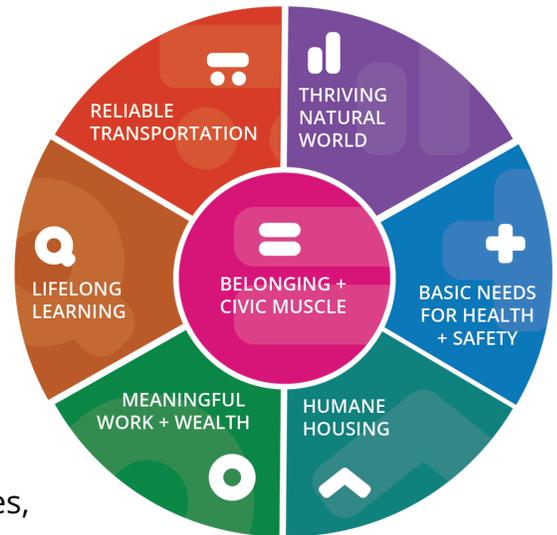


The Vital Conditions: Spotlight on Basic Needs for Health & Safety

The vital condition of Basic Needs for Health and Safety is about our most practical requirements for physical and mental survival. It is about having enough of the things we cannot live without.

Physical and mental well-being starts with access to fresh air and water, nutritious food, a good balance of physical activity and sleep, and the security of a stable home. People also need healthy relationships—with freedom to express gender and sexuality. We need to feel safe from violence, crime, and injury in our homes, schools, workplaces, and communities. And we need to be free from addiction, trauma, and toxic stress. Access to routine and critical health care is also an important part of maintaining health and well-being. When these basic needs are met, people can thrive, adapt to adversity and change, and recover from trauma and loss.



Community Vital Conditions

Vital signs, like heart rate, temperature, and weight, tell us what is going on in our bodies.

Vital conditions tell us what is going on in our communities.

Here are a few ways to know how a community is doing when it comes to Basic Needs for Health and Safety. What others can you think of?



BASIC NEEDS FOR HEALTH + SAFETY

Signs this Vital Condition
IS STRONG:

- Safe air and water
- Nutritious food
- Routine physical activity
- Sufficient sleep
- Sexuality and reproductive health
- Freedom from crime, injury, violence, traumatic stress, and addiction
- Routine health care (physical and mental)

Signs this Vital Condition
NEEDS ATTENTION:

- Lack of grocery stores or places to get fresh food
- High numbers of people lacking sufficient food
- High crime rates
- Inadequate numbers of health providers (doctors, dentists, therapists, etc.)
- High percentage of people without health insurance



Community Conditions Affect People's Well-Being

Basic Needs for Health and Safety is a critical vital condition because none of us can reach our full potential without it. Meeting many of our basic needs has a direct benefit by avoiding hunger, exhaustion, or injury. Others have less visible impacts, because they are part of our ability to adapt to change or withstand adversity. If any of our basic needs are not met, the effects can be immediate, or they can take decades to unfold. Here are some examples of how the condition of Basic Needs for Health and Safety can affect people's well-being:

- **Personal growth and development:** Meeting basic needs gives people stability. It allows individuals to focus on other aspects of their lives, such as education, work, and relationships.
- **Stress level:** When basic needs are met, individuals have less stress and anxiety, which can have positive impacts on their physical and mental health. On the other hand, having unmet needs can lead to high levels of toxic stress, domestic violence, and mental health problems.
- **Adaptability and resilience:** Having access to resources and support systems makes individuals more resilient to challenges and adversity. For example, people need routine health care to prevent, diagnose, and treat illnesses. If this basic need is not met, health problems can get worse and make other parts of life more difficult.



Building Stronger Vital Conditions

All community vital conditions can be strengthened with the work of people who care. Here are just a few examples of ways to improve Basic Needs for Health and Safety:

- Provide everyone with health care services and health insurance.
- Work to attract grocery stores and fresh food outlets to the community.
- Put crime reduction measures in place—like improving outdoor lighting and establishing neighborhood watch programs.
- Build or revitalize outdoor spaces like parks and gardens to provide places for physical activity, stress relief, and growing healthy food.

