

Collaborating to Develop and Implement an Innovative Family Bike Program

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Outcome: The learner will construct new ideas for collaboration with community organizations.

Abstract: Collaborative partnerships enhance the development and implementation of community health programs. Within the community health sector, a collaborative partnership occurs when people and organizations from multiple professions work together toward a common goal or purpose. Collaboration allows for sharing of expertise and resources and broadens community engagement. As such, collaboration was a key component throughout development and implementation of an innovative family bike program. The Family Bike Program was designed to increase biking knowledge, skill, and confidence of participant in order to increase physical activity via biking. The program was also designed to provide education related to nutrition in order to support physical activity through biking. The program was developed and implemented through collaborative partnership among a nurse educator, the local health department, a bike expert and educator, a dietician, the local YMCA, a coalition for healthy lifestyles, and volunteers from a local university. The evolution of collaboration during the development and implementation of the Family Bike Program is presented. The role of each member of the partnership is described. Collaboration facilitated development and implementation of the Family Bike Program, but there were challenges related to collaborative efforts. Finally, recommendations to enhance collaboration with community organizations are discussed.

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