

Community Health Assessment #6, March 29th

*Moving to the Future:
Nutrition and
Physical Activity
Program Planning*



Quick audio check

Type in chat box your sound quality



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ASSOCIATION OF STATE PUBLIC HEALTH NUTRITIONISTS

Non-profit membership organization of public health nutritionists and related professionals



Basis for Today's Webinar

Chat box questions posted on March 23rd
webinar



March 29th Webinar Agenda

- ✓ Review *Moving to the Future*
- ✓ Review Needs Assessment Report
- ✓ IRB
- ✓ MCH Population Definition
- ✓ Translating Needs Assessment Findings into a Plan



Moving to the Future: Nutrition & Physical Activity Program Planning

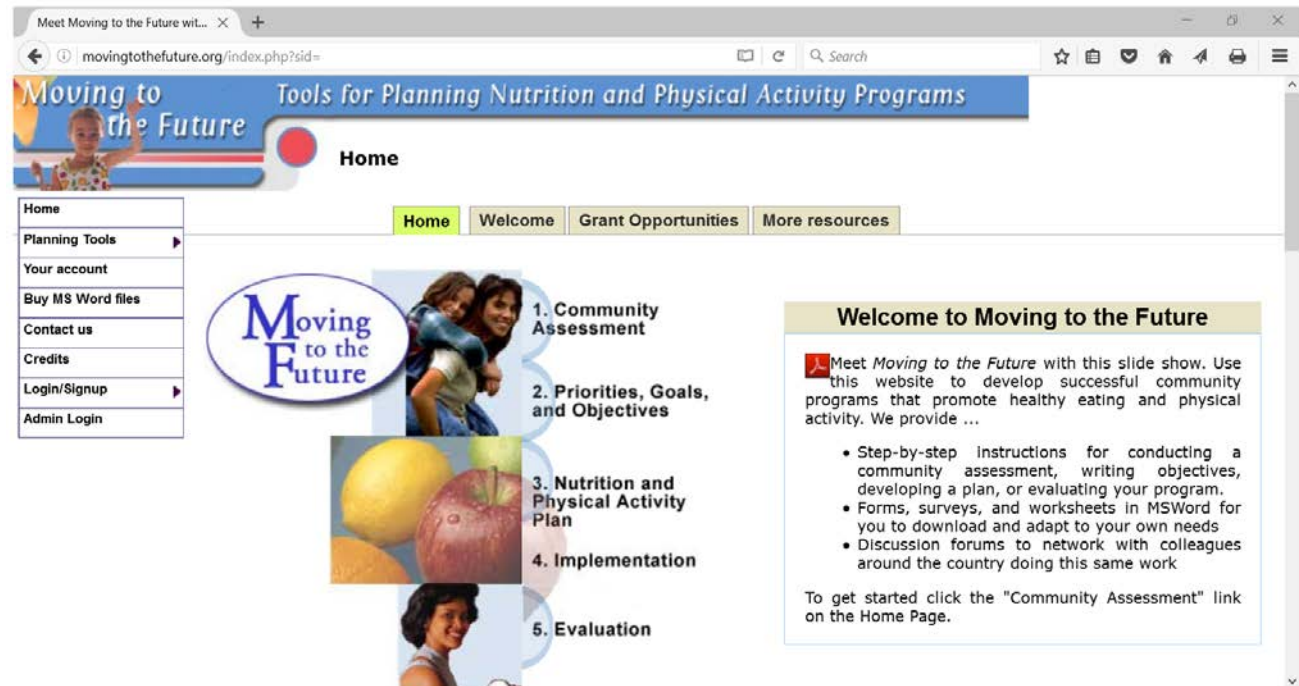
Quick Overview



Specifically, to get this



www.movingtothefuture.org



Meet Moving to the Future with...

movingtothefuture.org/index.php?sid=

Moving to the Future Tools for Planning Nutrition and Physical Activity Programs

Home

Home Welcome Grant Opportunities More resources

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Moving to the Future

1. Community Assessment
2. Priorities, Goals, and Objectives
3. Nutrition and Physical Activity Plan
4. Implementation
5. Evaluation

Welcome to Moving to the Future

Meet *Moving to the Future* with this slide show. Use this website to develop successful community programs that promote healthy eating and physical activity. We provide ...

