



Assessing Community Health & Wellness by Engaging Your Community

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What we will discuss

- Community Environments Assessment:
 - What is it & why do it?
 - Who should be involved?
 - How is this assessment different than traditional community health assessments?
 - What we measure and why?
 - The Community-Engaged Research Process
 - Participation goals
 - What will your county/community get out of it?



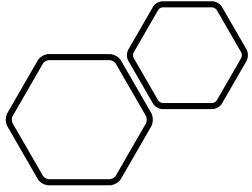
Community Environments Assessment: What is it?

A systematic way of identifying health & wellness needs & resources by:

- Soliciting perceptions of community members regarding health and wellness resources in 8 community environments/sectors that are available or needed through community survey
- Collecting information about what needed community resources should look like in 8 community environments/sectors through focus groups

Both a product - baseline data that can be used to plan and track changes and

And a process in which community members/partners invest in planning change



Community Environments Assessment: Why do it?

Provide

- Provide insight into the community context – relationships and ways people, institutions & organizations interact in the community

Ensure

- Ensure that programs, policies, and systems changes will be designed, planned, and carried out in a way that is coordinated and that maximizes benefit to the entire community

Help

- Help community leaders make decisions about where to coordinate efforts and focus resources and interventions to meet needs expressed by community members

Community Environments Assessment: Why do it?

01

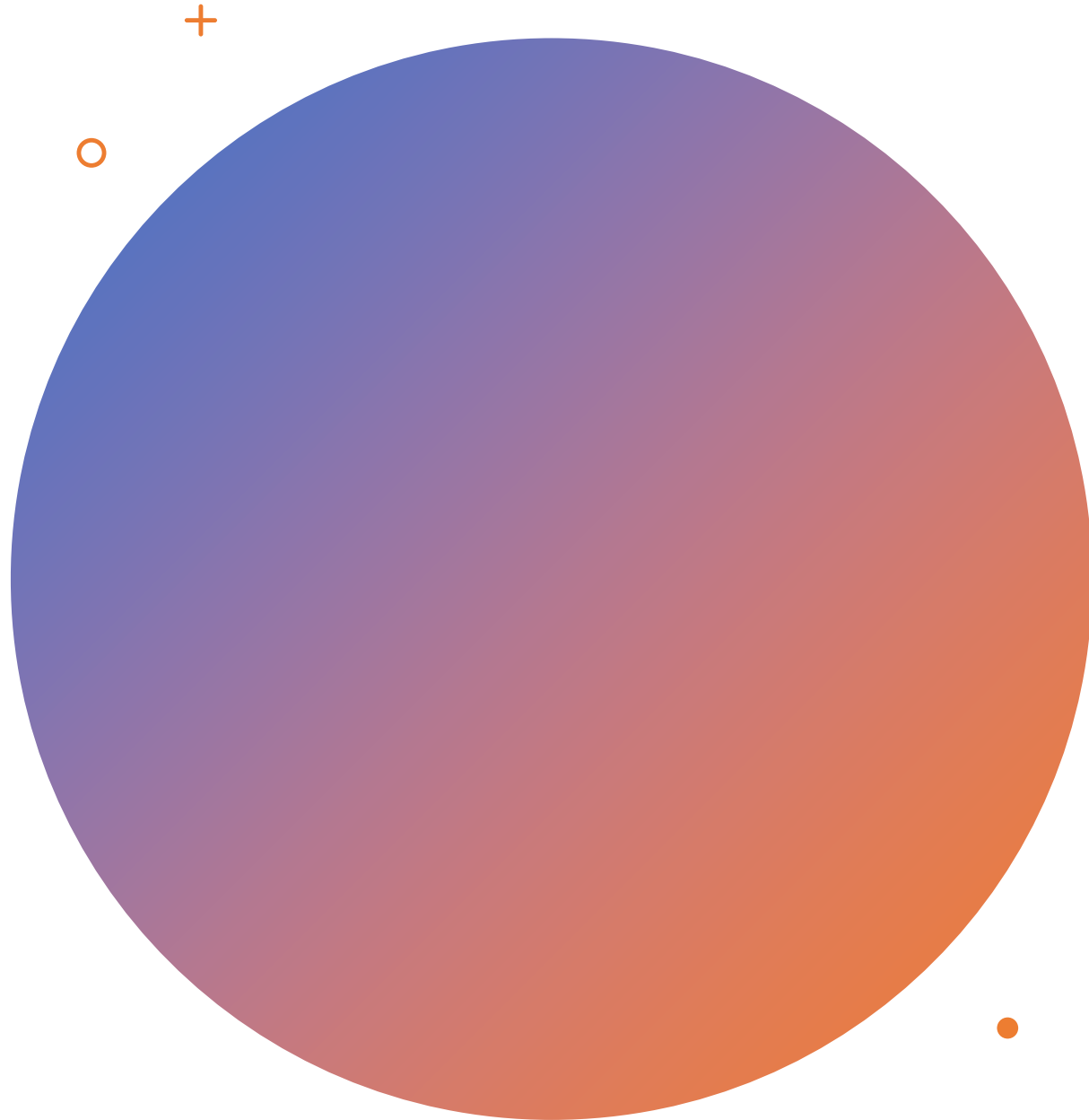
Ensure that the community partners have a common understanding of the issues so that efforts are coordinated across community groups

02

Increase awareness and knowledge of others in the community and build support and resources for community-wide efforts

03

Understand where you are starting, and what kinds of things you want to track along the way, in order to determine how your efforts are contributing to change



It is going to take more than the health department to produce healthy children.

It is going to take more than the school system to produce children succeeding in school.

It is going to take more than the police department to produce safe communities.

It will, in fact, take partnerships made up of many different players from across the community's public and private sectors.

The Foundation Consortium

Representatives
from all
community
sectors should
be involved

Healthcare – hospitals, clinics, mental health providers, etc.

