



How to replicate

Mujer Sana – Comunidad Sana: Health Women – Health Communities

For others to learn from the Healthy Women Healthy Communities project experience, we have made sure that the project is well documented. The website <http://www.lazogroup.ca/aboutus/index-e.php> includes detailed program planning documents, conceptual framework, training, accreditation process, evaluation tools and findings.

What made it work for us:

- Commitment and leadership from the ‘target’ group: Spanish-speaking women (LAZO) and the other partners involved
- A core group of community leaders that had worked together in and with the community for many years
- Leaders also were well connected and respected by the different sectors in Ottawa (own community, settlement, health, university, women, municipal government) and were able to mobilize key people to become involved
- Knowledge of community needs and experience in community outreach
- Working across languages and dedication to facilitate this process
- The acknowledgement from both mainstream and minority communities that lay/community health workers fulfill a crucial function in facilitating access to services and health knowledge; and that recognizing their role will be an important step in the pursuit of increasing health equity.