

# RESILIENCE CATALYSTS in Public Health

Resilience Catalysts in Public Health (RC) is a national collaborative of local health departments (LHDs) seeking to eliminate adversity, build resilience, and foster equity. Using the Community Resilience framework aligned with the goals of Public Health 3.0, LHDs apply a public health approach to address both adverse childhood experiences and adverse community environments.

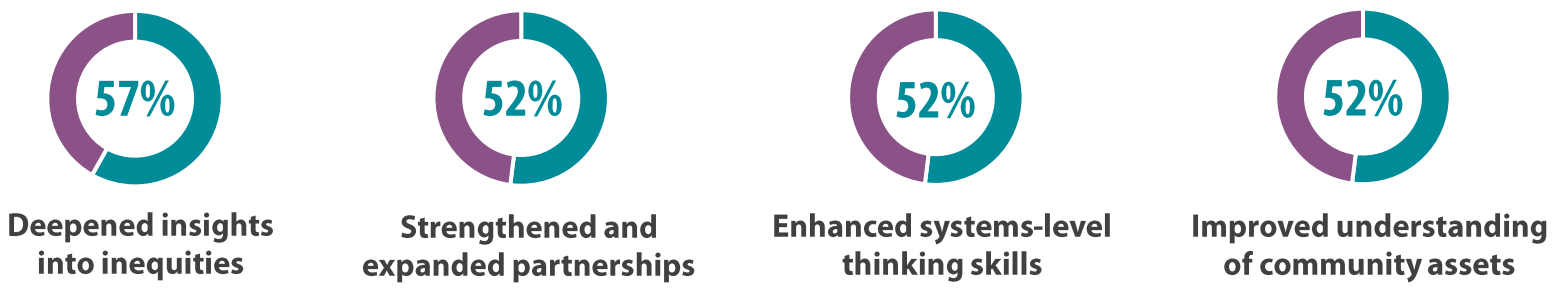


In April and May 2023, the Population Health Innovation Lab (PHIL) conducted an evaluation of RC, surveying 29 individuals from 11 of the 13 RC sites and interviewing 19 individuals from nine sites and 14 TA providers/funders.

“ I personally was able to identify... that in all the five areas that we looked at, there was an ‘-ism’ as the root cause... It was racism, and the other was sexism.”  
—LHD Representative, RC Cohort 3

## THE OUTCOMES COMMUNITIES ACHIEVED

Communities reported four key outcomes from the RC process—a series of tailored technical assistance activities focused on building place-based coalitions for policy, program, and practice change.



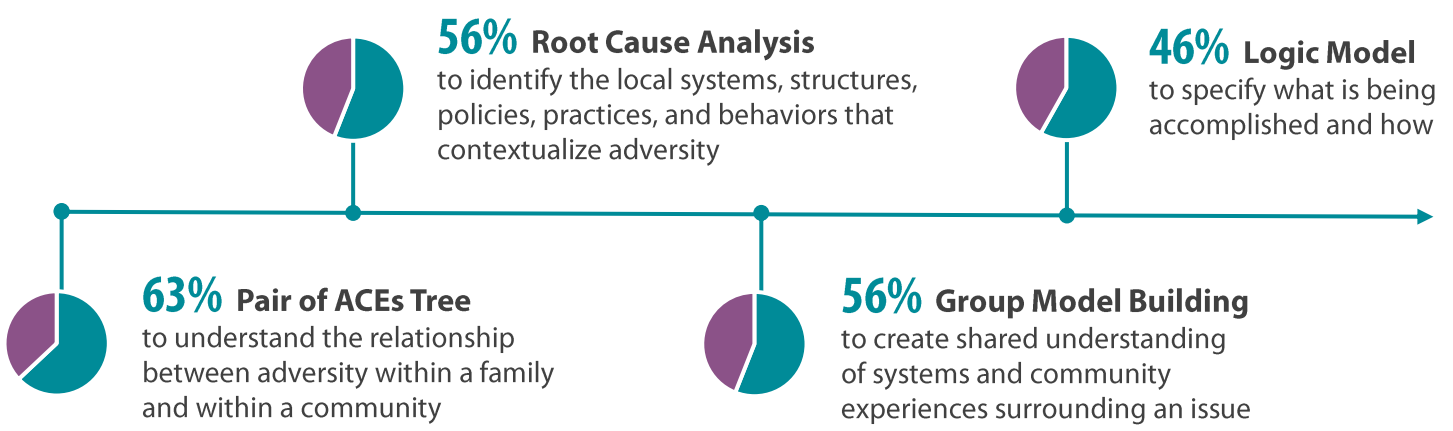
## THE SUSTAINABILITY OF COMMUNITY RC INITIATIVES

On average, communities agreed that most elements needed to maintain and sustain their efforts after completion of the RC process were present.



## RC IMPROVED CAPACITY TO ENGAGE IN EQUITY WORK

Evaluation participants identified RC process activities that helped to set priorities, amplify community voices, address systemic issues, and build consensus among partners within their unique contexts.



“ The entire [RC] process provided me with the ability to view the entire system, opposed to my individual siloed effort.”  
—LHD Representative, RC Cohort 2



Evaluation findings offer evidence-based implications for public health theory, local public health practice, public health training and education, and the future of Resilience Catalysts in Public Health.

## RC IMPACTS ON LOCAL PUBLIC HEALTH



**Community engagement**  
Evaluation findings emphasize community engagement in Public Health 3.0, underscoring the importance of diverse community perspectives and shared decision-making in the RC process.



**LHD infrastructure**  
Sustainability of RC requires socializing concepts across LHD departments and integrating activities into existing processes (e.g., strategic planning, accreditation, community assessment).



**Systems thinking**  
A focus on systems thinking in public health training and education builds skills to identify and understand the community as a place-based system, advancing public health and community resilience.