

Understanding Community Progress & Outcomes One Year Following the Conclusion of a CDC REACH Grant

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CDC REACH

(Racial and Ethnic Approaches to Community Health)

- Aims to eliminate racial and ethnic disparities in health
- Uses policy, system, environmental (PSE) change approach

Healthy Norfolk REACH

- Implemented January-August 2014
- Assessed 10 churches, 1 housing authority, 1 city
- Impacted over 200,000 people



Examples of Site Impacts



- ❑ Instant Recess
- ❑ Community gardens
- ❑ Nursing rooms
- ❑ Stairwell promotion programs
- ❑ Kitchen equipment – portion control serving utensils, grills

Project Focus

- Determine how sites continue to progress after grant support ceases
- Identify barriers/facilitators to success

Methods

- Participant recruitment via telephone
 - 10 churches, **8 completed**
- CDC CHANGE Tool
 - Evaluate PSE changes
- Structured key informant interviews
 - Identify barriers/facilitators

Community-At-Large: Physical Activity

Based on your team's knowledge or observations of the community, use the following Policy and Environment scales to indicate the most appropriate responses for each statement. Position the cursor over each rating option to see further explanation and an example (examples provided are for item #1).

In the two response columns, please indicate the appropriate number (#) from the scales below that best represents your answers for each item. Provide both a Policy Response # and Environment Response # for each statement in the appropriate column, with supporting documentation in the corresponding comment boxes. Response # 99 should be used only when the strategy is not applicable at the site (e.g., stair promotion not suitable in one-story building).

Response #	Policy	Environment
1	Not identified as problem	Elements not in place
2	Problem identification/gaining agenda status	Few elements in place
3	Policy formulation and adoption	Some elements are in place
4	Policy implementation	Most elements are in place
5	Policy evaluation and enforcement	All elements in place
99	Not applicable	Not applicable

At this point, no elements are in place in the environment. For example (examples provided correspond to item #1), there are no sidewalks that are fully accessible to all pedestrians (including those in wheelchairs), there is no appropriate lighting, there are no stoplights, and there are no crosswalks.

To what extent does the community:	Policy Response #	Environment Response #
1. Require sidewalks to be built for all developments (e.g., housing, schools, commercial)?		
2. Adopt a land use plan?		
3. Require bike facilities (e.g., bike boulevards, bike lanes, bike ways, multi-use paths) to be built for all developments (e.g., housing, schools, commercial)?		
4. Adopt a <u>complete streets</u> plan to support walking and biking infrastructure?		
5. Maintain a network of walking routes (e.g., institute a sidewalk program to fill gaps in the sidewalk)?		
6. Maintain a network of biking routes (e.g., institute a bike lane program to repave bike lanes when necessary)?		
7. Maintain a network of parks (e.g., establish a program to repair and upgrade existing parks and playgrounds)?		
8. Provide access to parks, <u>shared-use paths and trails</u> , or open spaces within <u>reasonable</u>		

Demographic Information /
 Physical Activity /
 Nutrition /
 Tobacco /
 Chronic Disease Management /
 Leadership

