



**THE
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A Health Equity Foundation

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DEDICATED TO ACHIEVING HEALTH EQUITY FOR ALL COLORADANS

Making Change: How Social Movements Work and How to Support Them Discussion Guide from The Colorado Trust

This discussion guide is a tool for individuals and organizations to understand health equity and the key elements of social movements. In particular how we create metrics and measures for long-term change that are both relevant for those leading movements and those who fund social movements.

To support and advance the conversation around health equity in Colorado, The Colorado Trust is providing two resources to stimulate a dialogue on the topic. First, Dr. Manuel Pastor, a leading national expert on health equity and social movements, will speak at History Colorado on May 8. Second, The Colorado Trust is distributing the executive summary from an article authored by Dr. Pastor titled *Making Change: How Social Movements Work- and How to Support Them* as an additional resource to spark conversations in your organization or community. The article gives the ten key elements to a successful social movement, five key capacities that allow social movements to sustain themselves, and three key areas for investment in social movements.

After viewing the presentation and/or reading the article, below are a set of discussion questions to consider as you further explore health equity and the applications to your own work.

1. What are some social movements that have helped to advance health equity?
2. Of the ten listed, which key elements for a successful social movement are present in your community? Which are not?
3. Which key capacities that allow social movements to sustain themselves does your community have?
4. What are potential strategies for your organizations and/or communities to foster social movements for health equity?
5. What steps could your organization and/or community take to collaborate with other organizations or groups?