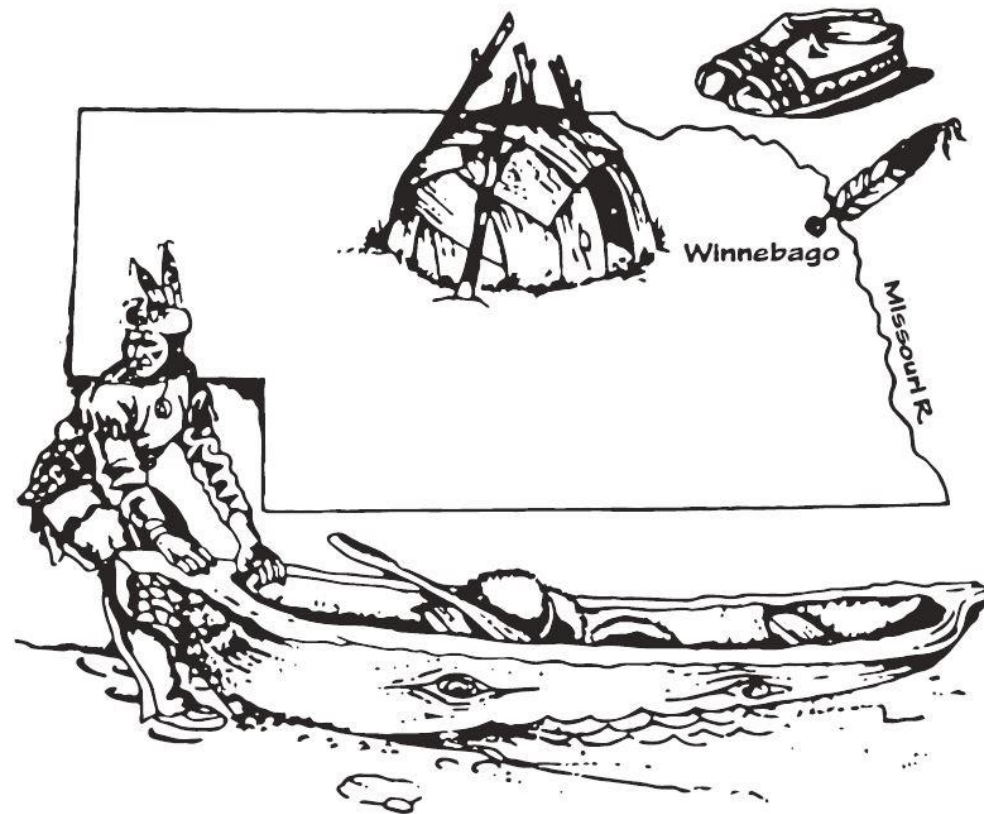


Winnebago Tribe of Nebraska Good Health and Wellness in Indian Country Project



Using the Community Health Assessment and Group Evaluation (CHANGE) Guide

Presented by Lorelei DeCora RN BSN, Winnebago Good Health and
Wellness in Indian Country Project

COMMUNITY HEALTH ASSESSMENT AND GROUP EVALUATION (CHANGE)



Building a Foundation of Knowledge to Prioritize Community Needs AN ACTION GUIDE



Organized our data under the 5 CHANGE Sectors

- Community At Large Sector
- Community Institutions/Organizations Sector
- Health Care Sector
- School Sector
- Work Sector

Work group met for 3 days and scored 3 sets of data from each sector

Community Health Assessment and Group Evaluation

HEALTH CARE

Additional information about the health care facility can be included in the comment box denoted by the red corner tab.

HEALTH CARE FACILITY'S NAME: Adult ages 19 and over

Module Score Summaries		
Policy	Environment	Module
0.00%	0.00%	Physical Activity
0.00%	0.00%	Nutrition
0.00%	0.00%	Tobacco Use
0.00%	0.00%	Chronic Disease Management
0.00%	0.00%	Leadership

GENERAL INSTRUCTIONS

Please indicate your answer by typing an 'X' or the correct information in the appropriate box for your response. Additional information can be included in each comment box denoted by the red corner tab.

DEMOGRAPHIC INFORMATION

<i>Number of Staff</i> (choose ONE only):	
Fewer than 20	<input checked="" type="checkbox"/>
20 – 99	<input type="checkbox"/>
100 – 249	<input type="checkbox"/>
250 – 499	<input type="checkbox"/>
500 – 999	<input type="checkbox"/>
1,000 – 1,499	<input type="checkbox"/>
1,500 +	<input type="checkbox"/>

<i>Sector Type</i> (choose ONE only):	
Private	<input type="checkbox"/>
Public	<input checked="" type="checkbox"/>

<i>Profit Type</i> (choose ONE only):	
For-Profit	<input type="checkbox"/>
Not-for-Profit	<input checked="" type="checkbox"/>

<i>Type of Health Care Organization</i> (choose ONE type only):	
Medical/Physician Office	<input type="checkbox"/>
Clinic	<input type="checkbox"/>
Hospital	<input type="checkbox"/>
Ambulatory Care	<input type="checkbox"/>
Home Health Agency	<input type="checkbox"/>
Health Maintenance Organization (HMO)	<input type="checkbox"/>
Local Health Department	<input checked="" type="checkbox"/>
Federally Qualified Health Center (FQHC)	<input type="checkbox"/>
Other, please specify:	

<i>Number of Patients</i>	
Average number of patients on monthly basis	<input type="text"/>

Health Care: 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

<i>To what extent does the health care facility:</i>	Policy Response #	Environment Response #	
1. Promote stairwell use (e.g., make stairs appealing, post motivational signs near stairs to encourage physical activity) to patients, visitors, and staff?			
2. Assess patients' physical activity as part of a written checklist or screening used in all routine office visits?			
3. Provide regular counseling about the health value of physical activity during all routine office visits?			
4. Implement a referral system to help patients access community-based resources or services for physical activity?			
COLUMN TOTAL:	0	0	Please remember to answer every item. Do not leave any item blank.
PHYSICAL ACTIVITY SCORE:	0.00%	0.00%	

Health Care: Nutrition

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).

