Miami-Dade County and the United States as a whole, including heart disease, Type-2 diabetes, and obesity. Additionally, there is a stigma surrounding mental health that serves as a barrier for accessing resources; predatory practices surrounding alcohol and tobacco products; inadequate food access; and high levels of physical inactivity. These conditions are further compounded by long standing health inequalities and disparities that adversely affect the residents of Miami Gardens who often experience greater social or economic obstacles to health based on their racial or ethnic group, socioeconomic status and other characteristics historically linked to discrimination or exclusion.