There are countless more ways to build vital conditions. The best approach for a particular place is one that is chosen by the residents to meet their community's unique needs, characteristics, and priorities. **What would help your community to thrive?**

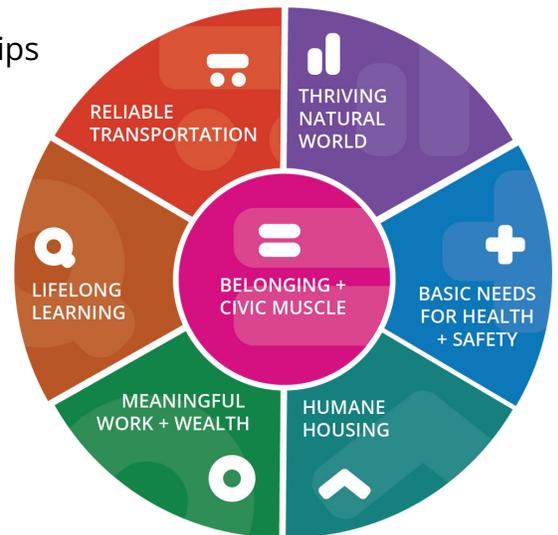


The Vital Conditions: Spotlight on Belonging & Civic Muscle

Belonging and Civic Muscle is about having fulfilling relationships and the social support people need to thrive. It's about being part of a community and having the power to contribute to and shape it.

In communities with an inclusive sense of belonging and strong civic muscle, all members of the community:

- are valued;
- feel connected to and supported by the community;
- are allowed to make meaningful contributions; and
- have a hand in shaping the community's future.



Strong social ties lead to trust and cooperation—the foundation for working well together across groups. This can create a virtuous cycle—working together leads to better communication, which develops a sense of connectedness and caring. As people in a community feel valued and cared for, they become more confident and willing to participate in the community.

A sense of Belonging and Civic Muscle is important to shaping and strengthening all the other vital conditions—which is why it is placed in the center of the model.

Community Vital Conditions

Vital signs, like heart rate, temperature, and weight, tell us what is going on in our bodies.

Vital conditions tell us what is going on in our communities.

Here are a few ways to know how a community is doing when it comes to Belonging and Civic Muscle. What others can you think of?

BELONGING + CIVIC MUSCLE

Signs this Vital Condition
IS STRONG:

- Civic engagement (voting, volunteering, service)
- Vibrant arts, culture, and spiritual life
- Social support
- Freedom from stigma, discrimination, and oppression
- Support for civil and human rights
- Equitable access to information

Signs this Vital Condition
NEEDS ATTENTION:

- Low rates of volunteering
- Low voter turnout for elections
- Lack of community events
- Low rates of belonging to a community organization or group
- High rates of loneliness

Community Conditions Affect People's Well-Being

Belonging and Civic Muscle is an important vital condition that we all depend on for our health and well-being. Here are some examples of how a sense of Belonging and Civic Muscle can affect people's well-being:

- **Physical and mental health:** Social support from friends, family, and other networks helps people meet their practical needs, as well as navigate the challenges of life. People with a strong sense of belonging and social connectedness tend to have better physical and mental health, including lower levels of anxiety and depression.
- **Adaptability and resilience:** Communities with strong bonds and connections are better able to handle crises and challenges, and individuals recover more quickly from difficult experiences.
- **Sense of power and purpose:** Feeling connected to a community and having the ability to influence decisions through civic engagement creates a sense of purpose and power. People feel they can shape their own lives and contribute to the well-being of their community.

Building Stronger Vital Conditions

All community vital conditions can be strengthened with the work of people who care. Here are just a few examples of ways to improve Belonging and Civic Muscle:

- Provide training to develop the leadership skills of community residents.
- Create opportunities for residents to participate in prioritizing and planning community improvements.
- Offer civics education to youth and provide opportunities for them to participate in community service and events.
- Support programs, events, and institutions that celebrate culture and the arts.
- Offer voter registration and meet-the-candidate events to encourage voting in elections at all levels.