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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	
11. Institute healthy food preparation practices (e.g., steaming, low fat, low salt, limiting frying) in onsite cafeteria and food venues?			
12. Institute nutritional labeling (e.g., 'low fat,' 'light,' 'heart healthy,' 'no trans fat') at the onsite cafeteria and food venues?			
13. Ban marketing (e.g., counter advertisements, posters, other print materials) of less than healthy foods and beverages onsite?			
14. Provide smaller <u>portion sizes</u> in onsite cafeteria and food venues?			
COLUMN TOTAL:		0	0
NUTRITION SCORE:		0.00%	0.00%
Please remember to answer every item. Do not leave any item blank.			

Community Health Assessment and Group Evaluation

HEALTH CARE

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HEALTH CARE FACILITY'S NAME:

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0.00%	0.00%	Nutrition
0.00%	0.00%	Tobacco Use
0.00%	0.00%	Chronic Disease Management
0.00%	0.00%	Leadership

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Health Maintenance Organization (HMO)	<input type="checkbox"/>
Local Health Department	<input checked="" type="checkbox"/>
Federally Qualified Health Center (FQHC)	<input type="checkbox"/>
Other, please specify:	

<i>Number of Patients</i>	
Average number of patients on monthly basis	<input type="text"/>

SECTOR DATA GRID

CDC's Healthy Communities Program

		LOW		MED		HIGH
		0-20%	21-40%	41-60%	61-80%	81-100%
Community-At- Large (CAL)	Physical Activity					LPTC Common Gardens Proj. POLICY LPTC Common Gardens Proj. ENV Whirling Thunder Wellness Program POLICY Whirling Thunder Wellness Program ENV
	Nutrition			LPTC Common Gardens Proj. ENV Whirling Thunder Wellness Program ENV	LPTC Common Gardens Proj. POLICY Whirling Thunder Wellness Program POLICY	
	Tobacco		LPTC Common Gardens Proj. ENV	LPTC Common Gardens Proj. POLICY Winnebago Comm. Tobacco Policies POLICY Winnebago Comm. Tobacco Policies ENV Whirling Thunder Wellness Program POLICY Whirling Thunder Wellness Program ENV		
	Chronic Disease Mgt					LPTC Common Gardens Proj. POLICY LPTC Common Gardens Proj. ENV Whirling Thunder Wellness Program POLICY Whirling Thunder Wellness Program ENV
	Leadership			LPTC Common Gardens Proj. ENV Whirling Thunder Wellness Program ENV	LPTC Common Gardens Proj. POLICY Whirling Thunder Wellness Program POLICY	

		LOW		MED		HIGH
		0-20%	21-40%	41-60%	61-80%	81-100%
Community Institution/ Organization (CIO)	Physical Activity			Ho Chunk, Inc. POLICY	HCCDC POLICY HCCDC ENVIRONMENT Ho Chunk, Inc. ENV	Educare/Head Start POLICY Educare/Head Start ENV
	Nutrition			HCCDC POLICY HCCDC ENVIRONMENT Ho Chunk, Inc. POLICY Ho Chunk, Inc. ENV		Educare/Head Start POLICY Educare/Head Start ENV
	Tobacco			Educare/Head Start POLICY Educare/Head Start ENV	Ho Chunk, Inc. POLICY Ho Chunk, Inc. ENV	HCCDC POLICY HCCDC ENVIRONMENT
	Chronic Disease Mgt		HCCDC POLICY HCCDC ENVIRONMENT		Ho Chunk, Inc. POLICY Ho Chunk, Inc. ENV	Educare/Head Start POLICY Educare/Head Start ENV
	Leadership		HCCDC POLICY HCCDC ENVIRONMENT	Ho Chunk, Inc. POLICY Ho Chunk, Inc. ENV		Educare/Head Start POLICY Educare/Head Start ENV

C.H.A. October 2015

Winnebago Community Health Improvement Action Plan

Community At Large Sector

1. Increase pedestrian safety crossing highways 77/75
2. Increase the number of community members protected from second hand smoke
3. Increase physical activity opportunity for tribal employees

Community Institution/Organization Sector

1. Document status of food insecurity amongst Winnebago community members

Health Care Sector

1. Implement a ban on foods and beverages high in fats and sugars
2. Increase the number of at risk middle school, high school, and young adults receiving prevention education
3. Improve data collection by creating a tribal health data entry position
4. Implement a community health screening policy

Work Sector

1. Increase the number of policies supporting breast feeding in the workplace

Strategic Plan

1. Explore increasing third party billing to build sustainability of services
2. A full service grocery store that provides affordable fresh fruits and vegetables
3. Gear our health education and activities to be more family centered
4. Contract with a Headhunter when we need to health professional positions
5. Meet regularly with the Indian Health Service to increase collaboration with the Tribal Health Department to better serve our patients
6. All tribal health employees need to go through a diabetes 101 training

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