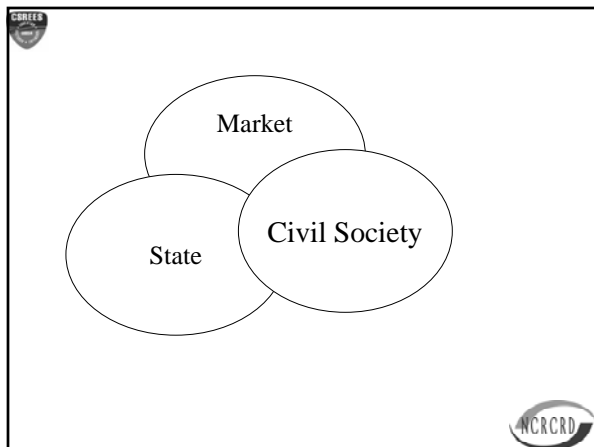
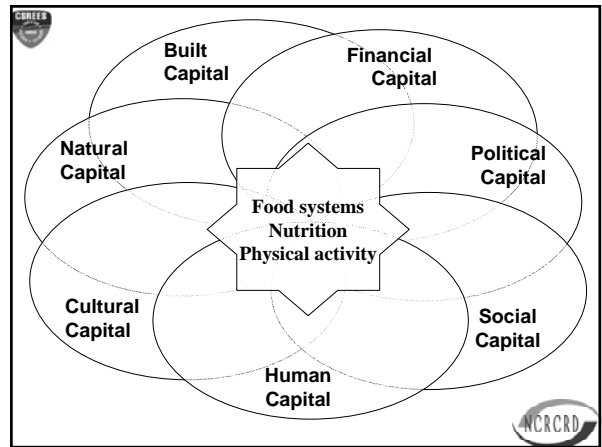
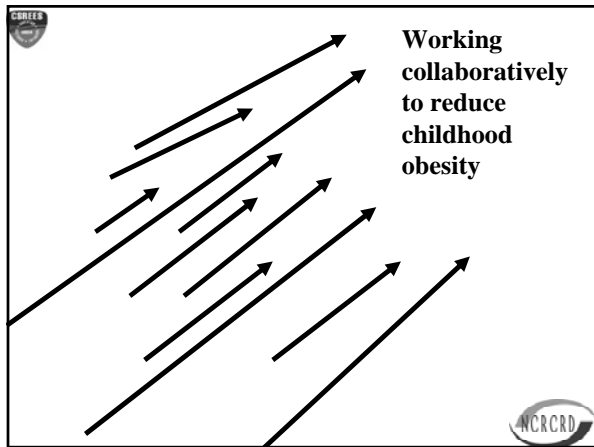
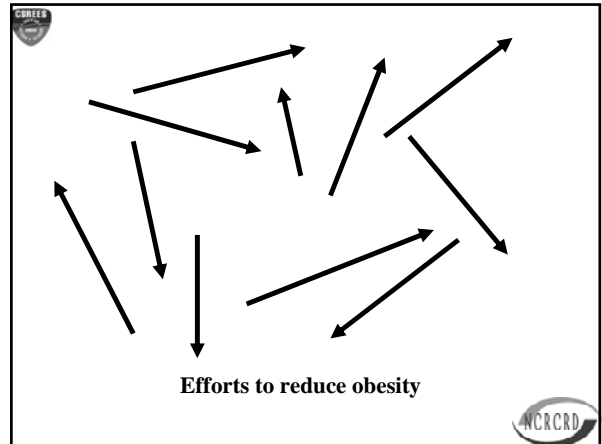


**Community Capitals
Framework and Obesity: The
Environmental
Connection**

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NATURAL CAPITAL

Natural capital provides possibilities and limits to human action. It provides the basis for local food production and for active recreation.

- Air
- Water
- Soil
- Biodiversity
- Landscape

Sustainable, healthy ecosystems with multiple community benefits






Decrease of environmental racism and classism
All people in the community have access to diverse and healthy natural capital.
Those with alternative uses of the ecosystem seek common ground




CULTURAL CAPITAL

- Cosmivision – spirituality
- Symbols-sense of place
- Ways of knowing
- Language-history
- Ways of acting
- Definition of what is problematic



Cultural capital determines how we see the world, what we take for granted, what we value, and what things we think possible to change. Hegemony allows one social group to impose its symbols and reward system on other groups.

CULTURAL CAPITAL

Local and traditional knowledge is appreciated and enhanced

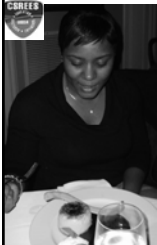



- Cultural differences are recognized and valued.
- Mechanisms to maintain ancestral knowledge of foods
- Communities are willing to take the time to understand and build on different ways of knowing and doing.

HUMAN CAPITAL




The characteristics and potentials of individuals that are determined by the intersection of nature (genetics) and nurture (determined by interactions and environment).

- education
- skills
- health
- self-efficacy

Increased use of the knowledge, skills, and abilities of local people

- Identify capacities
- Enhance capacities
- Recombine capacities

SOCIAL CAPITAL

The interactions among individuals that occur with a degree of frequency and comfort. Bonding social capital consists of interactions within specific groups and bridging social capital consists of interactions among social groups.

- mutual trust
- reciprocity
- groups
- collective identity
- sense of shared future
- working together




Improved initiative, responsibility, and adaptability

- Shared vision for a healthy community
- Building first on internal resources
- Looking for alternative ways to respond to constant changes
- Loss of the victim mentality
- Loss of cargo cult mentality

POLITICAL CAPITAL

Political capital is the ability of a group to influence standards, regulations and enforcement of those regulations that determine the distribution of resources and the ways they are used.

- Organization
- Connections
- Voice
- Power

POLITICAL CAPITAL

Increased voice and influence

- People who share a vision for a healthy community are organized and work together
- They know and feel comfortable around powerful people as well as those often excluded
- They make providing good food and active recreation part of the political agenda

FINANCIAL CAPITAL

Forms of currency used to increase capacity of the unit that accesses it. Financial capital is often privileged because it is easy to measure, and there is a tendency to put other capitals into financial capital terms.

- savings
- debt capital
- investment capital
- tax revenue
- tax abatement
- grants

Appropriately diverse and healthy economies

- reduced poverty
- increased health system efficiency
- increased food system diversity
- increased assets of those participating in the food system

BUILT CAPITAL


Human-constructed infrastructure that contributes to the availability of good food and active recreation

- Recreation centers
- Soccer fields
- Trails
- Community stores
- School cafeterias
- Day care centers
- Play grounds
- Sidewalks
- Kitchen incubators

BUILT CAPITAL

Physical infrastructure that enhances other community capitals because

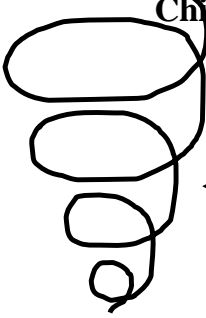
- It serves multiple users
- It can be locally maintained and improved
- It links local people together equitably
- It links local people, institutions and businesses to outside ideas and resources



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**Spiraling Up of Capital
Community Capitals to Reduce
Childhood Obesity**



- ← Availability of good food and active recreation increases for all
- ← Cultural capital increases as people see the possibility of healthier life styles;
- ← Educational system includes daily physical education and food awareness
- ← Bonding social capital creates community school partnerships
- ← Bridging social capital brings outside expertise together with internal wisdom.

↑ Spiraling up

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