There are countless more ways to build vital conditions. The best approach for a particular place is one that is chosen by the residents to meet their community's unique needs, characteristics, and priorities. **What would help your community to thrive?**



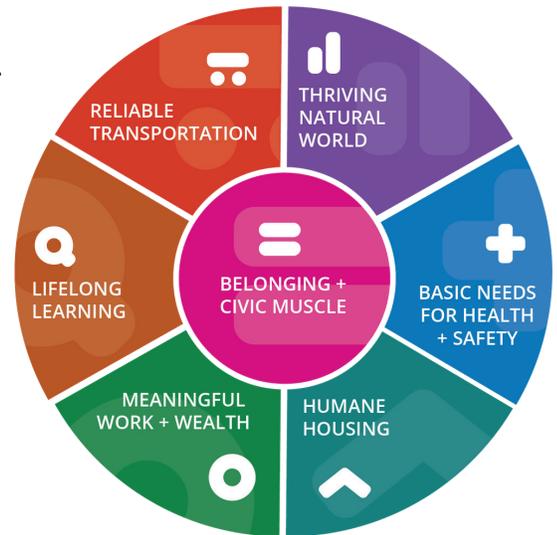
The Vital Conditions: Spotlight on Humane Housing



Humane Housing is about having a stable, safe place to live. It is also about living in a diverse, vibrant community that provides what we need to live full, productive lives.

People can thrive when they have:

- secure, consistent places to live;
- homes and neighborhoods that are safe from hazards; and
- neighborhoods that are close to necessities like food, transportation, opportunities for work, and other resources.



Housing is the biggest expense for most Americans, so having access to affordable housing options is an important part of financial well-being. Access to housing is often passed down through generations. Owning a home has long been at the center of the American Dream, helping build family wealth and stable, diverse communities. Housing can also support physical and mental health. High-quality housing should be in good repair and free of health hazards like lead, mold, and radon.



Community Vital Conditions

Vital signs, like heart rate, temperature, and weight, tell us what is going on in **our bodies**.

Vital conditions tell us what is going on in **our communities**.

Here are a few ways to know how a community is doing when it comes to Humane Housing. What others can you think of?



HUMANE HOUSING

Signs this Vital Condition
IS STRONG:

- Affordable costs
- Nearby necessities
- Safe structures
- Adequate space per person
- Diverse neighborhoods

Signs this Vital Condition
NEEDS ATTENTION:

- High housing costs (over 30% of income)
- Homelessness
- Housing insecurity (people can't afford rent or have to move a lot)



Community Conditions Affect People's Well-Being

One's housing situation has serious impacts—either positive or negative—on almost every other part of life. Here are some examples of how the condition of Humane Housing can affect people's well-being:

- **Physical health:** Quality housing is clean, dry, and has healthy conditions for the people who live there. On the other hand, housing with poor indoor air quality from mold or other pollutants can lead to allergies, asthma, and other respiratory issues.
- **Mental health:** Having stable, safe, and affordable housing can provide a sense of comfort and security. On the contrary, not having it can lead to feelings of stress, anxiety, and depression.
- **Child development:** Exposure to hazards like lead, mold, and radon can cause problems with children's physical and mental development.
- **Economic opportunity:** Having stable housing can impact a person's access to jobs. Not having a mailing address or a place to keep your things can make it difficult to find and maintain employment.
- **Access to necessities:** Housing located in connected communities provides residents with access to everything they need to thrive. On the other hand, housing in areas lacking access to healthy food options, reliable transportation, and other essential resources can impact opportunities for health and well-being.



Building Stronger Vital Conditions

All community vital conditions can be strengthened with the work of people who care. Here are just a few examples of ways to improve Humane Housing:

- Build housing that is affordable to people at all income levels.
- Build a variety of housing types (apartments, townhomes, single family homes, rental homes, etc.) to meet the needs of all residents.
- Design neighborhoods to be connected to things people need every day—food, schools, jobs, and transportation.
- Offer programs that help people build financial skills they need to achieve homeownership.
- Provide free or low-cost home repair services to those who are unable to afford them.

