

ACE Your Health Boston Community Wellness Survey Toolkit 2026

Building a Healthier Boston, Together

The **ACE Your Health Boston Community Wellness Survey** is a community-driven initiative designed to better understand the factors that shape health and well-being across Boston neighborhoods. By amplifying the voices of residents, we can build a healthier, more equitable future for everyone.

♡ NAACP BOSTON BRANCH HEALTH COMMITTEE



Why This Matters

Health is about much more than visiting a doctor. **Where we live, work, learn, play, and worship** profoundly impacts our overall well-being. Survey results will help community leaders take meaningful action across Boston neighborhoods.



Identify Strengths

Uncover neighborhood assets and opportunities for growth



Understand Barriers

Surface the obstacles that prevent access to health and wellness



Inform Policy

Use community data to advocate for resources and policy change



Build Partnerships

Strengthen collaboration across organizations throughout Boston



Survey Categories

Participants share feedback across four key areas that capture the full picture of what shapes health in Boston communities. Every category is designed to reveal both challenges and strengths.



Neighborhood Resources & Assets

- Grocery stores and healthy food access
- Parks and recreational spaces
- Community organizations
- Safety and walkability



Neighborhood Quality & Affordability

- Housing affordability and cost of living
- Environmental conditions
- Access to essential services



Health & Healthcare

- Access to primary care
- Mental health services
- Preventive screenings
- Chronic disease management



Demographics

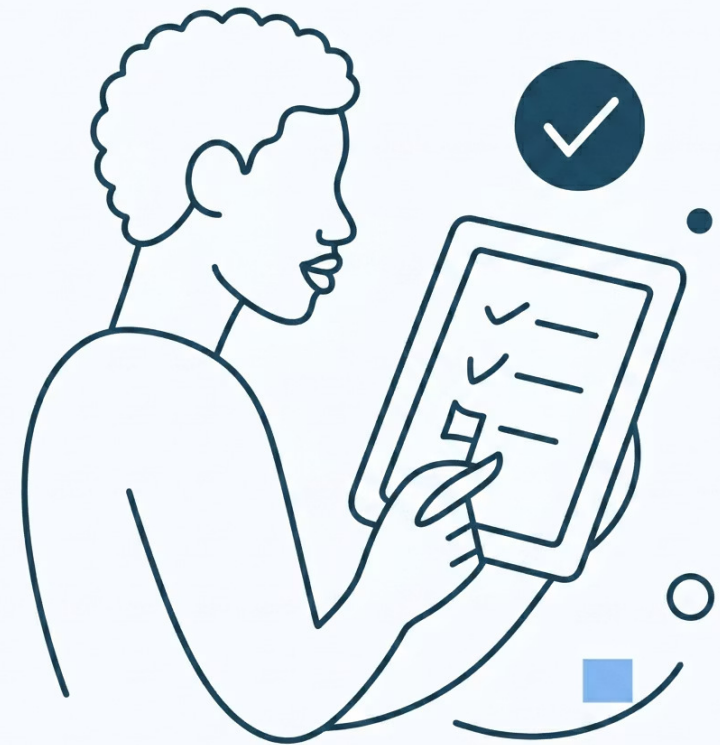
- Age and race/ethnicity
- Zip code and neighborhood
- Household characteristics

Step 1

Take the Survey

Start by completing the survey yourself. Your personal experience is a vital piece of the puzzle — every response helps build a clearer, more complete picture of community wellness across Boston's diverse neighborhoods.

- ✔ **Your Goal** - Complete the survey and encourage at least **five others** to participate. Each voice adds power to the data.



Scan to Take the Survey

The survey is **anonymous, confidential**, and takes approximately **10 minutes** to complete. It's available online and can be shared easily through a link or QR code.



Step 2: Spread the Word

One of the most powerful things you can do is share the survey through your personal and professional networks. Use every channel available — **email, text messages, social media, newsletters, and community meetings** — to encourage participation from the people you know and trust.



Personal Networks

Family members, friends, and neighbors are your first circle of reach. A personal invitation is always more powerful than a generic post.



Professional Connections

Coworkers, professional organizations, and business colleagues can help extend reach into new communities quickly.



