



Healthy Congregations in Action Initiative

Evaluation



Healthy Congregations in Action Initiative

PURPOSE

To engage members of the United Methodist Churches of Kansas in the development & adoption of a comprehensive plan to improve the health and fitness of the clergy, staff, and congregants of their statewide denomination



Healthy Congregations in Action Initiative Evaluation

PURPOSE

Evaluating the initiative as a whole –
not individuals!

Regularly scheduled and multi-level

Pilot

Planning



Healthy Congregations in Action Initiative Evaluation

WHAT ARE YOUR PLANS?

Who targeting?

What are your goals?

Which boxes of matrix?

Which resources will you adopt?



Healthy Congregations in Action Initiative Evaluation

WHAT ARE YOUR PLANS?

Who targeting?

Age 18+: Consent forms

**Ages 11-17: Parental Consent Form
& Youth Assent Form**



Healthy Congregations in Action Initiative Evaluation

WHAT ARE YOUR PLANS?

What are your goals? What do you want to accomplish?

RE-AIM will address this.



Healthy Congregations in Action Initiative Evaluation

WHAT ARE YOUR PLANS?

Which boxes of matrix?

**Which resources will you
adopt?**



Physical Health
Nutrition, Fat, Fruits & Vegetables, Physical Activity, Water, Sleep, Appropriate Calories, Calcium

Mental/Emotional Health
Learning Styles, Stress Management, Coping Strategies, Relaxation Techniques

Social Health
Respect Self Value People (RSVP), Social Networking, Time management, Individual Social Support

Spiritual Health
Prayer, meditation, fasting, Shared Learning



Assessment Tools

Health Risk Assessment (HRA): Individuals Complete

Leadership Team Survey: Individuals on Team Complete

RE-AIM: Team Completes

Balance (Optional): Congregation and Community Completes

Interviews with District Superintendents



Assessment Tools

Health Risk Assessment (HRA): Individuals Complete

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Interviews with District Superintendents



Health Risk Assessment (HRA)

WHAT: How is your health, in general?

WHO: Individuals complete

WHERE: Naturally occurring groups



Health Risk Assessment (HRA)

HOW:

Pencil, surveys, & bubble sheets for responses

Will have instructions & protocol
(script)

Data collection: confidentiality
(envelopes)

Note:

Id numbers; won't receive individual feedback

Reported in aggregate (congregation level)



Health Risk Assessment

The following questions are about your general health. Please *mark the box* that best answers the question. (Please mark only one answer per question).

Your Health

Poor Fair Average Very Good Excellent

1. In general, would you say your health is:

Have you ever been *diagnosed with* or do you *currently have* any of the following conditions? (Please check all that apply.)

Been Diagnosed Have Now Not Sure

7. Arthritis	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. Asthma	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. Cancer (except skin cancer)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10. Diabetes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
11. Heart Disease	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
12. High Blood Pressure	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
13. High Cholesterol	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
14. Lung Disease	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
15. Serious (chronic) back problems	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
16. Any other serious illness	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

	A	B	C	D	E	F	G	H	I	J
	①	②	③	④	⑤	⑥	⑦	⑧	⑨	⑩
	A	B	C	D	E	F	G	H	I	J
	①	②	③	④	⑤	⑥	⑦	⑧	⑨	⑩
	A	B	C	D	E	F	G	H	I	J
	①	②	③	④	⑤	⑥	⑦	⑧	⑨	⑩
	A	B	C	D	E	F	G	H	I	J
	①	②	③	④	⑤	⑥	⑦	⑧	⑨	⑩
	A	B	C	D	E	F	G	H	I	J
	①	②	③	④	⑤	⑥	⑦	⑧	⑨	⑩



Assessment Tools

Health Risk Assessment (HRA): Individuals Complete

Leadership Team: Individuals on Team Complete

RE-AIM: Team Completes

Balance: Congregation and Community Completes

Interviews with District Superintendents



Leadership Team Survey

- WHAT:** The spirit of engaging in collective activities; social trust; cohesion
- WHO:** Individuals on teams complete
- WHERE:** Team meetings
- HOW:** Pen/pencil & paper
Will have instructions & protocol
Data collection: confidentiality
- Note:** Id numbers; won't receive individual feedback
Reported in aggregate (congregation level)



Leadership Team Assessment

The following questions are about you and your health ministry teams. Please *mark the box* that best answers the question. (Please mark only one answer per question).

