



RESILIENT GARFIELD PARK

Many Garfield Park residents have a deep connection with their community. They are committed to revitalizing it, making it the healthiest and safest it can be.

In Spring of 2022 the Garfield Park Rite to Wellness Collaborative, YMCA of Metropolitan Chicago, and Food, Activity, and Nutrition (FAN) Initiatives at Lurie Children's Hospital partnered with Tufts University's Catalyzing Communities to form the **Garfield Park Stakeholder Committee**, a group of 14 passionate and dedicated residents and professionals who live and work in the community.

The Committee's approach is rooted in **Black Culture Wellness** and they are committed to:

- strengthening community relationships,
- increasing access to healthy food, and
- raising awareness of community resources.

“ **WE KNOW THAT WHEN OUR COMMUNITY MEMBERS ARE WELL-FED, WELL-RESOURCED, AND HAVE STRONG AND SUPPORTIVE RELATIONSHIPS, WE CAN ALL TAKE PART IN THE CONTINUING GROWTH AND IMPROVEMENT OF THE COMMUNITY WE ALL CARE SO DEEPLY ABOUT.** ”



“ **I THINK COMMUNITY HAS ALWAYS BEEN A PART OF BLACK CULTURE...IT INSPIRES HOW FOLKS INTERACT IN THE PRESENT.** ”

Black Culture Wellness

The unique, authentic expression of values and principles, as self-determined by the Black community, will lead to the long-term health and well-being of the Black community.



➤➤➤ COLLABORATING FOR MEANINGFUL CHANGE

The Committee worked with Catalyzing Communities using an approach called Community Based System Dynamics, which uses feedback thinking to visually show the structures that shape communities, and illuminates new opportunities for meaningful systems change.



The group created three causal loop diagrams to show what influences health and wellness conditions in Garfield Park. The diagrams highlight three key factors:

- Eating Norms and Retail Options
- Community Relationships & Resources
- Physical Activity & Wellness

STRENGTHENING GARFIELD PARK

KEY FINDINGS

»» [CLICK HERE TO VIEW THE MAPS](#)

COMMUNITY RELATIONSHIPS & RESOURCES

- Strong relationships and trust with neighbors, organizations, churches can help address resource insecurity and decrease violence in the community.
- Having legacy and future residents who are invested in staying and improving our community is essential to the continued growth and revitalization of the community.
- Violence in our community can cause people to not want to invest or stay in the community. This can impact relationships and contribute to businesses leaving, impacting access to essential resources.

EATING NORMS & RETAIL OPTIONS

- Community and family meals are an essential part of Black Culture Wellness. They allow for resource sharing, relationship building and the passing down of recipes.
- People have different eating habits than they used to: they rely more on convenient meals and spend less time eating together with family because of financial constraints and lack of grocery stores.
- Grocery stores have been closing due to “financial feasibility” and perceived safety risk.

PHYSICAL ACTIVITY & WELLNESS

- Violence in our community has a negative impact on the overall health and wellbeing of the community, increasing levels of stress and causing people to spend more time inside, decreasing in-person connection and the sense of community.
- Physical activity can help improve mental and physical health and reduce stress, however, many community members struggle to prioritize physical activity due to time and financial constraints and access to indoor and outdoor options.

»»» SETTING BIG GOALS

- Create a connected community by helping residents connect with each other
- Make safe spaces for meaningful community conversations
- Raise awareness of the amazing existing community resources

»»» TAKING ACTION

Community Meals:

Join us for a chance to connect to others and foster a sense of community, while having intentional conversations about what is happening in our community and sharing resources. [RSVP Here!](#)

Community Grocery Initiative:

The Garfield Park Community Council is co-leading the effort, with other community partners, to bring new grocers and healthy food options to our community.

Take part in this effort and let your voice be heard!



Kai Brown Photography

“ **STRONG RELATIONSHIPS
ENCOURAGE RESIDENTS TO
STAY AND INVEST IN
COMMUNITY IMPROVEMENTS.
WE HAVE SO MUCH TO BE
PROUD OF HERE!** ”



STAY CONNECTED

Stay up to date on what's happening in Garfield Park by signing up for the Garfield Park Rite to Wellness Collaborative Newsletter - www.ritetowellness.com



**Catalyzing
Communities**
A ChildObesity180 Initiative