Faith & Civic Communities

Faith communities and neighborhood associations are trusted messengers with deep community roots and wide reach.

Step 3: Promote It At Your Next Meeting

Every gathering is an opportunity. Make the survey a standing agenda item at your next community meeting and **ask everyone in attendance to complete it before they leave**. Bringing a tablet or printed QR code makes it easy to participate on the spot.



Civic

NAACP meetings, civic association meetings, neighborhood gatherings



Health

Community health events, wellness fairs, hospital outreach sessions



Schools

School events, parent nights, university and college gatherings



Business

Business networking events, chamber of commerce meetings, professional associations

Step 4: Partner for Greater Impact

Collaboration multiplies our reach. By partnering with trusted organizations throughout Boston, we can ensure the survey reaches every corner of every neighborhood. Identify your strongest connections and activate them.



Faith Organizations

Churches, mosques, temples, synagogues — trusted voices in every community



Youth & Education

Boston Public Schools, colleges, libraries, Boys & Girls Clubs, YMCA programs



Community Organizations

Urban League, neighborhood associations, community health centers, cultural organizations



Health Organizations

Hospitals, nutrition organizations, mental health groups, food access organizations

Email Template

Ready to Use — Copy, Personalize, and Send

Subject: Help Shape the Future of Health in Boston

Hello Friends and Community Members,

We invite you to participate in the **ACE Your Health Boston Community Wellness Survey**. This important initiative is designed to better understand the health needs, strengths, and challenges facing Boston communities.

Your feedback will help us identify community health priorities, develop targeted wellness programs, advocate for resources and policy changes, and build healthier neighborhoods throughout Boston.

The survey is **anonymous, confidential, and takes approximately 10 minutes** to complete. After completing it, please share it with your family, friends, coworkers, and community networks.

Together, we can create a healthier and more equitable Boston. Thank you for being part of this important effort.

With gratitude,

NAACP Boston Branch Health Committee



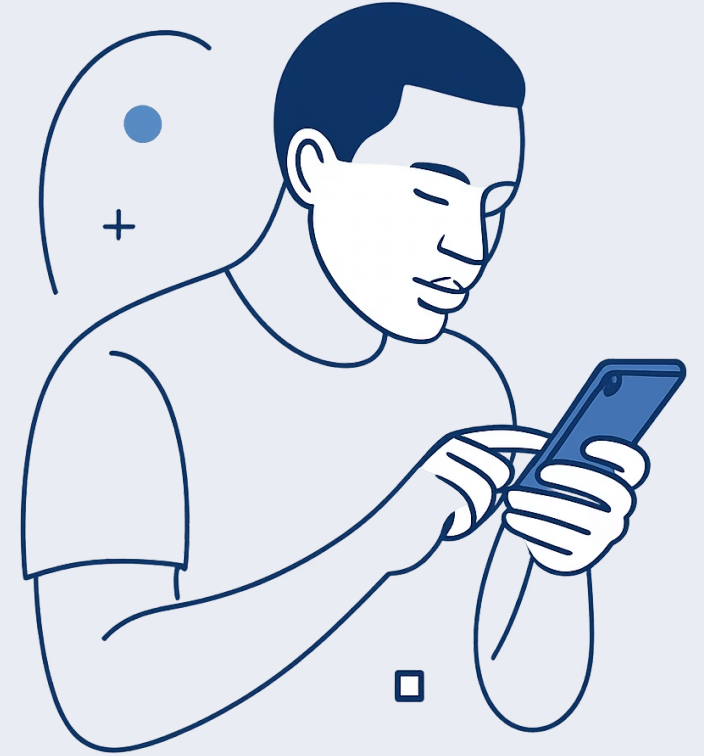
Personalize the opening line and add your name or organization before sending for best results.

Sample Text Messages

Message 1 of 5

Help us improve health across Boston! Take the **ACE Your Health Boston Community Wellness Survey** and share your voice today. Every response makes a difference. ❤️

Short, direct, and easy to forward. Copy this message and send it to your contacts today – it takes less than 30 seconds and could inspire dozens of responses.



Sample Text Messages

Message 2 of 5

Does your neighborhood have what it needs to thrive? Tell us by taking the **Boston Community Wellness Survey**. Your neighborhood deserves to be heard. 🏠

This message connects the survey to something personal — the place where people live and the community they care about. It's especially effective when shared among neighbors and local groups.

