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.

COMMUNITY

is at the center of what we do, guided by our core values.

Values.



live healthy miami gardens

"The City of Miami Gardens is a community where all residents' physical, emotional and spiritual needs are fulfilled."

To Reach the North Star

Increase the proportion of Miami Gardens' residents engaging in moderate physical activity.

Decrease the number of Miami Gardens residents using ATOD.

Increase access to and consumption of affordable, healthy foods. Decrease the number of Miami Gardens residents with unmet mental health needs.

Increase the number of Miami Gardens residents who have access to and utilize holistic and culturally competent primary healthcare supports and services.

To Achieve Milestones

- Establish Physical Activity Standards and Policies in key institutions.
- Complete Streets Guidelines.
- Parks After Dark.
- Walking and Fitness Groups with a Social Support Component.
- SRTS (Safe Routes to School).
- Mayor's Fitness Challenge.

- ATOD policy implementation & enforcement.
- Students Working Against Tobacco (SWAT) & other evidence-based youth programs.
- Underage Drinking Reduction Strategies (UDRS) & other evidence based and awareness programs.
- ATOD local business training.

- Healthy Corner Stores Project.
- Healthy Restaurant Project.
- Mobile Farmers Market.
- Cooking Classes and Demonstrations.
- City-wide Wellness and Healthy Food Policy implementation.
- Healthy Nutrition Standards and Policies in key institutions.
- Improvements to local programs/systems.
- Hunger and Food Security.
- Community Garden.

- Mental Health First Aid Training for first responders.
- WRAP (Wellness Recovery Action Plan) Training for Youth and Adults.
- SBIRT (Screening, Brief Intervention, and Referral to Treatment).
- Community Resource Directory.
- Mental health awareness campaign.

- Community Clinical Linkages.
- Take Your Loved One to the Doctor.
- Breastfeeding Project.
- Improving Health Literacy
- Diabetes Prevention Self-Management Program.
- Provider Training (culturally, linguistic, inclusive and nonjudgmental services).
- Worksite Wellness Project.

To Carry out Strategies and Communication Efforts

PHYSICAL ACTIVITY ALCOHOL, TOBACCO, & OTHER DRUGS HEALTHY EATING & IMPROVED NUTRITION

MENTAL HEALTH PRIMARY HEALTH CARE

LHMG Prioritized Health Impact Areas