## CPHMC Needs Assessment Expectations

National WIC Association and the Altarum Institute Friday, March 4, 2016

## Basis for Needs Assessment

- Who is the target population? Demographics, health indicators
- Where do they live? Describe community environment, e.g. food environment; chronic disease prevention environment
- What resources are available to them? Identify programs (or lack of programs) promoting healthy food environments and preventive healthcare services

# Community Needs Assessment STEPS

#### STEP 1

Define your target population

#### STEP<sub>3</sub>

Gather optional data









#### STEP 2

Gather required data

#### STEP 4

Develop an action plan

# Community Needs Assessment STEPS

# STEP 1. Define your target population

 Define community to be assessed

### STEP 3. Gather optional data

- Environmental indicators
- Other WIC indicators
- Key informant interviews/focus groups









### STEP 2. Gather required data

- General indicators
- WIC indicators
- WIC participant surveys

### STEP 4. Develop an action plan

- Identify gaps
- Assess internal capacity and opportunities
- Plan intervention

# Community Needs Assessment: STEP 1

# STEP 1. Define your target population

 Define community to be assessed

# Step 1: Define your target population

 Mothers, infants, and children in your geographic region



- The general population of your region
  - The "Twin Approach"

# Community Needs Assessment STEP 2

#### STEP 2. Gather required data

- General indicators
- WIC indicators
- WIC participant surveys
- Needs Assessment narrative

## Step 2: Gather required data

### Minimum requirements

Run a Community Health
 Needs Assessment (CHNA)



- report on Community Commons website
- Map certain indicators (defined later in this presentation and in checklist) by Census tract using Community Commons
- Use data from ACOG to assess if there is a shortage of OB-GYNs in your county.
- Collect existing data on the WIC population served by your agency.

### Minimum requirements (cont'd)

- Short survey of WIC families or others in the community.
- Develop a list of potential partners for this project.
- Turn the needs and resources data into a narrative.
- The narrative should be completed and submitted to NWA by April 21, 2016.

# General indicators – Needs and Resources

## Community Commons



- http://www.communitycommons.org/
- An interactive mapping, networking, and learning utility
  - Thousands of map-able geographic information systems (GIS) data layers and tables for all communities in the United States
  - Draws data from dozens of sources (US Census, BRFSS, USDA, CDC, etc.)
  - Various geographic levels State, County, Census tract, etc.

## **Using Community Commons**

- Running the Community Health Needs Assessment (CHNA)
  - Reports data at the county level

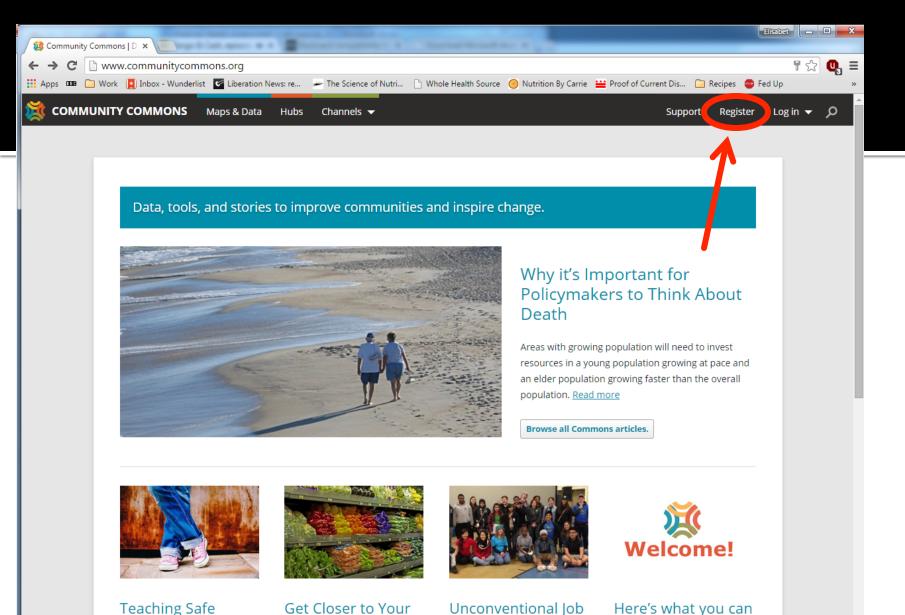
Customize report to only include certain required

indicators

Mapping out certain indicators at the Census tract level

We'll provide you with list of indicators

 Community Commons allows you to download and print maps









Relationships



Congress has a chance to help







America!