Public Health – local health department staff & leadership

Worksites – Owners/managers of local businesses, chamber of commerce leadership

Early Childcare & Education – local childcare and preschool providers, parents of young children

Schools – K-12 educators and administrators, parents, students

Faith communities – clergy from multiple denominations

K-State Research & Extension – County Extension staff & leadership

Community Environment – elected and appointed officials, leaders of city/county service departments

What is measured?

- Health beliefs
 - Definition of health & wellness
 - Perceptions/beliefs of influences on health & wellness
 - Healthcare system
 - Personal choices/behaviors
 - Environments
- Community Environments: Awareness of existing and desire for additional health & wellness resources in 8 community sectors/environments
- Demographics

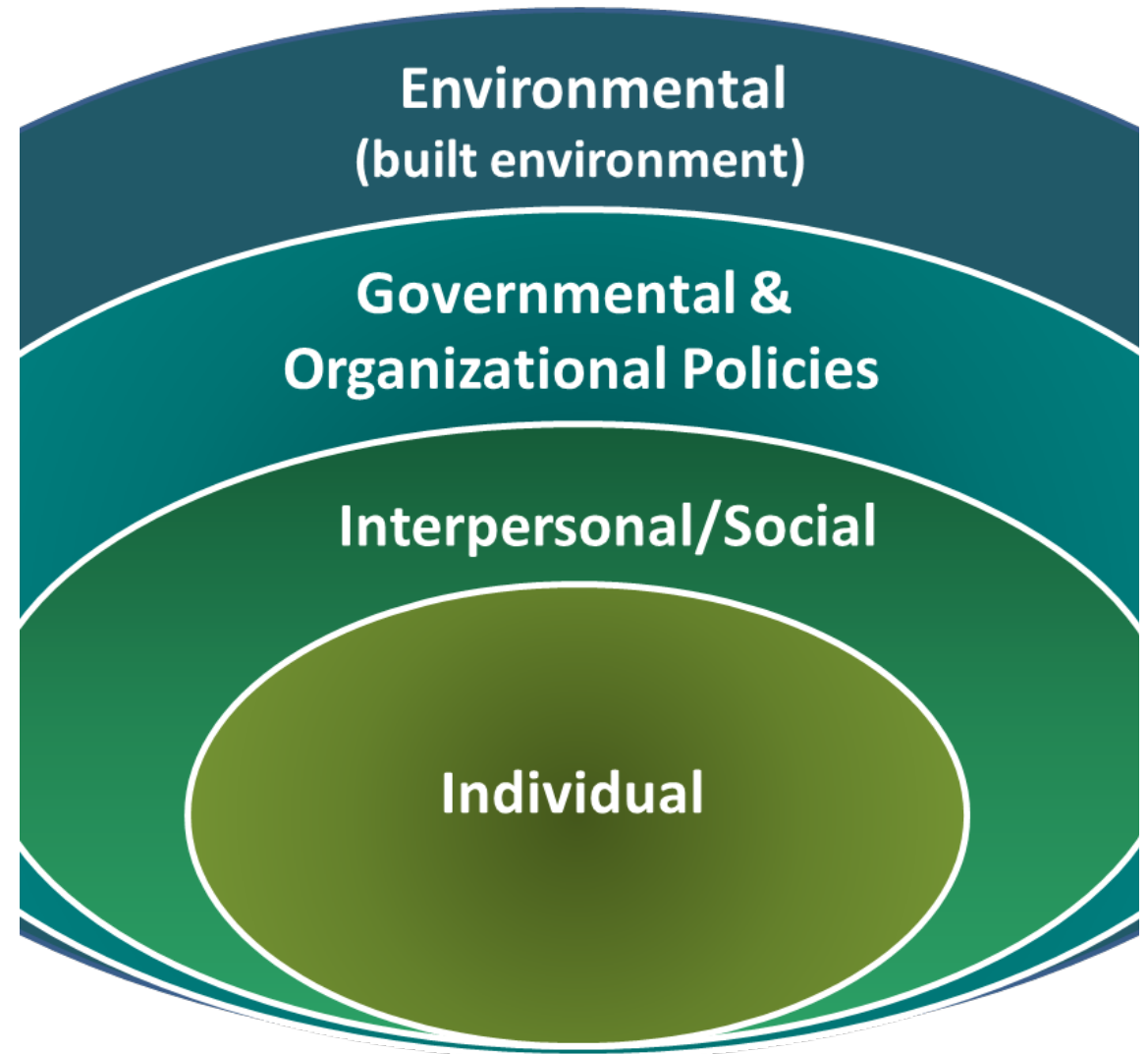
<20-Minute Anonymous Survey

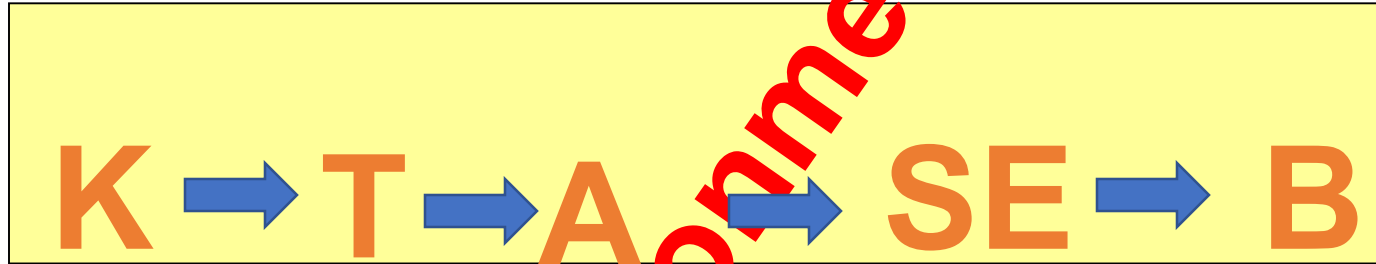
- Health Beliefs
- Awareness of existing resources and desire for additional health & wellness resources in 8 community sectors/environments vs. health outcomes and individual health behaviors
 - Healthcare System
 - Public Health
 - Worksites*
 - Early Child Care & Education*
 - Schools*
 - Faith Communities*
 - K-State Research & Extension
 - Community at Large

