



Building a Healthy Community Game Facilitation Guide

Materials:

- Copies of the slide deck
- Change Agent Guide
- One block kit per team (in a plastic bag)
- Method of tracking time
- Pens



Set up:

Play occurs in teams of 5 (recommended; teams of more than five can have multiple quality reviewers and recorders). Each team should sit around a table, and each table should have a block kit, slide deck (that includes photos of the correctly assembled sets), and a Change Agent Guide. One block set should be at each table.

Instructions:

Teams will decide which members will play which of the following roles:

- Healthy Community Builders – this role will build the two components of the healthy community. One set of the blocks in the kit will build a community garden and one set in the kit will build a mobile fresh produce truck. There should be two Healthy Community Builders but can be adapted to have just one.
- Building Inspector – this role will compare the Healthy Community Builder’s work to the photos to determine if they have accurately completed the set
- Time Keeper – this role will track and record how long it takes to complete each cycle
- Change Agent – this role will implement the changes between each cycle

Teams of more than 5 can have multiple quality reviewers and recorders.

To begin, the Change Agent will provide the Healthy Community Builder with the block kit. The block kit will contain both large plastic blocks as well as small blocks and there will be more blocks than necessary to build the two sets. The blocks should be provided in the bag already randomly connected/ attached to each other in the wrong configuration (i.e. assembled in pairs or threes, with small blocks connected to large blocks, blocks from the two sets intermingled, etc.).

Example of how blocks should be assembled prior to the start of the game



Process:

1. The Healthy Community Builders literally build two block sets—a community garden and a fresh produce mobile truck –using large and small plastic blocks provided in a bag.
2. The goal is to use the blocks to accurately and completely build a community garden and a fresh produce mobile truck in 2 minutes.
3. The Building Inspector will inspect for accuracy and completeness, using the photos of completed sets to compare.
4. The Time Keeper will record the time taken to complete the building of both sets if completed, or after two minutes, whichever happens first.
5. After Cycle 1, the Change Agent will implement the first change; after Cycle 2, the Change Agent will implement the second change; after Cycle 3, the Change Agent will implement the third change.

Cycle	Process
Cycle One	<ul style="list-style-type: none"> • The block kit will include all of the blocks necessary to build two sets (Community Garden and Mobile Fresh Produce Truck) plus additional blocks that are not. • Blocks will be attached to each other in the wrong configuration. • The Healthy Community Builders will not be provided any instruction other than to build the two sets according to the photos provided. • They must complete the two sets accurately and within 2 minutes.
Cycle Two	<ul style="list-style-type: none"> • Change Agent will disassemble the blocks and put them in a single pile in the middle of the table.
Cycle Three	<ul style="list-style-type: none"> • Change Agent will disassemble the blocks and remove all of the large and small unnecessary blocks.
Cycle Four	<ul style="list-style-type: none"> • Change Agent will disassemble the blocks and separate them into two piles (one with all of the pieces for the Fresh Produce Mobile Truck Set and one with all pieces for the Community Garden Set)



Fresh Produce Mobile Truck Set (10 pieces):

- 6 fruit blocks (1 pear block, 1 blueberry block, 1 plum block, 1 apple block, 1 banana block and 1 orange block)
- 1 red truck base
- 1 light blue tractor base
- 1 dark blue curved tractor piece
- 1 farmer

Community Garden Set (12 pieces):

- 3 Vegetable blocks (1 carrot block, 1 tomato block, 1 potato block)
- 5 Sunflower blocks (3 stalk blocks, 2 flower blocks)
- 2 garden animal blocks (1 bee block, 1 worm block)
- 1 light blue weather block (rain/sun)
- 1 light green rectangular garden base

Discussion:

Ask teams the following questions...

1. What obstacles did they face when building the garden and truck?
2. What changes did they notice between cycles?
3. What affect did the small changes have on the outcomes?
4. Were the effects of each change equal?
5. Can they see how using these cycles could guide useful testing of small ideas to improve processes?

Take Home Points:

- In public health we know that improving health outcomes requires not just behavior change but building the components of a healthy community. As we ask individuals to commit to changes that will lead to better health, we need to be prepared to implement our own changes to our processes of building healthy communities.
- With quality improvement we are looking to improve outcomes by making small manageable changes to the process (not people).
- There will always be factors outside of our control but there is always room for improvement.