

Writing Goals

Once the health priority is set you can write goals and objectives. These materials can help your team write a health goal. There is no single standard definition of *health goal*. Different agencies/organizations define it differently. The definition for goal in these materials is broad and suggests that few details be written in the goal. If your organization uses a different definition or committee members prefer a tighter definition, then use another definition. Use what is helpful in these materials and modify them to meet your needs.

Instructions for Using the Writing Goals Worksheet

Strategy 1:

Use an existing local, state, or national health goal. There are several advantages to this strategy. It's quick and easy. Using an existing goal can promote collaboration and/or increase support for your team's efforts. For example, if your community's health priority is overweight and obesity among children and teens, check with the state health department for related goals in the state maternal and child health plan or state obesity-prevention plan. A match with either or both of these plans would strengthen any grant application you submit.

Some Healthy People 2010 national nutrition, physical activity, and related goals are listed in the file entitled, "Healthy People 2010 Goals."

Strategy 2:

1. Decide who will be involved in finalizing the health goal. Working with the same committee that helped set priorities is good.
2. Agree on an approach that the committee will use to finalize its health goal(s). One person, or a small group of people, could draft some goal statements for the whole team to discuss, edit, and finalize. Or, your team may prefer to have a full team meeting to write a health goal. See the "Setting Priorities Possible Techniques" handout for other ideas on working with your committee to facilitate decision making.
3. Using the worksheet on page 2 of this piece record the priority health issue, problem, or concern in the top left box.
4. Translate the health priority, or priorities, into a goal(s) using the worksheet attached. Incorporating elements of Strategy 1, above, might be useful at this point.
5. The "Example Writing Goals Worksheets" include two completed example worksheets, which may provide helpful guidance.

6. With committee members, finalize the health goal. Record your health goal(s) on the “Priority, Goal and Objectives Summary Sheet.”

Do not distribute

Writing Goals Worksheet

Priority Health Problem
(Top Health Concern)



What is the desired health status if this problem is addressed?

What local health goals are similar to your goal?

GOAL (rephrase the idea in the above box making it a broad-based, positive statement):

What state health goals are similar to your goal?

What national health goals are similar to your goal?