* Only those engaged in these environments respond to these sections

Ecological Framework

- **Individual level** – knowledge, beliefs, attitudes, skills, personal traits
- **Social level** – family, friends, peers, social networks, relationships
- **Government & Organizational level** – institutions and their policies, regulations, etc.
- **Environmental level** – infrastructures & resources, built environment features, safety and access





K = Knowledge **T = Threat**

A = Attitude

SE = Self Efficacy

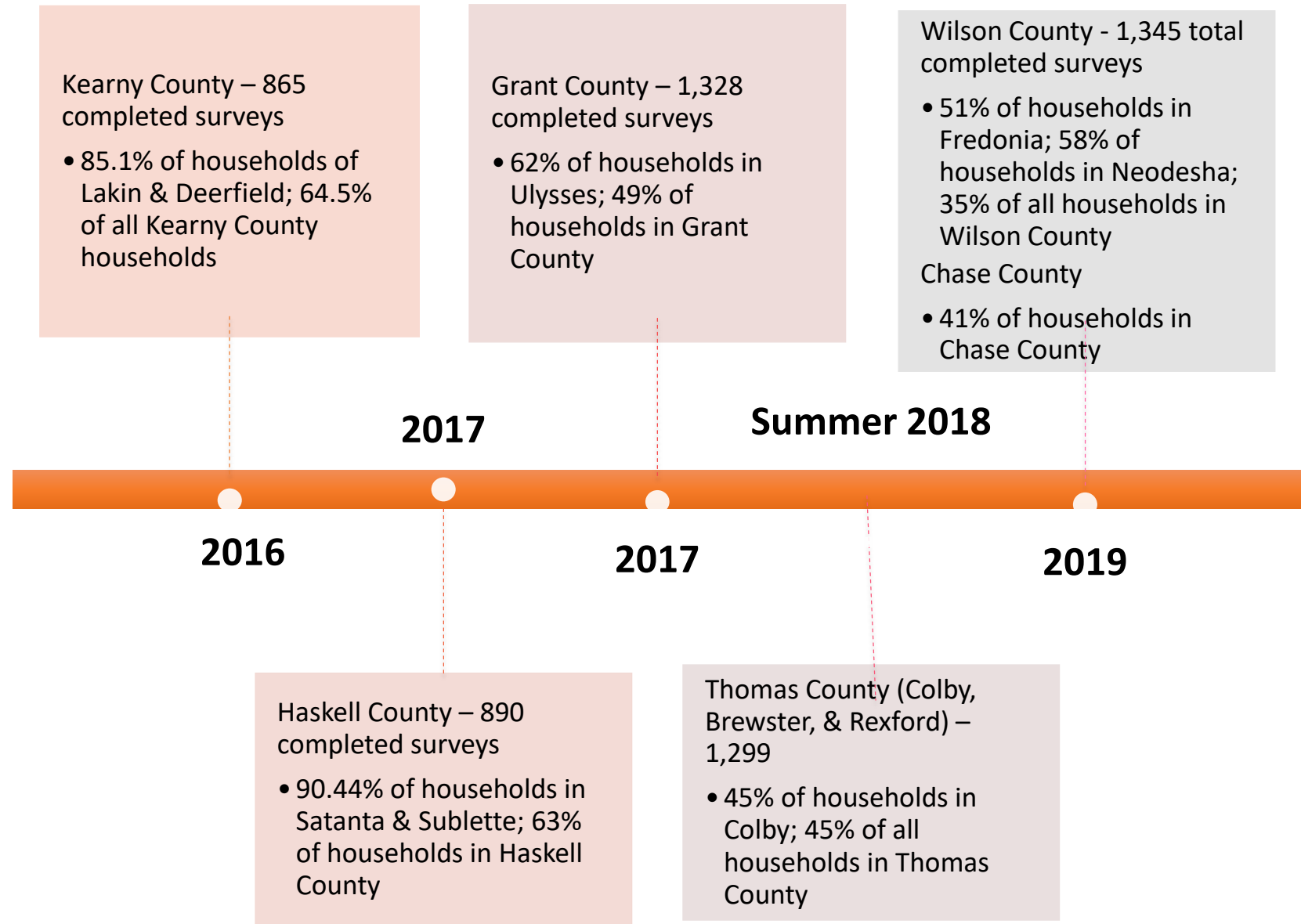
B = Behavior

Make the Healthy Choice the Easy Choice

- Modify environments (places where people live, learn, work, play, and pray) to support healthy behaviors and improve health outcomes



