

Discussion

The following questions are intended to help an individual or a group-think about the most important issues for their health and the health of their families and communities.

1. What is my vision of good health for me, my family and community?
2. What helps me be healthy?
3. What helps my family and community be healthy?
4. What prevents me from being healthy?
5. What contributes to poor health for my family and community?
6. What health services are provided satisfactorily in my community?
7. What health services need improvement?
8. Does my community have enough access to health information and health promotion activities?
9. What social, economic or environmental issues need to be addressed to help people be healthy?
10. What are the top three things that need to be done to improve health for women in my community?
11. Who makes the decisions about these three things?
12. How can these people be persuaded to make some improvements?
13. What steps can you want to take as an individual to address these issues?
14. What steps can you take as a group to address these issues?
15. Who else can you work with on these issues?

