

How to Use the Tennessee Vitality Toolkit (TVT)

WHEN DO I USE THE TVT?

- ✓ **BEFORE YOUR CHA:** Do a brief review of the TVT before you start your CHA so that your County Health Council (CHC) understands the issues you might encounter during that process. Health Councils may choose these as priorities in their CHA, or they can use the TVT to inform other areas of their CHA/CHIP process.
- ✓ **AFTER YOUR CHA:** Do a deep dive into the TVT to help decide what tools and resources your CHC will use. You can also decide which organizations your CHC will partner with to work on your identified priority health areas. You can write these tools and partner organizations into your Community Health Improvement Plan (CHIP).

WHAT IS IN THE TVT?

The Toolkit lays out a menu of resources for priority areas that a Health Council might choose to focus on in their CHIP. Each priority area features the following resources:

- ✓ **Introduction to the priority area:** This information creates a shared understanding of the issue and how it plays a part in community well-being. Use this for talking points in presentations and other communications.
- ✓ **What are the disparities?** Disparities refer to the unequal differences in outcomes experienced by different groups of people – often based on race, wealth, and other factors. The Social Drivers of Health – where people live, learn, work and play – can impact health disparities.
- ✓ **Fact Sheet:** A quick snapshot of the overall topic. Print these out for your Health Council, community events, and partners, or take information from them to develop presentations on that topic.
- ✓ **Community Spotlight:** Learn about how other groups in Tennessee are addressing these issues in their own communities.
- ✓ **What Can we Do About It?** Brainstorm practical next steps for your CHIP. This is broken down into three areas of action:
 - **Activities and Programs:** Evidence-informed, actionable, short-term steps that collaborative groups can take to address priority areas.
 - **Policy and Systems Change:** Systems change refers to how organizations or programs – such as school systems or health systems – are connected and work together to improve conditions for lasting change. This section contains evidence-informed, actionable, long-term steps that collaborative groups can take to address priority areas.
 - **Partners and Resources:** These are state and national programs and resources that can help in working toward your CHIP goals. If you need further assistance, please contact health.councils@tn.gov.

HOW DO I USE THE INFORMATION IN THE TVT?

- ✓ In whatever way is most useful for your Health Council to write and implement a CHIP. The information can be used to communicate to your community about a selected priority area, to generate ideas for CHIP activities, or to facilitate a connection with a new partner.

WHAT ELSE?

- ✓ Share success stories from your County Health Council with us! [Contact us](#) so we can spotlight your work on the website.
- ✓ Email health.councils@tn.gov with any questions or to get more detailed information on Toolkit priority areas.