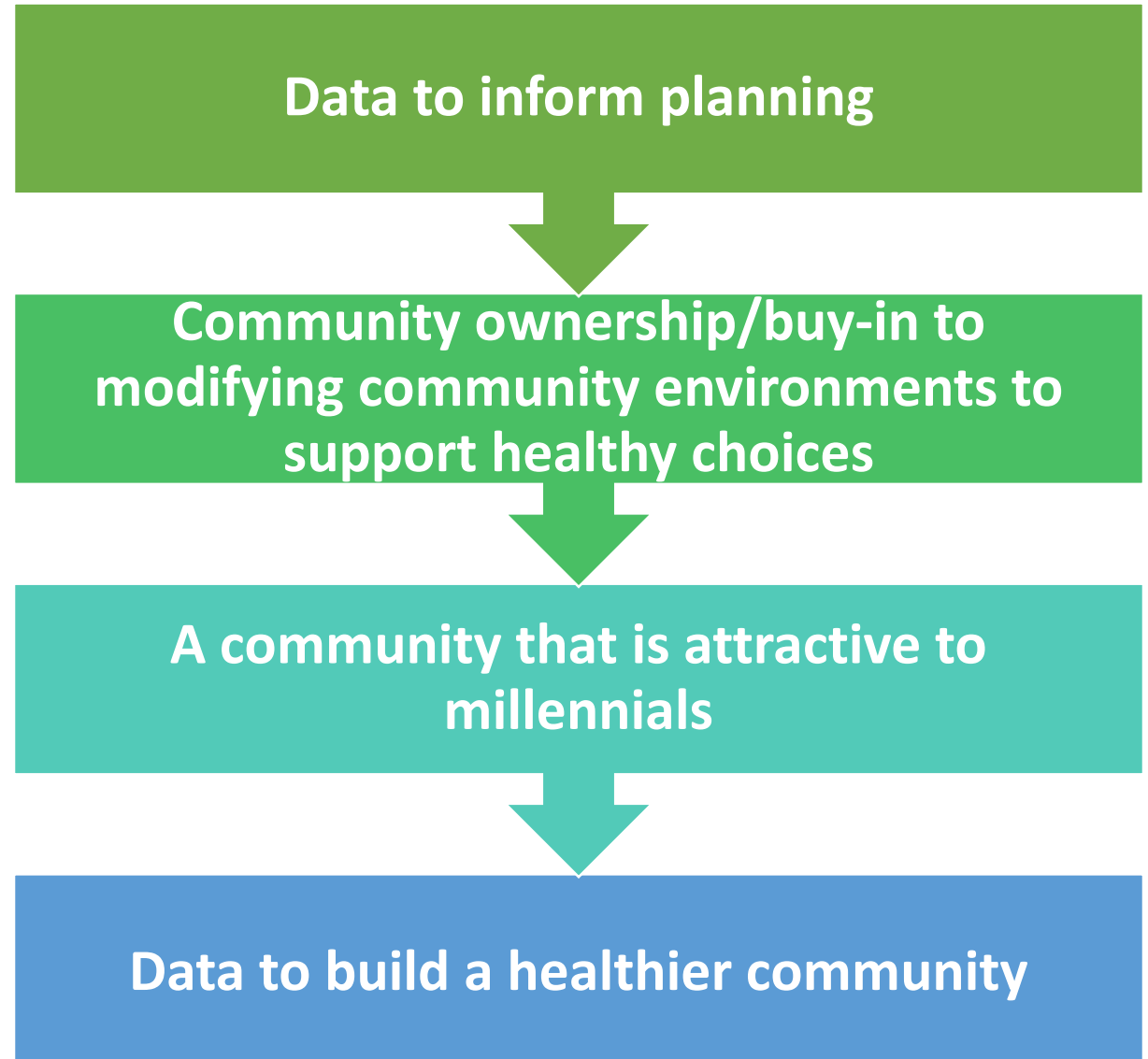
Has this survey tool & methodology been used successfully anywhere else?



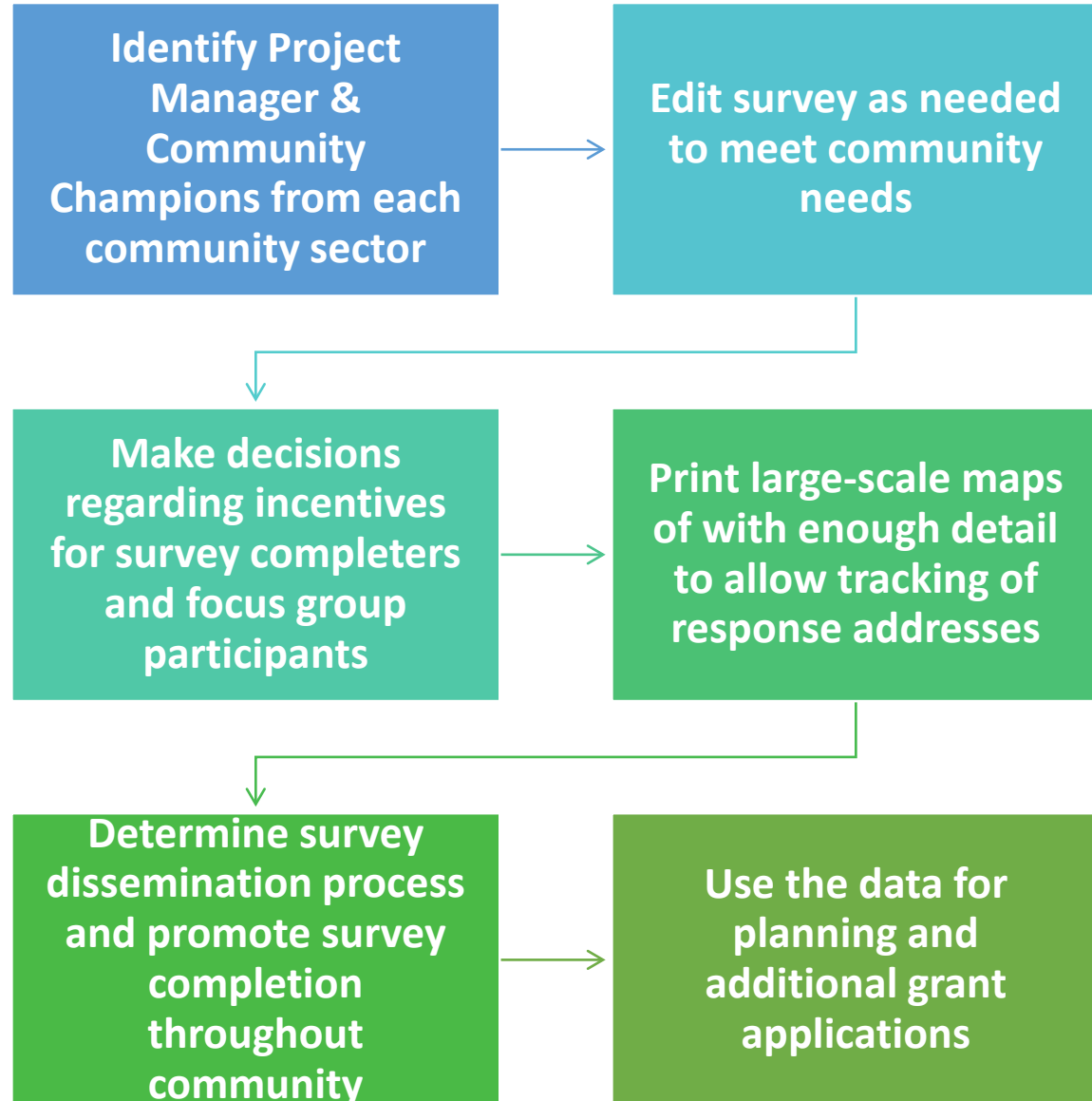
What is our participation goal?