Sample Text Messages

Message 3 of 5

Your experiences matter. Help shape future health initiatives in Boston by completing the **ACE Your Health Survey** today. It only takes 10 minutes. 📋

Emphasizing that lived experiences are valuable makes this message resonate with residents who may not see themselves as "data." Their story is the data — and it drives real change.

Sample Text Messages

Message 4 of 5

Health equity starts with listening to our communities. Take the **Boston Community Wellness Survey** and help drive change where it matters most.



This message speaks directly to the justice dimension of community health — a powerful framing for civic organizations, advocacy groups, and communities that have long been underrepresented in health research.

Sample Text Messages

Message 5 of 5

Join the movement to build a healthier Boston. Complete the **ACE Your Health Boston Community Wellness Survey** and encourage others to participate. Together we rise. 🌟

- 📄 Mix and match these messages throughout your outreach campaign. Rotate them across weeks and platforms to keep your audience engaged without repetition.

JULY 2026

Health & Wellness Organizations

Kick off the survey campaign in July by partnering with organizations already working on the front lines of health improvement across Boston. These trusted institutions have direct access to residents and built-in communication channels.

Organizations to Engage

- Community Health Centers
- Hospitals and Health Systems
- Boston Public Health Commission
- BOND of Color
- Mental Health Organizations
- Food Access Organizations
- Fitness and Wellness Programs

Suggested Activities

- Host survey tables at health fairs and clinical waiting areas
- Share through organizational newsletters and social media
- Incorporate survey promotion into existing wellness programming
- Train health navigators and community health workers to share the link

AUGUST 2026

Neighborhoods & Community Partners

August is about meeting residents where they live, gather, and build community. This month focuses on grassroots outreach — setting up survey stations at neighborhood events and partnering with local businesses to display QR codes.



Who to Engage

- Neighborhood Associations
- Main Streets Organizations
- Community Development Corporations
- Housing Organizations & Tenant Associations
- Cultural Organizations & Local Businesses

How to Engage

- Attend neighborhood festivals and block parties
- Set up survey stations at community events
- Partner with local businesses to display QR codes
- Engage community centers as drop-in survey locations

SEPTEMBER 2026

Education & Family Engagement

September's back-to-school energy creates a natural moment to engage youth, parents, and educators. Schools and universities serve as powerful hubs for community outreach — reaching entire families through a single touchpoint.

Organizations to Engage

- Boston Public Schools
- Parent Councils and PTAs
- Colleges and Universities
- Public Libraries
- Boys & Girls Clubs
- YMCA Programs
- After-School Programs
- Youth Leadership Organizations

Suggested Activities

- Share the survey during school open houses and orientations
- Present at parent-teacher and PTA meetings
- Engage college student organizations and campus health offices
- Set up survey kiosks at libraries and after-school sites

OCTOBER 2026

Civic Engagement & Community Action

October is about activating civic, advocacy, and faith-based networks for a strong finish. Close out the campaign by celebrating participation, sharing early findings, and energizing communities for the next steps.



Organizations to Engage

- NAACP Boston Branch
- Urban League of Eastern Massachusetts
- Faith-Based Institutions
- Labor Organizations & Professional Associations
- Divine Nine Organizations
- Senior Centers

Suggested Activities

- Organize a **"Boston Wellness Week"** with events citywide
- Host a survey completion challenge between partner organizations
- Share preliminary findings with the community
- Celebrate participation and announce next steps publicly

Campaign Goal - July – October 2026

4 Months. 4 Focus Areas. 1 Goal: Listen to Boston.

1,000+

Survey Responses

Representing every Boston neighborhood, driving real health equity action

4

Focus Months

Health, Neighborhoods, Education, and Civic Action – one per month

10

Minutes to Complete

Anonymous and confidential – a small investment for lasting community impact

1

July

Build health partnerships

2

August

Reach every neighborhood

3

September

Engage families & youth

4

October

Mobilize community action

Your Voice. Your Neighborhood. Your Health. Boston Together.

Questions? Contact the **NAACP Boston Branch Health Committee**. Together, we can build a stronger, healthier, and more equitable Boston.