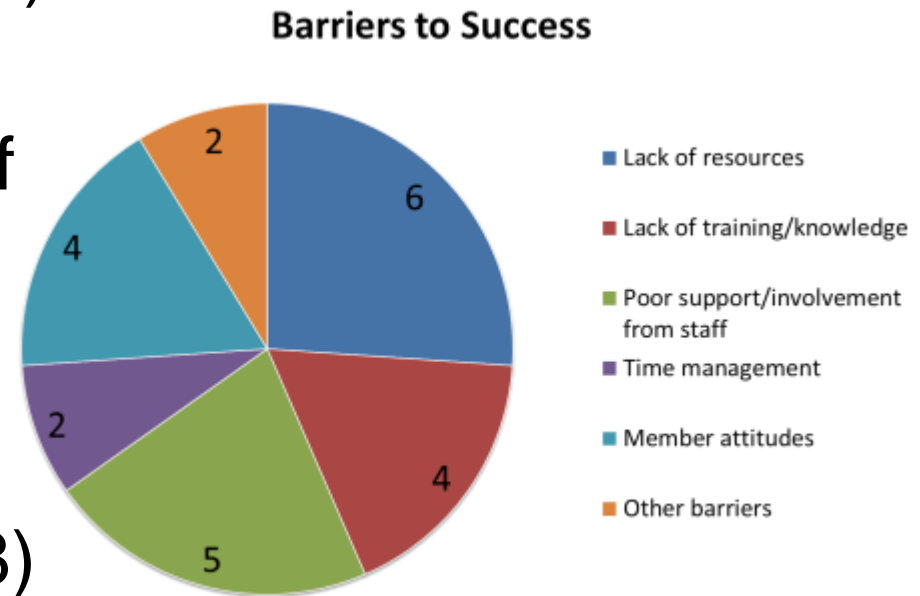
Results: Facilitators

- Strong support/involvement from leaders and members of the church (8/8)
- Strong support from REACH staff (7/8)
- Availability of resources (4/8)



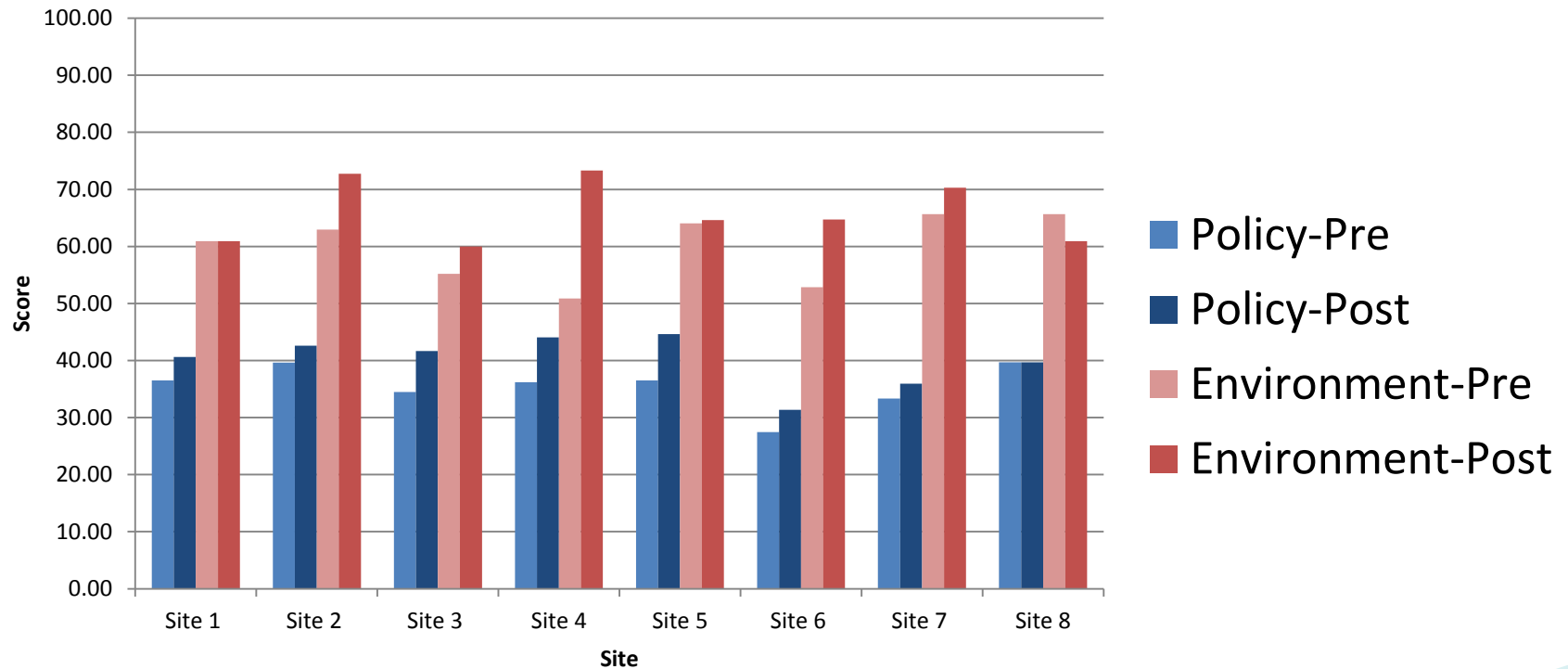
Results: Barriers

- Lack of resources (6/8)
- Poor support/
involvement from staff
(4/8)
- Lack of training/
knowledge (4/8)
- Member attitudes (4/8)
- Time management (2/8)