- **BCBS's Goal for Pathways Grantees:** One completed survey from 60% of all households in county &/or 80% of all households in primary community
- This goal
 - provides a large enough sample to allow for accurate data reporting and
 - engages the majority of residents from all geographic & economic sectors of the community
- How will your county/community achieve the goal?

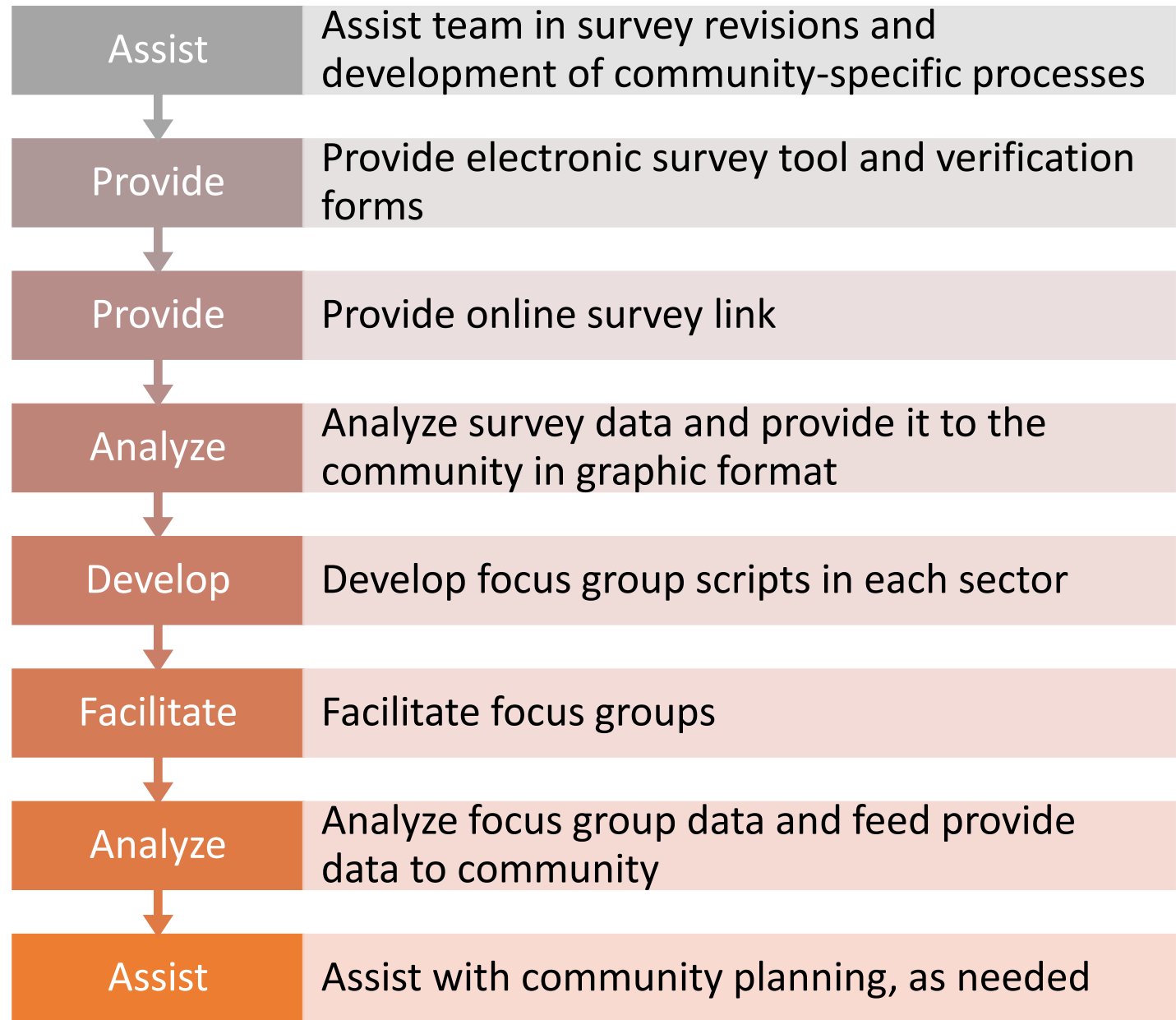
What will your county get out of a community environments assessment?




Community Responsibilities



KUSM Responsibilities



A dark blue, irregularly shaped graphic with a splatter effect, containing white text. The graphic is centered on a white background and has a rough, hand-painted appearance with some lighter blue and white splatters around its edges.

What does the
survey look like?

Please select one (1) definition of health/wellness that you prefer from the list below:

- Health/wellness is the lack of disease.
- Health/wellness is a state of best physical, mental and social welfare and not just the lack of disease.
- Health/wellness is an active, lasting process of becoming aware of choices and making decisions toward a more satisfying life.
- Health/wellness is the state of being strong, undamaged, or whole, in body, mind, or soul; especially, the state of being free from physical disease or pain.
- I don't know
- I prefer not to answer

My health/wellness is affected by the environments where I live, learn, work, play and pray.

- I totally agree
- I partially agree
- I disagree
- I'm unsure
- I prefer not to answer

My personal choices affect how healthy/well I am.

- I totally agree
- I partially agree
- I disagree
- I'm unsure
- I prefer not to answer

The healthcare system has control over my health/wellness.