There are countless more ways to build vital conditions. The best approach for a particular place is one that is chosen by the residents to meet their community's unique needs, characteristics, and priorities. **What would help your community to thrive?**

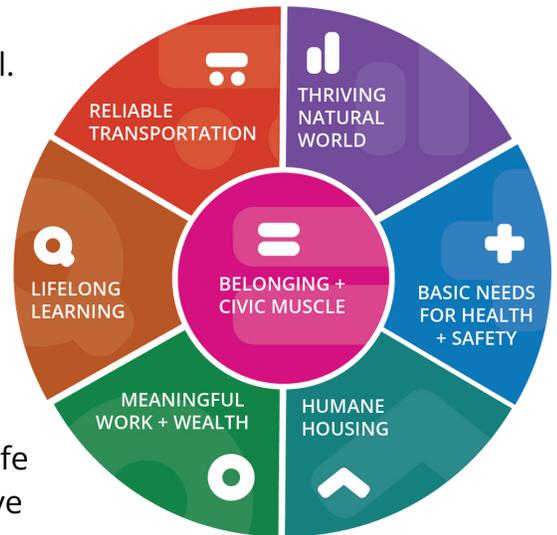


The Vital Conditions: Spotlight on Lifelong Learning



Lifelong Learning is about providing a good education for all. It means that everyone, regardless of age, background, or ability, is set up for success and has the opportunity to reach their full potential. It is about an education that launches people into meaningful careers, with ongoing opportunities to learn and grow.

Education is a driver of success, and it opens doors and opportunities for advancement. Education has impacts on health and well-being that are felt throughout one's entire life span. From birth, we are developing and learning. Supportive learning environments positively shape children's development and set them on a path that maximizes their capacity to learn. A solid preK-12 education launches young people into productive futures where they may pursue higher education, trades, or other ongoing education. This allows them to advance their lives and livelihoods through the power of learning. Education is also an engine of social mobility. Higher levels of education are linked with more income, better health, and increased opportunities.



Community Vital Conditions

Vital signs, like heart rate, temperature, and weight, tell us what is going on in our bodies.

Vital conditions tell us what is going on in our communities.

Here are a few ways to know how a community is doing when it comes to Lifelong Learning. What others can you think of?



LIFELONG LEARNING

Signs this Vital Condition
IS STRONG:

- Early childhood programs
- Quality elementary, middle, and high schools
- Higher education opportunities
- Career and adult education programs

Signs this Vital Condition
NEEDS ATTENTION:

- Low graduation rate
- Not enough affordable childcare centers
- Schools not meeting standards for academic achievement
- Lower levels of adult literacy



Community Conditions Affect People's Well-Being

Education has impacts on health and well-being that are felt throughout one's entire lifetime. Here are some examples of how the condition of Lifelong Learning can affect people's well-being:

- **Personal growth and development:** Education helps people reach their full potential, boosts self-confidence, and enhances mental processes like problem-solving and decision-making.
- **Economic opportunity:** A solid education opens doors to good-paying and rewarding jobs. Education is a key driver of social mobility, helping individuals and families improve their lives and livelihoods.
- **Career advancement:** In a rapidly changing job market, continuous learning is important for keeping your skills up-to-date and pursuing new opportunities. Those who do not keep up with new technologies or ways of doing things may have fewer opportunities for jobs and promotions.
- **Adaptability and resilience:** Lifelong learners are better equipped to handle challenges and adapt to new situations.



Building Stronger Vital Conditions

All community vital conditions can be strengthened with the work of people who care. Here are just a few examples of ways to improve Lifelong Learning:

- Advocate for adequate funding for preK-12 schools.
- Build partnerships between schools and community organizations to establish schools as hubs where students can get things they need for success in learning (meals, mental health counseling, other health services, etc.).
- Provide opportunities for all children to attend high-quality childcare and pre-K programs.
- Offer adult education and job training programs to help people obtain meaningful employment.
- Develop partnerships between preK-12 schools and community colleges to make it easy for high school graduates to transition into career training programs.