Grocer with Salud

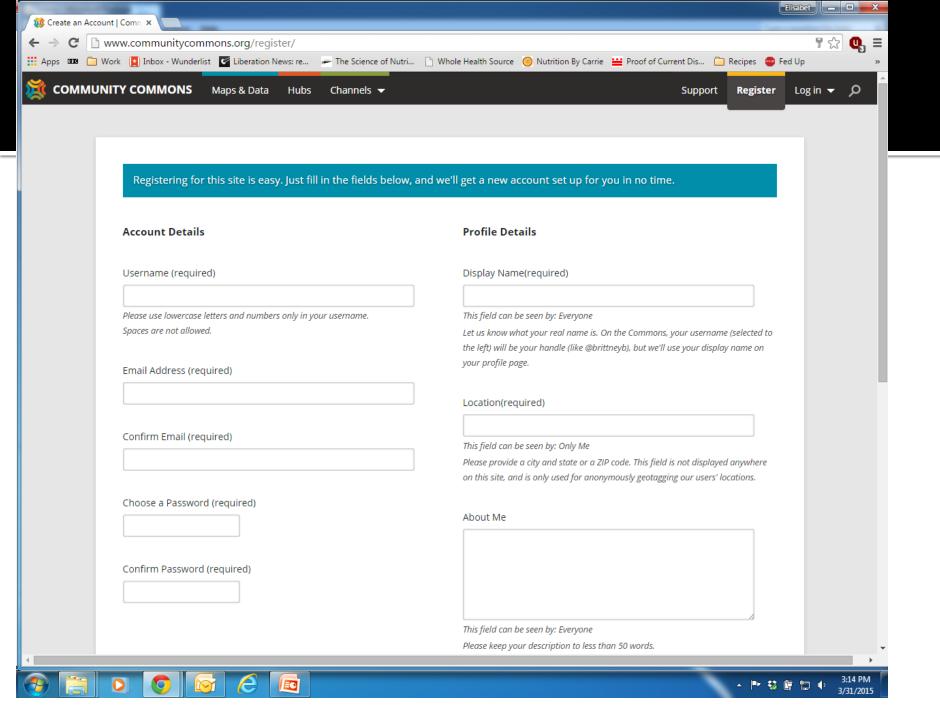


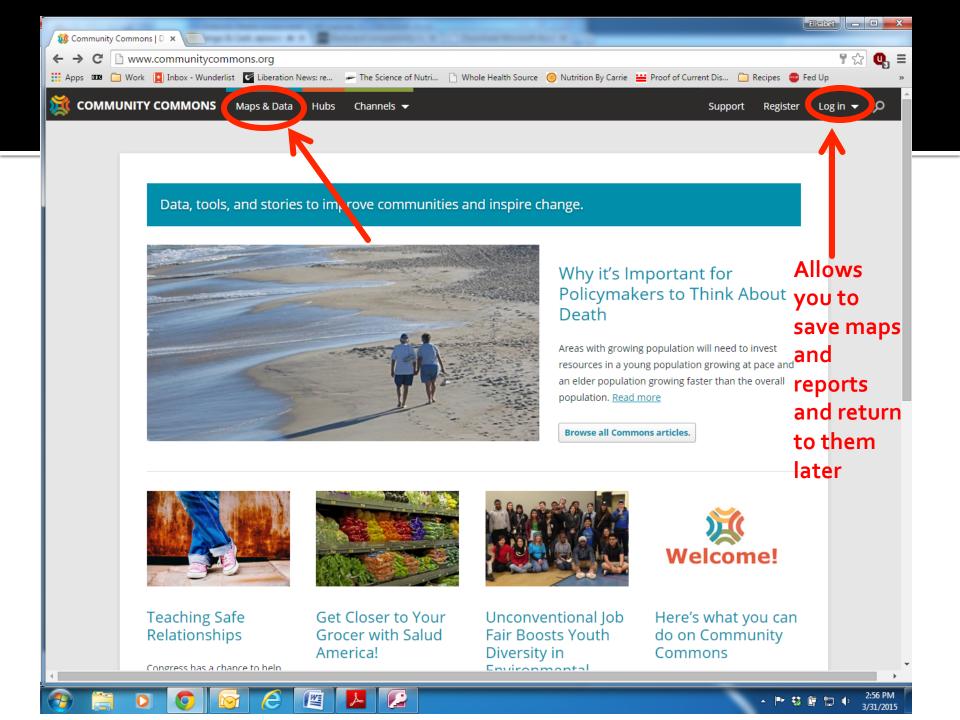