- I totally agree
- I partially agree
- I disagree
- I'm unsure
- I prefer not to answer

Healthcare resources/services

Available Wanted

- | | |
|--------------------------|---|
| <input type="checkbox"/> | <input type="checkbox"/> Hospital care |
| <input type="checkbox"/> | <input type="checkbox"/> After-hours non-emergency care |
| <input type="checkbox"/> | <input type="checkbox"/> Ambulance service |
| <input type="checkbox"/> | <input type="checkbox"/> Assisted living communities |
| <input type="checkbox"/> | <input type="checkbox"/> Behavioral health/mental health services |
| <input type="checkbox"/> | <input type="checkbox"/> Breastfeeding support |
| <input type="checkbox"/> | <input type="checkbox"/> Chronic disease self-management |
| <input type="checkbox"/> | <input type="checkbox"/> Dementia/Alzheimer's disease care |
| <input type="checkbox"/> | <input type="checkbox"/> Dental screening |
| <input type="checkbox"/> | <input type="checkbox"/> Developmental Check-up (age 0-5 speech, vision, hearing, & dental) |
| <input type="checkbox"/> | <input type="checkbox"/> Domestic violence prevention & victim support |
| <input type="checkbox"/> | <input type="checkbox"/> Emotional well-being support services |
| <input type="checkbox"/> | <input type="checkbox"/> Preventive dental services |
| <input type="checkbox"/> | <input type="checkbox"/> Restorative dental services |
| <input type="checkbox"/> | <input type="checkbox"/> Diabetes prevention support |
| <input type="checkbox"/> | <input type="checkbox"/> Diabetes management support |
| <input type="checkbox"/> | <input type="checkbox"/> Early Detection Works program (mammography for uninsured women) |