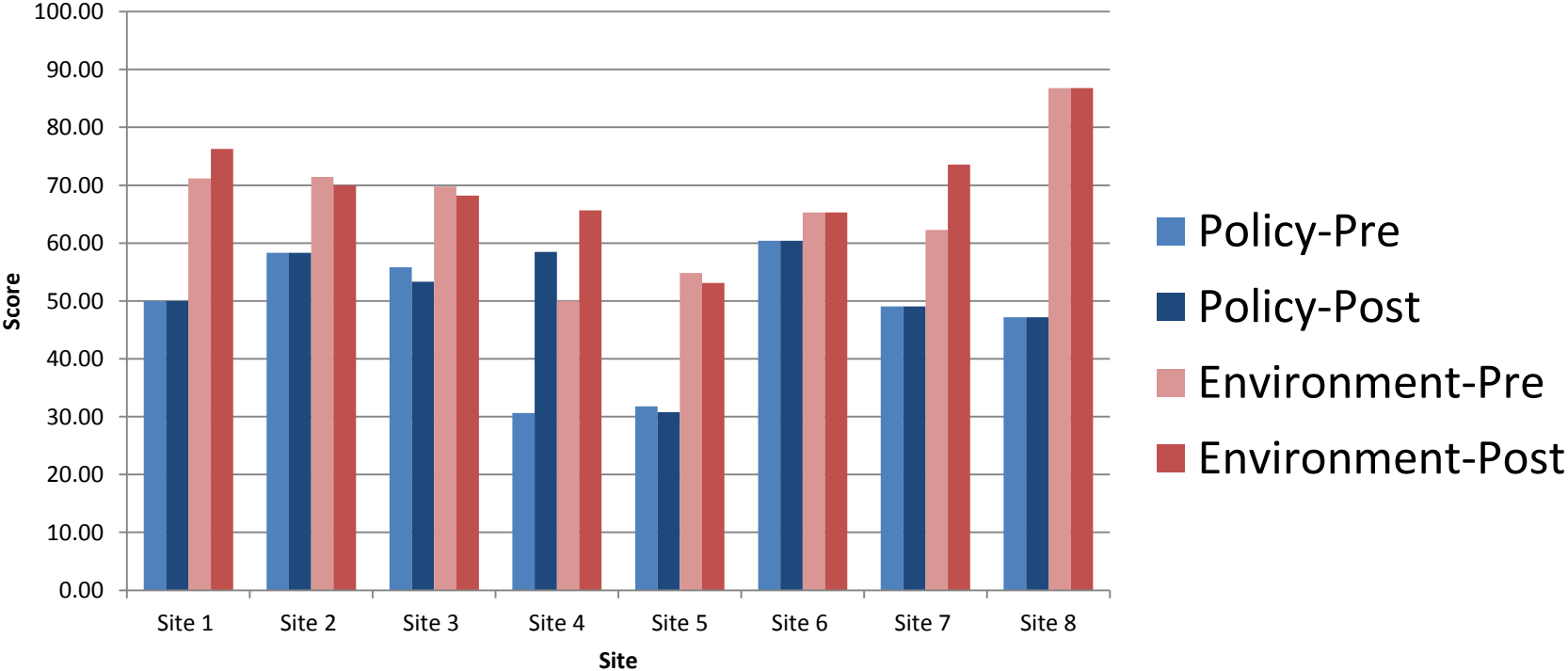
Results: CDC CHANGE Tool

Physical Activity



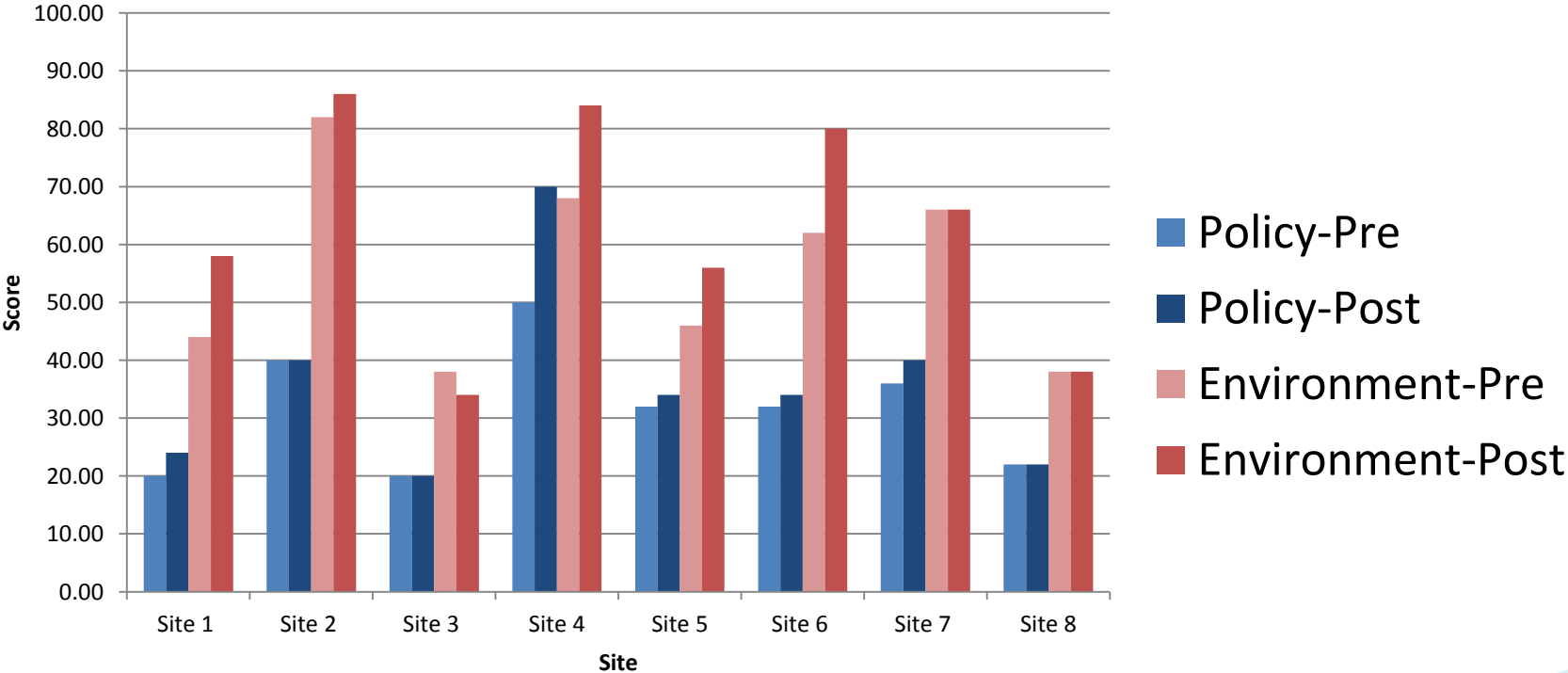
Results: CDC CHANGE Tool

Nutrition



Results: CDC CHANGE Tool

Leadership



Limitations

- Short time frame (6 weeks)
- Sole interviewer facilitated the sessions
- Responses to some of questions in the CHANGE Tool and informant interviews had aspects of both subjective and objective responses

Future Studies

- Identify effective strategies to shift member attitudes and promote participation
- Evaluation of follow up support at 3-6 months vs. one year

Conclusion

- ❑ Despite termination, REACH continues to make an ongoing impact
- ❑ Majority of churches able to maintain or make additional gains
- ❑ Potential to make a significant impact on a larger scale