- Step-by-step instructions for conducting a community assessment, writing objectives, developing a plan, or evaluating your program.
- Forms, surveys, and worksheets in MSWord for you to download and adapt to your own needs
- Discussion forums to network with colleagues around the country doing this same work

To get started click the "Community Assessment" link on the Home Page.



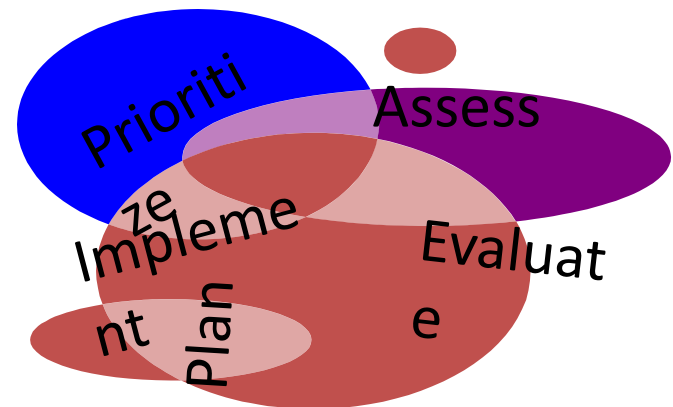
5-Step Planning Process



1. Community Assessment
2. Priorities, Goals, and Objectives
3. Nutrition and Physical Activity Plan
4. Implementation
5. Evaluation

Flexible and Realistic

Planning and implementing community-based programs is not work that can be done perfectly.



Flexible and Realistic

The intent of *Moving to the Future* is to provide guidance. Use what is helpful and modify materials to meet your needs.



Flexible and Realistic

Do the best you can, given your real-world limitations, and commit to making improvements every year.



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Needs Assessment Report

Process
Outcomes



ODH....

Wants a Summary

- ✓ of what you did at each step
- ✓ of what you learned

Has created and distributed a template for your needs assessment report



IRB

- Submit IRB exemption applications ASAP
 - ODHIRB@odh.ohio.gov
 - Include copies of surveys/questionnaires
- Questions?
 - Lisa.Heinbach@odh.ohio.gov

IRB

- What if I already distributed surveys?
 - Please do not distribute any more or process/analyze until IRB approval
- What if I do not get IRB approval in time to complete community opinion section?
 - Still required to submit assessment and action plan based on existing data and consensus among coalition members

All grant deliverables due by September 30, 2017

Surveys/Questionnaires

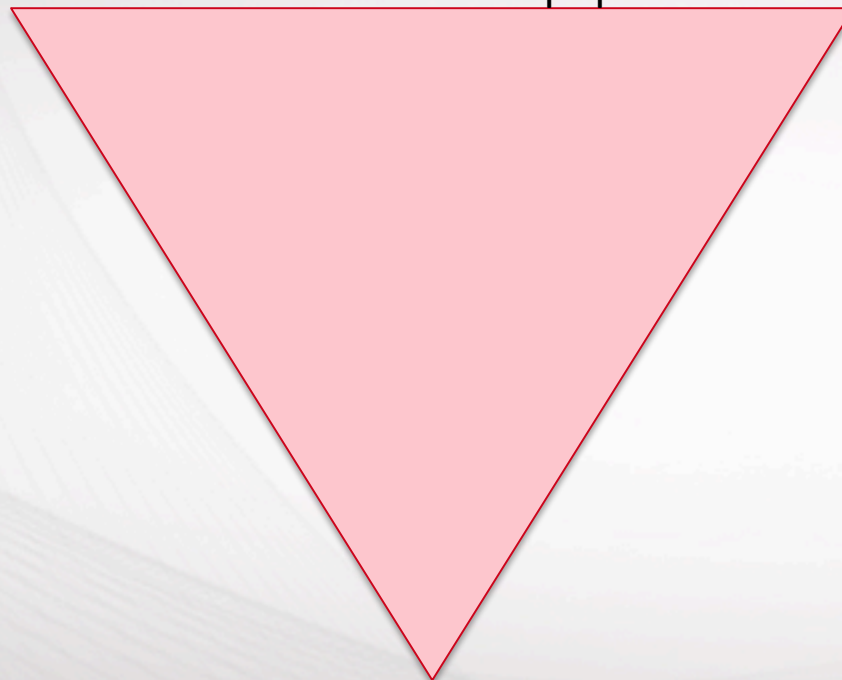
Feel free to share with your colleagues!