Examples of Data

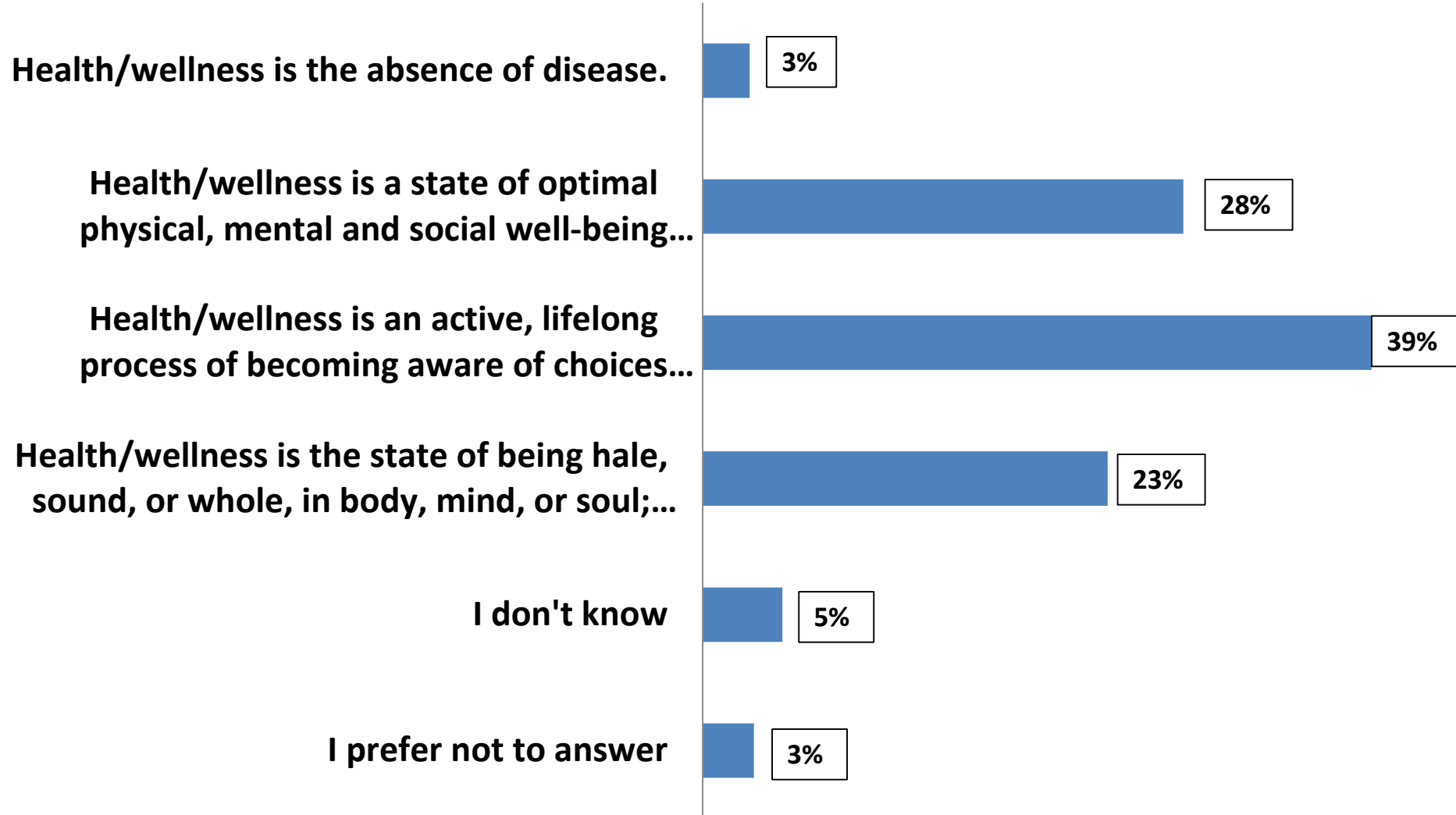
Haskell County

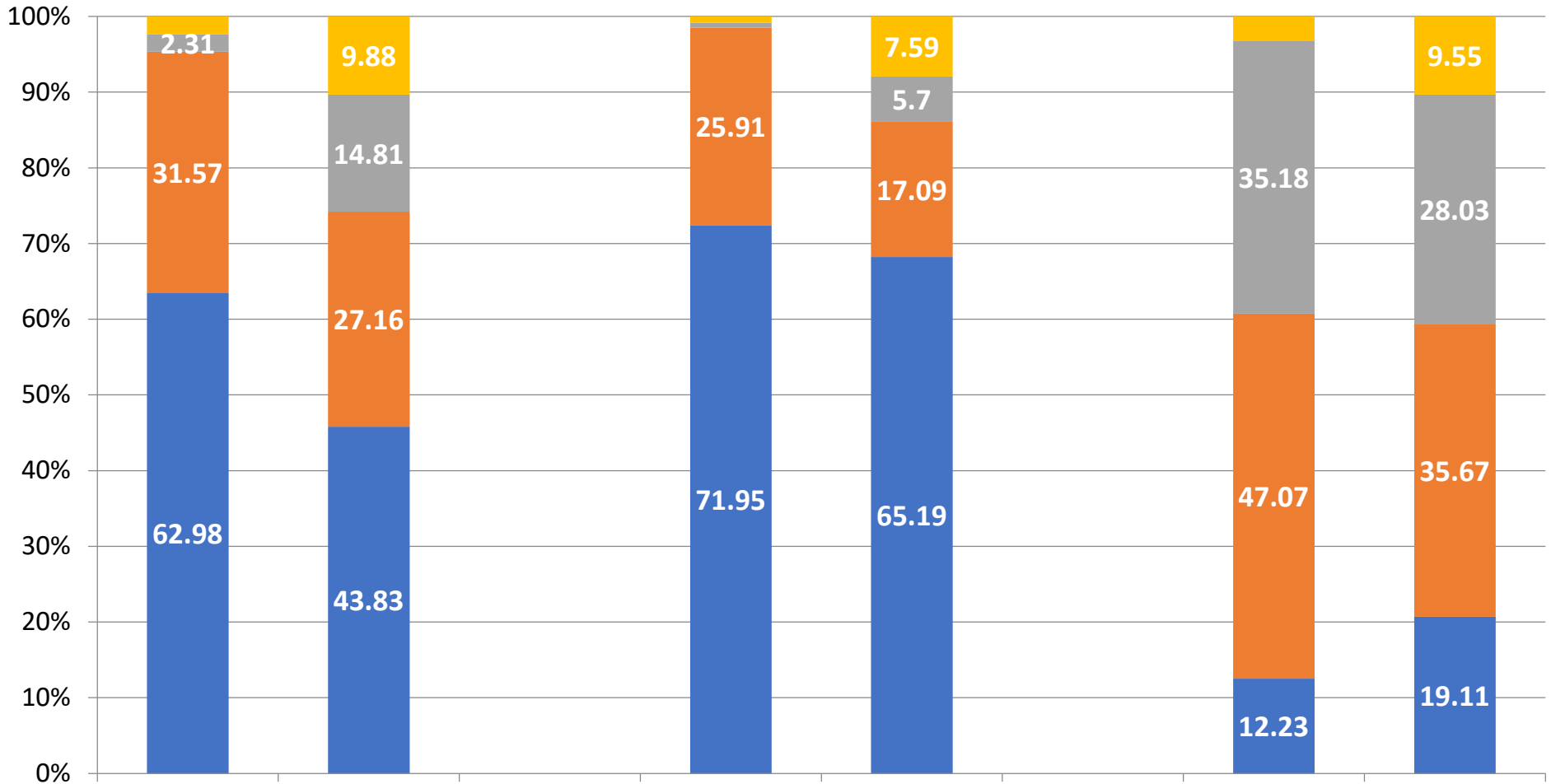
Definitions of Health & Wellness

- Health/wellness is the lack of disease.
- Health/wellness is a state of best physical, mental and social welfare and not merely the lack of disease.
- Health/wellness is an active, lifelong process of becoming aware of choices and making decisions toward a more satisfying life.
- Health/wellness is the state of being strong, undamaged, or whole, in body, mind, or soul; especially, the state of being free from physical disease or pain.



