

Building Social Resilience for Public Health

*A project of the Oregon
Climate and Health Program*

Social connectedness can increase a community's resilience to trauma and disasters. Disruptions in local communities are expected to increase as weather patterns change and more extreme events occur. Social networks within a community can be instrumental in mobilizing and responding to disasters, as well as in supporting overall health and well-being.

Oregon's Climate and Health Resilience Plan identifies strengthening social networks and social cohesion as a strategy for building community resilience in Oregon. The following infographic was designed to illustrate how these forms of networks can lead to increased community resilience.

For more information, go to:
www.healthoregon.org/climate



PUBLIC HEALTH DIVISION
Climate and Health Program

Building Social Resilience

BRIDGING

Connections among groups with **different social backgrounds**

LINKING

People and organizations with **power and resources***

TRUST

Social resilience helps communities weather the storms

TRUST

TRUST

Relationships among people with a **common social background**

ENGAGEMENT

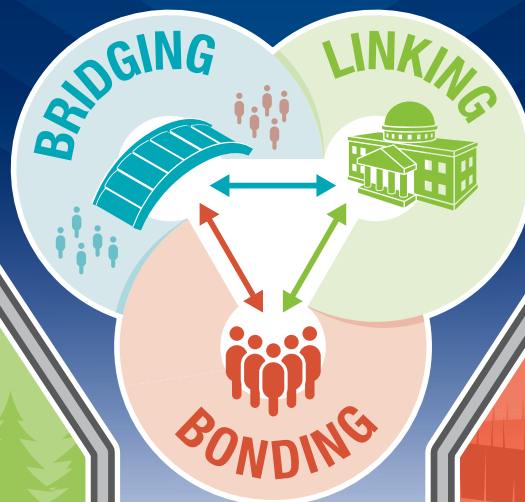
BONDING

* Due to inequities, people and organizations with power and resources have the greatest responsibility to engage and build trust with communities.

The Science of Social Connection and Health



Social Networks



SOCIAL RESILIENCE

The capacity of communities to use their social networks to successfully anticipate and adapt to collective challenges and stressors in transformative ways

Individual Health Outcomes

- Increased life expectancy
- Improved mental health
- Better chronic disease management
- Improved child/adolescent development
- Increased recovery from substance abuse
- Decreased risk for heart disease/cancer

Community Health Outcomes

- Quicker recovery post disaster or trauma
- Lower suicide rates
- Increased civic engagement
- Decreased health disparities
- Better overall community health
- Decreased neighborhood violence/crime

References

Below are references that offer evidence of the association between social resilience and various positive health outcomes. Each health outcome is listed separately, but we recognize that causal pathways are often interrelated. For more information, please view the [annotated bibliography](#).

Individual Health Outcomes

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Community Health Outcomes

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Increased civic engagement – Cagney, K. A., Sterrett, D., Benz, J., & Thompson, T. (2016). Social resources and community resilience in the wake of Superstorm Sandy. *PLoS ONE*, 11(8): e0160824

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Decreased neighborhood violence/crime – Pu J. Protective factors in American Indian Communities and Adolescent Violence. *Matern Child Heal J*. 2013;17(7):1199-1207.



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