



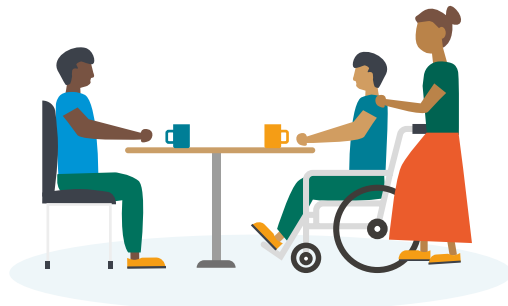
What makes us healthy?

Community power



People and communities need to have **greater power over the decisions and actions that affect their lives in order to improve and maintain their health.**

Community power emerges when people come together to respond to a common concern or issue.



Having more power over things that matter to us increases confidence and self-esteem which has benefits on our physical and mental health. It is

also an important first step that can lead to change in other factors that affect our health. For example, residents might come together to identify shared concerns and influence their housing provider to improve their housing conditions, which also improves their health.



Communities that are impacted by health inequalities are often **best placed to understand and shape the changes that need to happen to reduce health inequalities.**



1. People's Health Trust, [Local Conversations Evaluation](#), 2020.

2. Bell, B. et al. 'Work, Stress and Health: the Whitehall II Study', Cabinet Office, 2004.

"People cannot achieve their fullest health potential unless they are able to take control of those things which determine their health."

World Health Organisation, Ottawa Charter for Health Promotion

Real and lasting change happened when disabled people and unpaid carers got together and built community power to tackle barriers they face in their own communities. From organising safe and accessible activities to forming new organisations and campaigning for change, the journey local people have been on shows what is possible when people get together."

Julia Ajayi, Project Coordinator, Scope, Active Communities

81%



The Whitehall Studies (1967 and 1988), found that people who experienced low levels of control at work had higher rates of physical and mental illness.⁴