

CASE STUDY FROM BE WELL COMMUNITIES

Ensuring Sustainability

History

Be Well Communities™ is a place-based strategy for cancer prevention and control developed by the Cancer Prevention & Control Platform at The University of Texas MD Anderson Cancer Center. Be Well Communities aims to make a positive, long-lasting impact in people's lives. Leading these efforts is Dr. Ruth Rechis, Director of Be Well Communities, who brings her extensive expertise in delivery and evaluation of evidence-based cancer-related programs in the community. Looking to learn more? Check out their [website](#).

Creating Sustainability

When developing programming and partnerships, sustainability is front and center for Be Well Communities. One example of how Be Well Communities has ensured sustainability is by building capacity within partnering organizations, such as working with school districts to pilot and expand school health programming and supporting staff in a way that can ultimately be funded and supported within the school district's budget.

Sustainability Plan

Be Well Communities models its sustainability planning on the [CDC Healthy Communities Sustainability Guide](#). This includes four main themes: partnerships, policy, infrastructure, and communications. By leveraging existing tools and making them relevant for the specific needs of the community, this work can be effectively deployed.



Lessons Learned

Be Well Communities has learned a lot when it comes to sustainability. They have found it's important to execute evidence-based interventions, be responsive to the needs of the community, and select activities that can be sustained by organizations within the community. You can contact them at bewellcommunities@mdanderson.org to learn more.

Steps You Can Take

As you prepare for this work, it would be beneficial to write your sustainability and evaluation plan prior to project implementation. This process will help when you look at the sustainability of programs to see which ones are meeting the outcomes and metrics you have created.