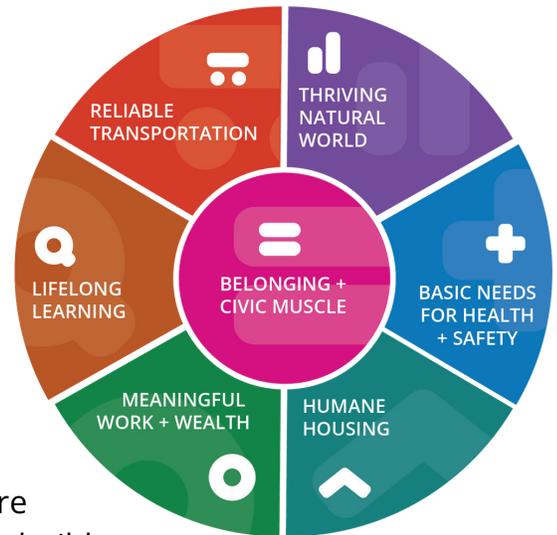
There are countless more ways to build vital conditions. The best approach for a particular place is one that is chosen by the residents to meet their community's unique needs, characteristics, and priorities. **What would help your community to thrive?**



The Vital Conditions: Spotlight on Meaningful Work & Wealth

The vital condition of Meaningful Work and Wealth is about personal, family, and community wealth that provides the means for healthy, secure lives. It is about good-paying, fulfilling jobs and careers, and financial security that extends across the lifespan. People's lives and self-worth thrive when doing productive, rewarding work.

The ability to build adequate wealth shapes the living standards not only for individual families and communities, but for future generations. Being able to afford assets like a home or a computer opens opportunities to participate more fully in work, school, and community life. Also, the chance to build financial equity, for example through a retirement account or by owning shares in a company, allows people to invest in their education or to start a business of their own.



Community Vital Conditions

Vital signs, like heart rate, temperature, and weight, tell us what is going on in our bodies.

Vital conditions tell us what is going on in our communities.

Here are a few ways to know how a community is doing when it comes to Meaningful Work and Wealth. What others can you think of?



MEANINGFUL WORK + WEALTH

Signs this Vital Condition
IS STRONG:

- Job training/retraining programs
- Good-paying and fulfilling jobs
- Family and community wealth
- Savings and limited debt

Signs this Vital Condition
NEEDS ATTENTION:

- High unemployment
- People living in poverty
- Lack of available jobs or job training programs
- Low job satisfaction
- People don't have savings to pay for unexpected expenses
- High average household debt

Community Conditions Affect People's Well-Being

Meaningful Work and Wealth is an essential vital condition that we all depend on for our health and well-being.

At a minimum, the income you earn allows people to get the things and services they need. Beyond that, doing productive work gives a feeling of accomplishment and a sense of purpose. Here are some examples of how the condition of Meaningful Work and Wealth can affect people's well-being:

- **Mental health and well-being:** Work provides a sense of purpose and self-worth. It allows people to feel that they are contributing to society.
- **Financial security:** Wealth enables people to afford basic needs, build assets, and participate more fully in society.
- **Opportunity:** Wealth can open doors to education, investment, and starting a business. It can create opportunities for growth and advancement.
- **Intergenerational impact:** The ability to accumulate wealth can shape living standards not only for current families but also for future generations.

Building Stronger Vital Conditions

All community vital conditions can be strengthened with the work of people who care. Here are just a few examples of ways to improve Meaningful Work and Wealth:

- Advocate for increases to minimum wage requirements so everyone has a livable wage.
- Establish small business "incubators" to support entrepreneurs to start and build businesses.
- Offer education to support people in improving their financial situation (increasing savings and reducing debt).
- Offer career-oriented training programs and connect graduates with local job opportunities.

