



EVERYDAY REALITIES **RESILIENT CAPACITIES**

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A SHIFT IN ORIENTATION

to Community Resilience + Equity

FOCUS ON BUILDING EVERYDAY RESILIENCE

- Build capacity to address health disparities
- Center the communities' needs, agency and voice
- Put community system in place for disasters



HOW DID WE ARRIVE AT THIS APPROACH?

Meet the Somali Health Board



ADDRESSING EVERYDAY HEALTH ISSUES

The Somali Health Board sets the agenda based on community priorities.



WHEN THE EMERGENCY HAPPENS

An effective snowstorm response built on
community capacity



BUILDING ON THIS APPROACH

What other issues will help the community stay engaged? What expertise and capacity already exist in communities?



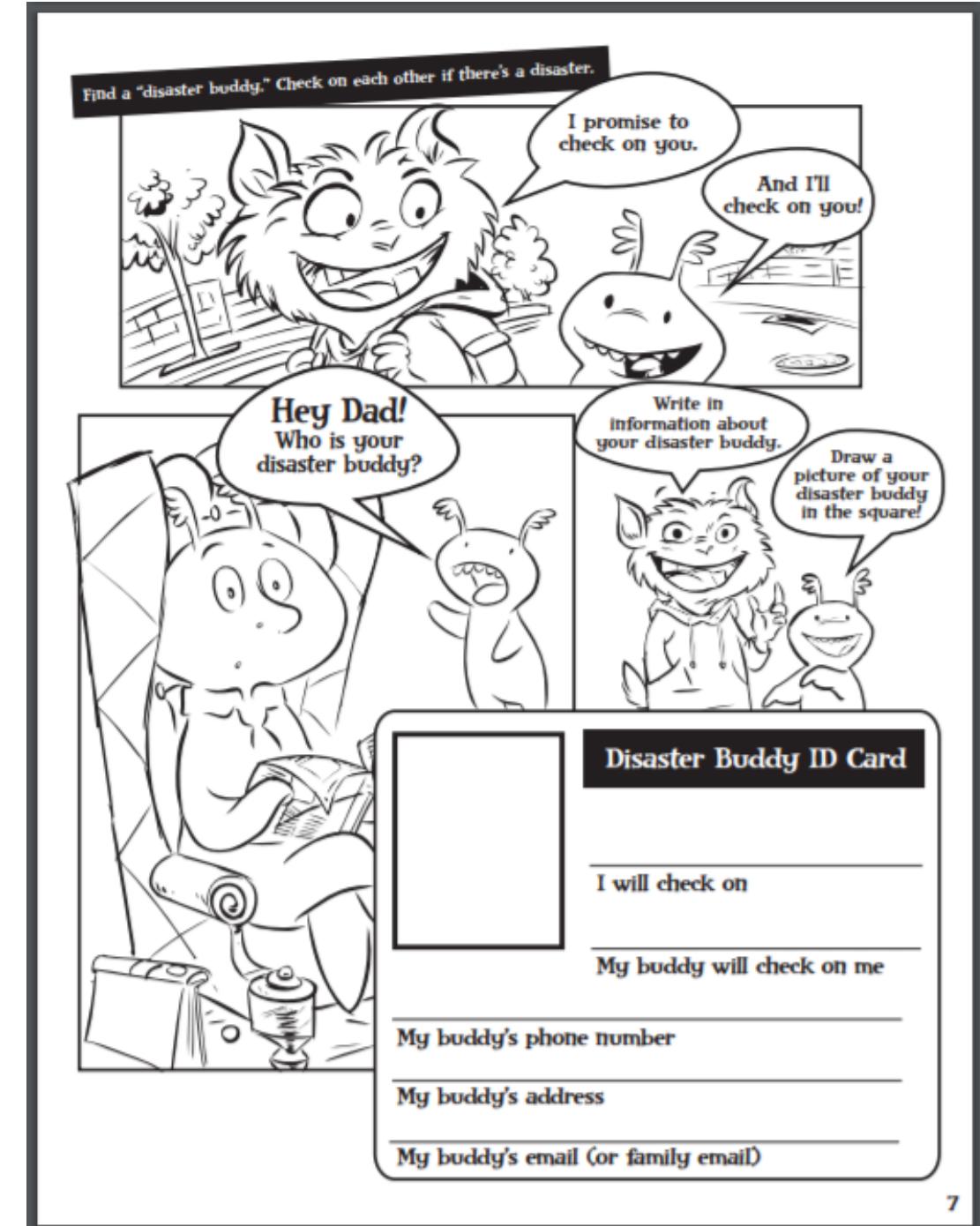
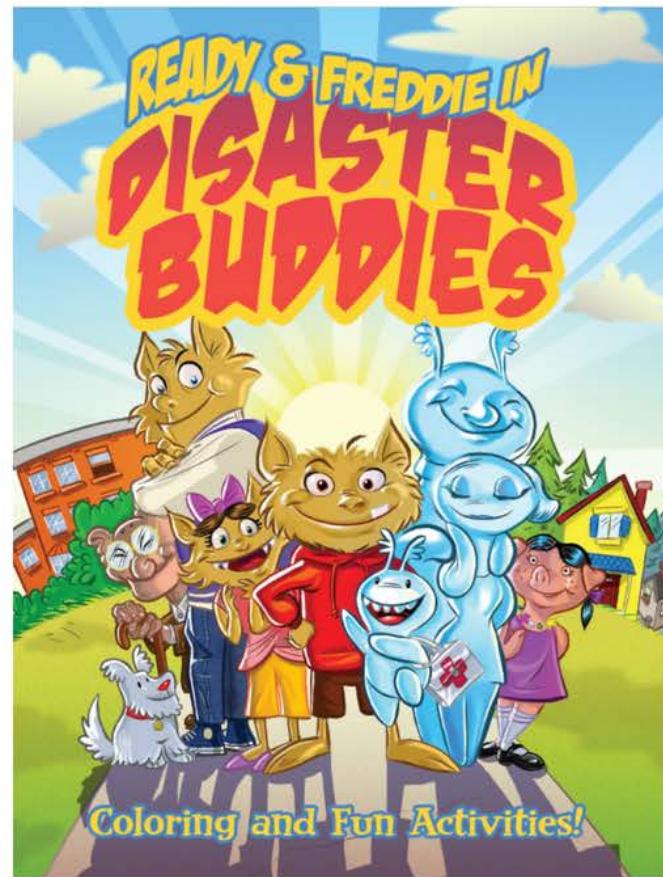
OUR ROLE

