



Capacity Building Framework

Our purpose is to create communities that provide us with the physical, social, economic, environmental, cultural, psychological and spiritual assets that promote health, well-being and the capacity to develop to our full potential. Since human potential is unlimited, capacity building is an ongoing aspect of community life.

At BC Healthy Communities, we believe that capacity building is most effective and sustainable when we pay attention in each of the following areas:

- Community learning
- Community engagement
- Expanded community assets
- Community collaboration

The following capacity building framework presents a four-step process designed to promote and shape capacity building activities in each of these areas.

1. Learn

2. Engage

3. Expand Assets

- Thinking
- Knowledge
- Commitment
- Relationships
- Resources
- Partnerships
- Activities

4. Collaborate: how to reach a chosen future

Each step – learning, engaging, expanding assets, and collaborating – is an important building block, expanding individual, organizational, sectoral and community capacity to address each determinant of health, well-being and healthy development.

Working within this framework helps to expand capacity in people, in organizations, and in the community as a whole. The framework promotes a holistic approach, paying attention to:

- Individuals (interior and exterior experiences)
- The systems and structures in which we carry out our activities
- The culture within which we live our day to day lives

Psychological and Spiritual Assets

(healthy mind, healthy spirit)

Physical and Behavioral Assets

(healthy body, healthy actions)

Cultural Assets
(healthy cultural values, beliefs, attitudes, assumptions)

Social and Ecological Assets
(healthy environment, economy, social systems, institutions, policies, services)