There are countless more ways to build vital conditions. The best approach for a particular place is one that is chosen by the residents to meet their community's unique needs, characteristics, and priorities. **What would help your community to thrive?**

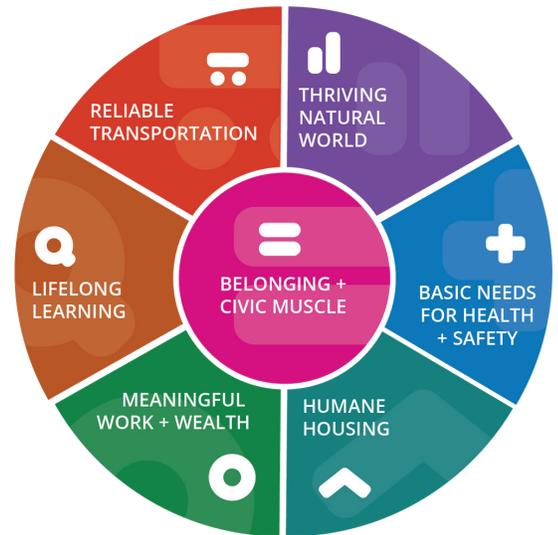


The Vital Conditions: Spotlight on Reliable Transportation

Reliable Transportation is about being able to move consistently and safely between the many places we must be—home, work, school, stores, and more.

In the United States, personal vehicles are the most common mode of transportation. However, many people can't or don't drive and rely on public transit and other means to get around. Active transportation—like walking and biking—helps us add physical activity into our daily lives.

Designing compact, walkable, accessible communities ensures that all people are able to get where they need to go—regardless of their means, mode, or ability.



Community Vital Conditions

Vital signs, like heart rate, temperature, and weight, tell us what is going on in our bodies.

Vital conditions tell us what is going on in our communities.

Here are a few ways to know how a community is doing when it comes to Reliable Transportation. What others can you think of?



RELIABLE TRANSPORTATION

Signs this Vital Condition **IS STRONG:**

- Close to work, school, food, and leisure
- Safe transportation options
- Active transportation options
- Efficient energy use
- Few environmental hazards

Signs this Vital Condition **NEEDS ATTENTION:**

- Few options for public transit (buses, subways)
- High average commute times to work or school
- Lack of bike lanes and sidewalks
- High rates of motor vehicle crashes
- Air pollution from vehicles

Community Conditions Affect People's Well-Being

Access to transportation is a major driver of health and well-being. Transportation—whether walking, biking, wheeling, public transit, or driving—allows people to reach jobs, school, medical services, parks, recreation, community meetings, and family events. It acts as a connection to every other vital condition. Here are some examples of how the condition of Reliable Transportation can affect people's well-being:

- **Health and well-being:** Reliable transportation ensures people can attend medical appointments, receive necessary treatments, and manage chronic conditions.
- **Social opportunities:** Transportation allows individuals to participate in community events, socialize, and maintain social connections, which are vital for mental health and well-being. It also enables people to participate in civic activities and volunteering.
- **Physical activity:** Public transportation and active modes of transportation (walking, biking) encourage physical activity, which improves health and helps prevent chronic diseases.
- **Mental health:** Access to transportation can reduce anxiety and depression by providing opportunities for people to get out of their homes and into different environments.
- **Economic opportunities:** Reliable transportation allows people to reach job opportunities, which is crucial for economic stability and upward mobility.
- **Education:** Transportation is essential for students to attend school and participate in after-school activities.

Building Stronger Vital Conditions

All community vital conditions can be strengthened with the work of people who care. Here are just a few examples of ways to improve Reliable Transportation:

- Invest in “complete streets” that serve all modes of transportation—cars, bikes, pedestrians, etc.—safely.
- Expand public transportation options, like buses, subways, and trains.
- Establish walking and biking infrastructure (bike lanes, sidewalks) to support physical activity and reduce reliance on cars.
- Ensure there are paratransit services to provide options for senior citizens and people with disabilities.