Personal Involvement

The Following questions are designed to assess your feelings about YOUR PERSONAL INVOLVEMENT in your Health Ministry Team. After *carefully reading* each statement, please use the following scale to indicate your level of agreement with each of the statements.

A= Strongly Disagree; B=Disagree; C=Agree; D=Strongly Agree

	A	B	C	D
1. I would likely spend free time with members of our team if our mission ended.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. I don't like the responsibilities I have on this team.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. The types of tasks the groups needs to accomplish are enjoyable.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. I feel our team has been unable to develop good action plans.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. I feel personally empowered to address the mission/vision of Healthy Congregations in Action.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. I have been unable to attend every meeting of my health ministry team.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. I have been prepared for every meeting I have attended.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. I have been disengaged and non-participative during health ministry team meetings.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. I have been actively involved during health ministry team meetings and completed all team tasks in a timely manner.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



Assessment Tools

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Interviews with District Superintendents



RE-AIM

WHAT: Reach, Effectiveness, Adoption, Implementation, Maintenance

WHO: Team completes, as a group

WHERE: Team meetings

HOW: Online
Will have instructions & protocol
Will need to track some numbers

Note: Reported in aggregate (congregation level)



RE-AIM

Review Baseline RE-AIM instruments

Anything missing?



Assessment Tools

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Balance Surveys (Optional)

WHAT: Issues ranked by importance, noticeable

WHO: Individuals in Congregation; Community

WHERE: Naturally occurring groups



Balance Surveys (Optional)

HOW: Pen/pencil & paper
Will have instructions & protocol
Data collection: confidentiality

Note: No ID numbers; won't receive individual feedback
Reported in aggregate (congregation level and community level)



Congregational Balance

Our congregation is doing something about this...

Not Noticeable Very Noticeable

1 2 3 4 5

↑ ↑ ↑ ↑ ↑ Members say intentional prayers aloud for people in specific need in worship.

↑ ↑ ↑ ↑ ↑ People are comfortable expressing personal need for help at the church.

↑ ↑ ↑ ↑ ↑ Conflict is managed effectively.

↑ ↑ ↑ ↑ ↑ Leaders are open to new & creative ideas for effective ministry.

↑ ↑ ↑ ↑ ↑ Learning about the relationship between faith and health.

↑ ↑ ↑ ↑ ↑ Welcomes and invites people of various ethnic and economic backgrounds into the faith community.

I feel this area is...

Not Important Very Important

1 2 3 4 5

↑ ↑ ↑ ↑ ↑

↑ ↑ ↑ ↑ ↑

↑ ↑ ↑ ↑ ↑

↑ ↑ ↑ ↑ ↑

↑ ↑ ↑ ↑ ↑

↑ ↑ ↑ ↑ ↑



Community Balance

Our community is doing something about this...

Not Noticeable Very Noticeable

1 2 3 4 5

↑ ↑ ↑ ↑ ↑ Offers the forum and services to deal with relational/emotional problems in a healthy manner.

↑ ↑ ↑ ↑ ↑ Provides opportunities and facilities for people to gather and celebrate special events.

↑ ↑ ↑ ↑ ↑ Community members can articulate vision and goals of the community.

↑ ↑ ↑ ↑ ↑ There is an awareness of community belief systems.

I feel this area is...

Not Important Very Important

1 2 3 4 5

↑ ↑ ↑ ↑ ↑

↑ ↑ ↑ ↑ ↑

↑ ↑ ↑ ↑ ↑

↑ ↑ ↑ ↑ ↑



Assessment Tools

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Interviews with District Superintendents



Interviews

- WHAT:** District Superintendents' perspectives on the Healthy Congregations Initiative
- WHO:** Individual District Superintendents
- HOW:** Interview in person and via telephone
- Note:** Reported in aggregate (district level)



	Baseline	6 months	12 months	18 months	24 months
HRA (Indiv.)	X		X		X
Leadership Team Survey (Indiv. Team)	X	X	X	X	X
RE-AIM (Team)	X		X		X
Balance (Cong., Comm.)	X		X		X
Interviews (DS)	X		X		X



	DEC 2006 (After signed contract)	MAY 2006	JAN 2007	MAY 2007	JAN 2008
HRA (Indiv.)	X		X		X
Leadership Team Survey (Indiv. Team)	X	X	X	X	X
RE-AIM (Team)	X		X		X
Balance (Cong., Comm.)	X		X		X
Interviews (DS) 2005	X		X		X



Evaluation

- **Pilot**
- **We need your feedback!**
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