Health/wellness definition that you prefer





Environments influence your Health

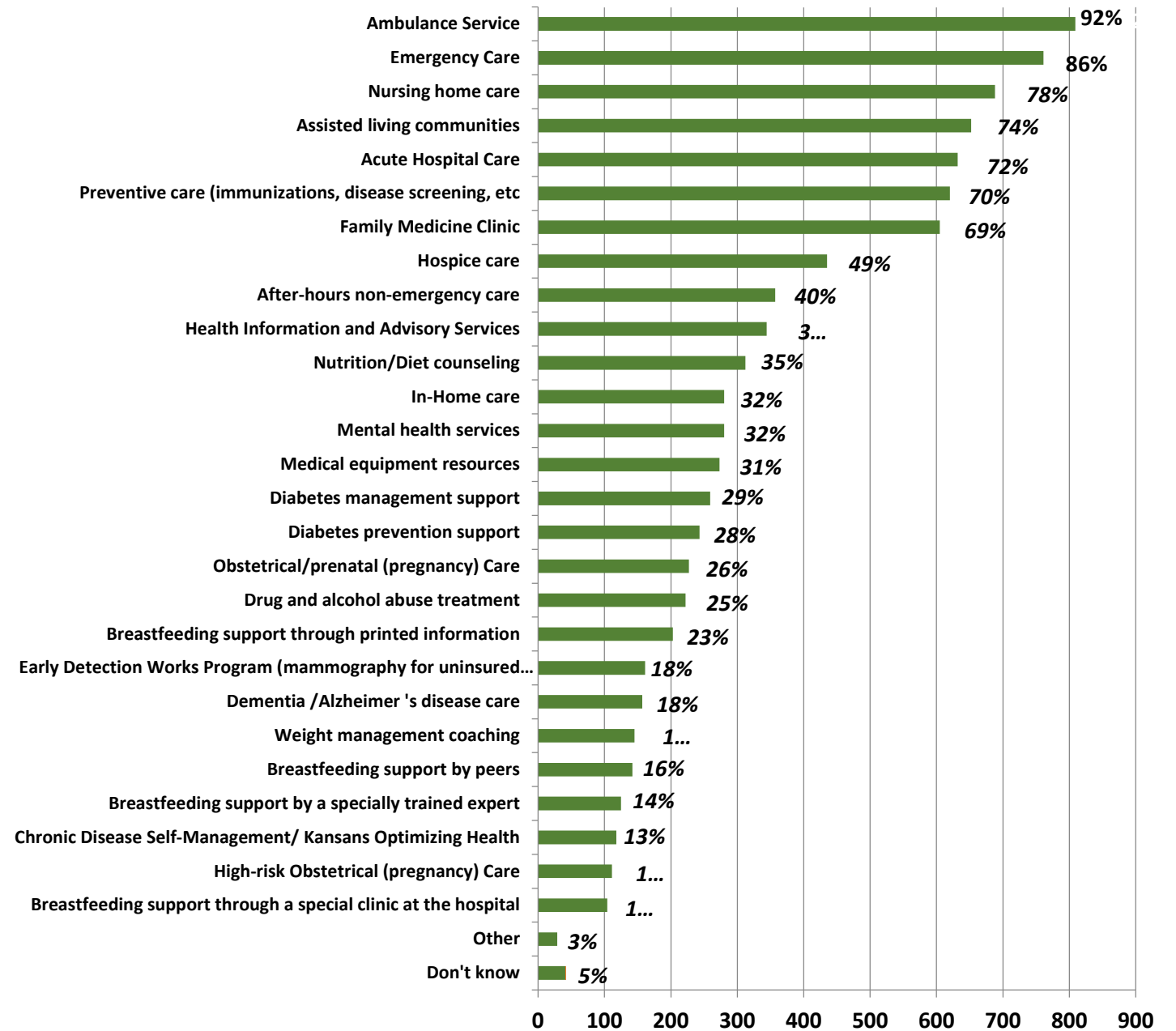
Personal choices influence your Health

Healthcare System responsible for your

- I'm unsure
- I disagree
- I partially agree
- I totally agree

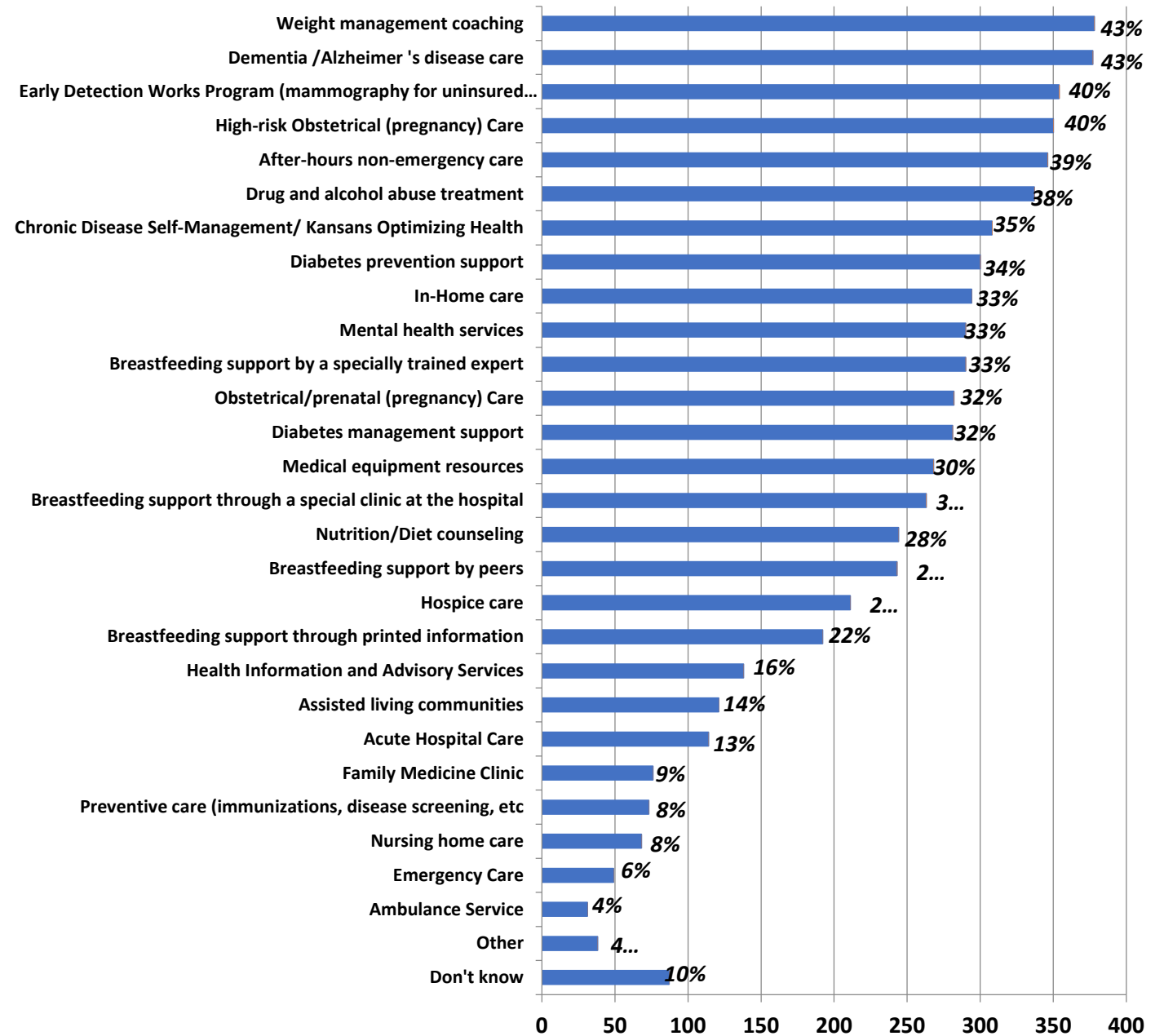
Think/Know – Health Care Sector

Haskell County = 882



Want/Need – Health Care Sector

Haskell County = 882



Funding

- BCBS has funded KUSM-W's support for this assessment
- Your team will apply to BCBS Pathways for an implementation grant to implement the assessment
 - Project manager's time
 - Printing of large-format street maps
 - Printing (if paper surveys are used)
 - Postage/FedEx costs (if paper surveys are used)
 - Incentives



Questions? Thoughts?