There are countless more ways to build vital conditions. The best approach for a particular place is one that is chosen by the residents to meet their community's unique needs, characteristics, and priorities. **What would help your community to thrive?**

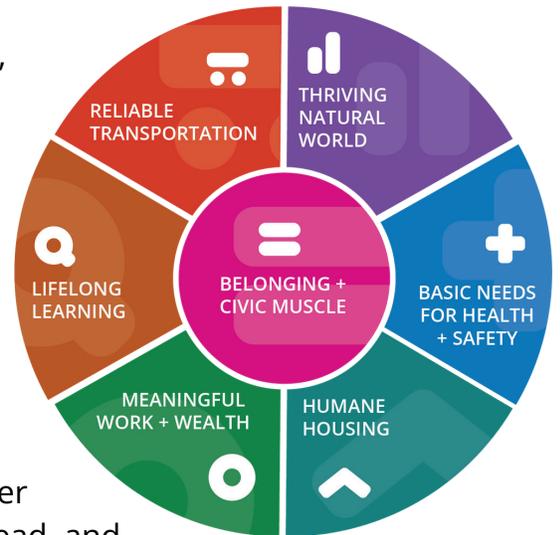


The Vital Conditions: Spotlight on Thriving Natural World



A Thriving Natural World is about having clean air, clean water, clean land, and well-functioning ecosystems. A healthy environment is free from environmental hazards, resilient to future changes and threats, and fulfills our need to connect with nature.

Many systems in our economy—food, energy, transportation, healthcare, water, and land development—are significantly impacted by the natural environment. A bad environment can lead to acute and chronic health problems ranging from premature death from air pollution, cancer from land and water contamination, developmental disabilities from mercury and lead, and a range of other harmful outcomes. Climate change can cause severe weather events, flooding, and change growing conditions in food producing areas. Further environmental damage threatens the natural systems upon which humans rely. While there have been improvements in air quality, reduction in pollution, and management and disposal of hazardous chemicals and waste, serious challenges remain.



Community Vital Conditions

Vital signs, like heart rate, temperature, and weight, tell us what is going on in our bodies.

Vital conditions tell us what is going on in our communities.

Here are a few ways to know how a community is doing when it comes to a Thriving Natural World. What others can you think of?



Signs this Vital Condition
IS STRONG:

- Clean air, water, and soil
- Accessible natural spaces (parks, gardens, etc.)
- Freedom from extreme heat, flooding, wind, radiation, and earthquakes
- Healthy, sustainable ecosystems

Signs this Vital Condition
NEEDS ATTENTION:

- Poor air quality
- High number of days with extreme heat
- Lack of parks or other natural spaces
- High percentage of homes within a flood zone



Community Conditions Affect People's Well-Being

A Thriving Natural World is an essential vital condition that we all depend on for our daily health and well-being. Here are some examples of how the condition of the environment can affect people's well-being:

- **Physical health:** Clean air and water are essential to good health. On the other hand, exposure to polluted air and water can lead to serious health issues, like respiratory illness, heart disease, cancer, and others.
- **Mental health:** Spending time in nature improves mood, reduces stress, and enhances overall well-being. Feeling connected to nature is connected to increased happiness and a sense of purpose.
- **Comfort, stability, and security:** Climate change can cause severe weather events, flooding, and excessive heat. All of these can be dangerous for people and cause damage to their homes and property.



Building Stronger Vital Conditions

All community vital conditions can be strengthened with the work of people who care. Here are just a few examples of ways to improve the Thriving Natural World:

- Invest in clean, renewable energy sources like solar and wind power.
- Protect and conserve forests, wetlands, and other ecosystems.
- Encourage building and development practices that minimize harm to the environment.
- Promote walking, biking, and public transportation to reduce emissions from personal vehicles.
- Plant trees to absorb carbon dioxide, provide wildlife habitats, and reduce urban heat effects.
- Find ways to reduce trash, reuse items whenever possible, and recycle.
- Save energy by promoting energy efficient appliances.

There are countless more ways to build vital conditions. The best approach for a particular place is one that is chosen by the residents to meet their community's unique needs, characteristics, and priorities. **What would help your community to thrive?**