- Facilitation, technical assistance, supporting funding opportunities
- Listen to the community
- Let the community lead



START WITH COMMUNITY: EXAMPLES OF RISK COMMUNICATIONS

DISASTER BUDDIES

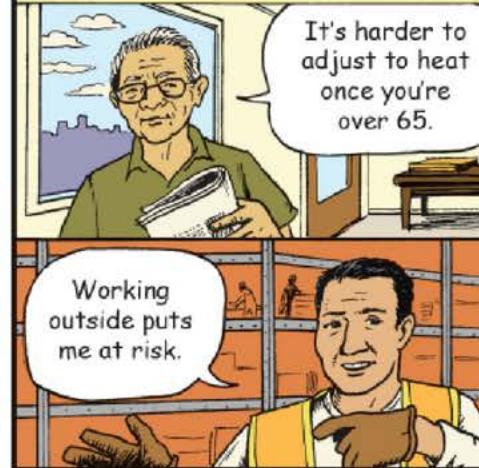


STAY SAFE IN THE HEAT

www.kingcounty.gov/BeatTheHeat

STAY SAFE IN THE HEAT

Some people are at greater risk for heart problems, stroke, and kidney failure when it's hot. These are the most common health problems on hot days!



Working outside puts me at risk.

It's harder to adjust to heat once you're over 65.

Some health conditions make it more difficult for your body to cool down.

I have diabetes, so I track my blood sugar levels closely on hot days.



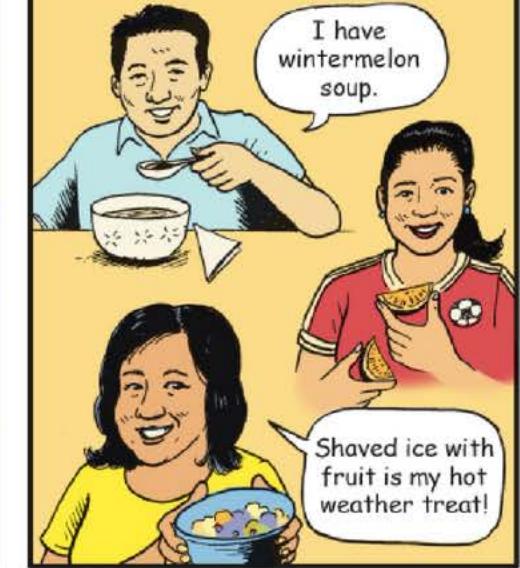
Talk to your doctor or clinician about whether your medications or health conditions put you at greater risk in the heat.



OK, I'll try to stay cool and drink more water.

This medication can make it harder for your body to stay hydrated and at a healthy temperature.

Eat foods with a lot of water in them.



I have wintermelon soup.

Shaved ice with fruit is my hot weather treat!

More information at www.kingcounty.gov/beattheheat

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For more on the Community Resilience + Equity Program (including tools and resources): www.kingcounty.gov/cre

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