

Creating a Healthy and Thriving Central Florida

A Community Roadmap for Transformational Change

Overview

The *Creating a Healthy and Thriving Community* initiative is a bold, systems-level effort to build a more vibrant and resilient Central Florida, starting in Orange County. Anchored by the Central Florida Foundation and guided by the Thrive Framework, this project seeks to bring together cross-sector leaders, residents, and organizations in a long-term, community-designed process for driving meaningful change.

At its core, the project focuses on the essential conditions that every individual and family needs to thrive: stable income, housing, nutrition, healthcare, education, safety, belonging, access to technology, and a healthy environment. It proposes a shift away from fragmented “sick care” systems and toward a **Salutogenic** model that fosters well-being from the ground up—through relationships, place-based assets, and inclusive participation.

This roadmap is more than a vision—it is a call to action.

Why This Matters

Despite our collective progress, Central Florida continues to face persistent disparities across health, education, income, and opportunity. These challenges are interconnected, and so must be our solutions.

This initiative acknowledges:

- That real community change requires shared stewardship, not just isolated programs.
- That lived experience, cultural wisdom, and academic expertise must be brought together in new ways.
- That a “culture of health” is created, not given, through intentional design and collaboration.

The Thrive Framework helps guide this process with five interconnected areas:

1. **Health and Well-being**
2. **Education**
3. **Economic Stability**

4. **Community and Social Connection**
5. **Livability (environment, safety, arts, and culture)**

How the Roadmap Works

The roadmap serves as both a strategic framework and a practical guide for action. It includes:

- **Data and Research:** Evidence-based insights and real-time feedback loops.
- **Community Voice:** Facilitated sessions and storytelling from those with lived experience.
- **Blueprints for Action:** Each Thrive area will have its own set of goals, strategies, and metrics.
- **Cross-Sector Leadership:** A formal steering committee and five dedicated workgroups made up of subject-matter experts and community representatives.
- **A Shared Destination:** A region where everyone has a fair chance to lead a healthy and meaningful life.

Visual tools like road signs, mile markers, and detour options will help groups understand their starting points, chart progress, and stay aligned with the broader vision.

Get Involved: Be Part of the Change

You can play a vital role in shaping the future of Central Florida. Here's how:

- **Lend Your Voice:** Join a workgroup or subgroup aligned with your area of expertise or interest.
- **Champion the Cause:** Help socialize the roadmap with your networks and advocate for systemic change.
- **Invest Resources:** Support the initiative through funding, staff time, or in-kind services.
- **Model Innovation:** Pilot programs, share best practices, and spotlight community-led solutions.

A **Leadership Roundtable** in September 2025 and a **Kickoff Event** in January 2026 will catalyze broader engagement, with deep implementation beginning in 2027.

A Proven, Local Legacy—and a National Momentum

This initiative builds on the successes and lessons from past projects like Healthy Eatonville, Lift Orlando, and the Parramore Kidz Zone. It also draws inspiration from national models like Santa Monica's Wellbeing Project and BeWellPBC.

What sets this roadmap apart is its deep integration of existing community wisdom with forward-looking planning and coordination, backed by a trusted convener in the Central Florida Foundation.

In Closing

Creating a healthy and thriving community is a journey—one that requires a shared destination, shared values, and shared work. By joining this effort, you are not just supporting a project. You are helping to reshape what is possible for generations to come.

Let's build the roadmap—together.