Community-Coalition Based Wellness Efforts: Evaluation of Policy, Systems, and Environmental Changes Through an Academic-Community Partnership

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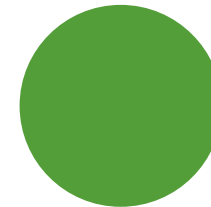
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Disclosures

Learner Objectives

Describe

Describe use of the CDC CHANGE tool to evaluate policy, systems and environment changes in communities.

Discuss

Discuss the use of academic-practice partnerships to support evaluation of PSE changes secondary to a community-based wellness program

Describe

Describe implications for nursing practice and community-based wellness.

Purpose

- The purpose of this study was to describe policy, systems, and environmental changes (PSE) occurring in a poor, underserved largely Hispanic Midwest county secondary to community coalition provided wellness screening, education and support.

Academic-Practice Partnership

- An academic-community partnership was created to collect information concerning individual lifestyle behavior and PSE changes secondary to a community-based wellness program.
  - Support use of approaches which equitably involve community partners in research (Viswanathan et al., 2004; Minkler & Wallerstein, 2013).
  - Useful in rural settings; sharing power throughout the research process equalizes power dynamics (Young-Lorion et al., 2013; Belone et al., 2016).

Partners

Clinton County, Indiana

- Located in central Indiana

- Population 33,224

- Ranked 58/92 counties overall by RWJF County Health Rankings and Roadmaps 2018
  - Ranked 68th in Clinical Care

Wellness Program

Monthly health screenings

Education

Direct referrals to local resources

Multiple sites:

- manufacturing,
- low-income housing,
- service,
- faith-based organizations

Research Design

- A mixed-methods approach was used to evaluate PSE changes.

  - CDC Community Health Evaluation and Group Assessment (CHANGE) tool

  - Monthly structured logs maintained by program staff documenting PSE changes

Community Change Process

COMMUNITY CHANGE PROCESS

EVALUATION
COMMITMENT
ASSESSMENT
PLANNING
IMPLEMENTATION

www.cdc.gov

CDC CHANGE Tool Description

- Identifies and monitors important policy, systems, and environmental changes (PSE) over time at a variety of community-based sites
- Policy and environment scores are summarized for five sectors:
  - physical activity
  - nutrition
  - tobacco use
  - chronic disease management
  - leadership

CDC CHANGE Tool

- Community-At-Large

- Community Institution/Organization

- Health Care

- School(s)

- Work Site(s)

CHANGE TOOL RESULTS

SITE/SECTOR	Physical Activity	Nutrition	Tobacco Use	Chronic Disease	Leadership
Worksite 1	% Change	% Change	% Change	% Change	% Change
Policy	12.73	6.67	0.00	20.00	24.61
Environment	12.73	5.33	0.00	8.18	8.46
Worksite 2					
Policy	17.64	25.34	20.00	16.36	23.08
Environment	17.64	25.34	30.00	12.73	23.01
Worksite 3					
Policy	14.54	4.00	4.00	1.81	4.61
Environment	3.63	4.00	4.00	1.81	0.84
Community 1					
Policy	44.73	1.22	11.43	20.00	56.00
Environment	44.73	1.16	11.43	20.00	56.00
Community 2					
Policy	22.08	0.00	10.00	40.00	24.00
Environment	21.74	0.00	10.00	37.50	24.00

PSE Changes

Policy

Instituted a tobacco free campus policy

Created a recreation ministry

Systems

Created a weekly exercise program

Began offering a free diabetes prevention program

Environment

Decreased price of healthy food options

Installed bike rack to encourage individuals to bike to programming

Summary of Results

- Greatest impact on Leadership related to policy and environment
- Support for chronic disease management also increased
- Nutrition policy and environment changes smaller but significant
- Minimal change in tobacco policies and environment
  - Most sites had fairly strict policies already in place

Conclusions

- This program is reaching vulnerable populations and creating PSE changes which support healthy policies across all sites and the community, thereby maximizing health outcomes and encouraging the community to enhance efforts to sustain and continue such changes.

Implications for Practice

Community-based wellness programming can enhance awareness of the need for PSE changes to support the health of the populations served.

Provision of feedback by coalition staff to leadership at wellness sites concerning health outcomes being observed and participant reports of impediments and barriers to healthy lifestyles can provide the data necessary to encourage and support such changes.

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