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### Mitigation and Community Resilience

Community (Health) resilience refers to communities' ability to manage/ adapt to/ recover from disastrous events. This is critical because local communities are the first line of defense [1,2]. Two concepts involved in community resilience development include community-based disaster risk reduction (CBDRR) and community-based disaster management (CBDM). The ultimate goal is to mitigate disaster impacts and harms through community participation [2]. Some mitigation examples provided by FEMA include planning and zoning, property acquisition and relocation, and public outreach programs [3]. The goals of community resiliency and mitigation actions influence one another, seeking to reduce damage and ensure a local community's safety when encountering hazardous events.

To achieve community resilience, not only do authorities and community leaders need to implement mitigation and preparedness actions, but residents of the community also bear the responsibility to understand and assess their vulnerability [2,3]. The process of achieving community resiliency encourages individuals to consider and reflect on their conditions, therefore making improvements in learning from the past. Healthy, socially connected, and prepared individuals strengthen the community against harm, making communities the ultimate beneficiaries [2]. Education aside, another important aspect is community-based early warning. It is an effective tool to prevent damage during disasters by enhancing community preparedness and helping people build organizations, coordinate, take appropriate disaster actions, and mitigate harm a disaster may bring [2]. In summary, to achieve community resiliency, higher authorities must implement proper mitigation actions training, preparedness, and risk education to enhance a community's residents' risk perception and risk management to reduce damage and risk a community may face when disasters strike.

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References:

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3) Mitigation Ideas: A resource for reducing risk to natural hazards. FEMA.gov. <https://www.fema.gov/>. Published January 2013. Accessed February 27, 2022.