*This does not grant you IRB exemption

Email to Breanne.Haviland@odh.ohio.gov

Target Population

Start with broad MCH population



Focus/Target Population

MCH Population =
women of child-bearing age, infants, children, adolescents and families (especially those at-risk for poor health and/or those who are uninsured or underinsured)

Translating Needs Assessment Findings

Findings

Possible Activities

Feasibility



Translating Needs Assessment Findings

Findings

From data, opinion, existing services, environment realities that support or hinder healthy choices



Translating Needs Assessment Findings

Possible Activities

Brainstorm the potential and logical projects related to each finding



Translating Needs Assessment Findings

Feasibility

what is your realistic assessment of the factors that will sway whether this possible activity can happen



Translating Needs Assessment Findings

<p>Findings</p> <p>from data, opinion/perception, existing services, and environment realities that support or hinder healthy choices</p>	<p>Possible Activities</p> <p>Brainstorm the potential and logical projects related to each finding</p>	<p>Feasibility</p> <p>what is your realistic assessment of the factors that will sway whether this possible activity can happen</p>



If you find...

Low % of teens eat recommended levels of fruits and vegetables

Possible activities..

- Offer more ~~potato chips~~ at school games
- Serve more ~~Gatorade~~
- Approach school wellness committee



If you find...

Very low % of children 6-11 meet recommended levels of daily physical activity



Possible activities..

- Organize ~~more~~ car pools for elementary school students
- Oppose ~~requirement~~ of sidewalks around schools
- Consider a Girls on the Run program; work with school-based, after-school programs
- Action for Healthy Kids

<p>Findings</p> <p>from data, opinion/perception, existing services, and environment realities that support or hinder healthy choices</p>	<p>Possible Activities</p> <p>Brainstorm the potential and logical projects related to each finding</p>	<p>Feasibility</p> <p>what is your realistic assessment of the factors that will sway whether this possible activity can happen</p>
<p>Exceptionally high childhood obesity rates (3rd grade data)</p>	<p>Work in child care centers to improve food choices and levels of physical activity</p>	<p>Nearly all child care in our county is done by neighbors and family members; a project to affect their environments would be challenging</p>
<p>Only one Baby Friendly Hospital in the county</p>	<p>Approach other hospitals about designation</p>	<p>There is a lot of competition among the hospitals; maybe that would help us</p>
<p>Higher than state percentage of children receiving SNAP benefits</p>	<p>Look into summer meal program or a project with area food banks</p>	<p>Maybe the city summer recreation programs would consider offering the summer meal program</p>
<p>No worksite wellness programs in the agencies/companies that hire young workers</p>	<p>Look into evidence-based worksite wellness programs for employers who hire women of child-bearing age</p>	



Community Environment and Resources – key points

- ✓ Focus on built and social environment
- ✓ This segment of this community health assessment is what makes this CHA different.
- ✓ Information gathered in this segment is where you'll get most of your intervention ideas.



Assessing Resources, Assets, Policies, and Environment

What is influencing health behaviors in your community?

Note: *Moving to the Future* section title is “Community Environment”



This phase of community assessment tells you

- ✓ Who else is providing programs or services in your community?
- ✓ Is the community supportive of healthy eating and physical activity?



Community Environment

The conditions and influences that negatively effect the outcome of the nutrition and physical activity services you provide, or that contribute to mixed messages about nutrition, physical activity and health.



Audit

✓ Built Environment

✓ Social Environment



KP ?

Why is assessing the built environment and social environment so delayed?



General Tips regarding Moving to the Future

- ✓ Look at the worksheets and other tools on the website
- ✓ Use the worksheets and summary sheets
- ✓ Modify the tools
- ✓ Write down your observations



Tools to Use

- ✓ Progress Report
- ✓ Summary Sheets
 - Community data
 - Community opinion
 - Community environment
- ✓ ODH Needs Assessment Report Template



Questions or more information: karen@asphn.org

Thank You