Diversity in

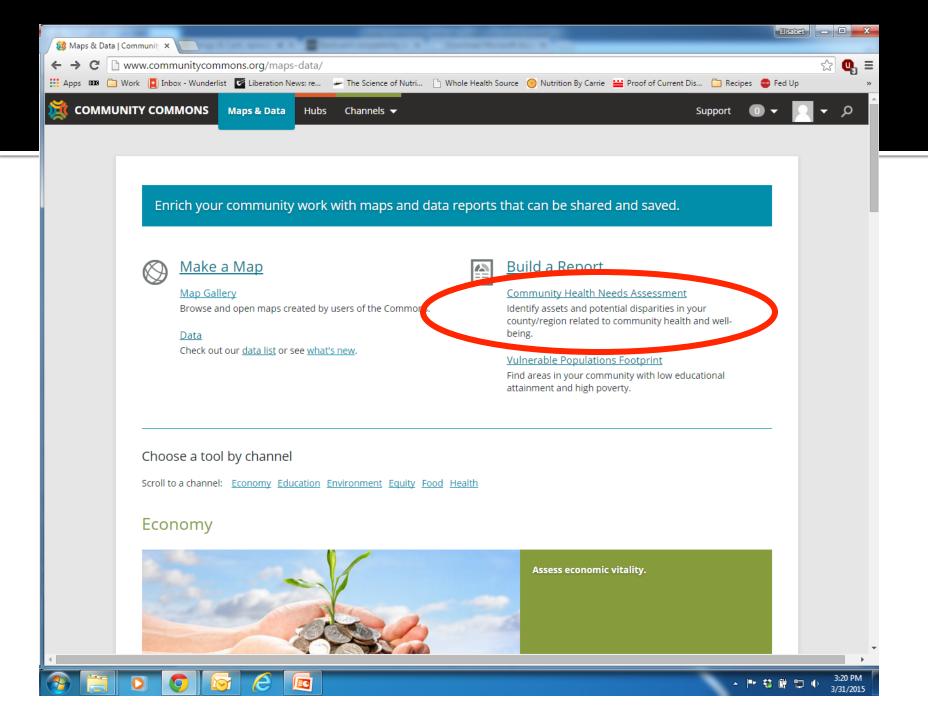
Fair Boosts Youth

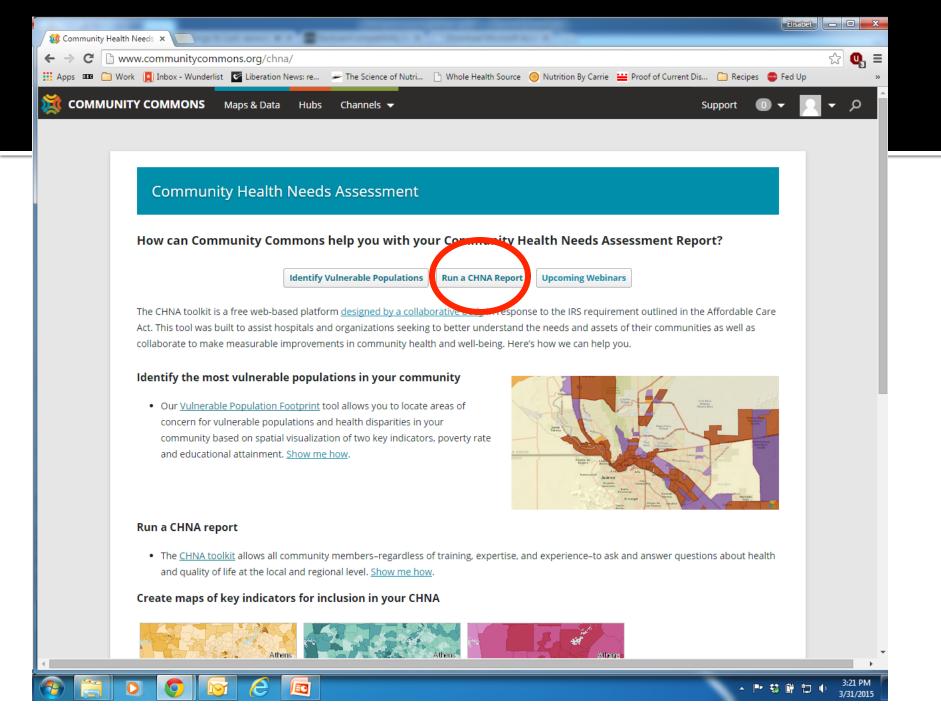


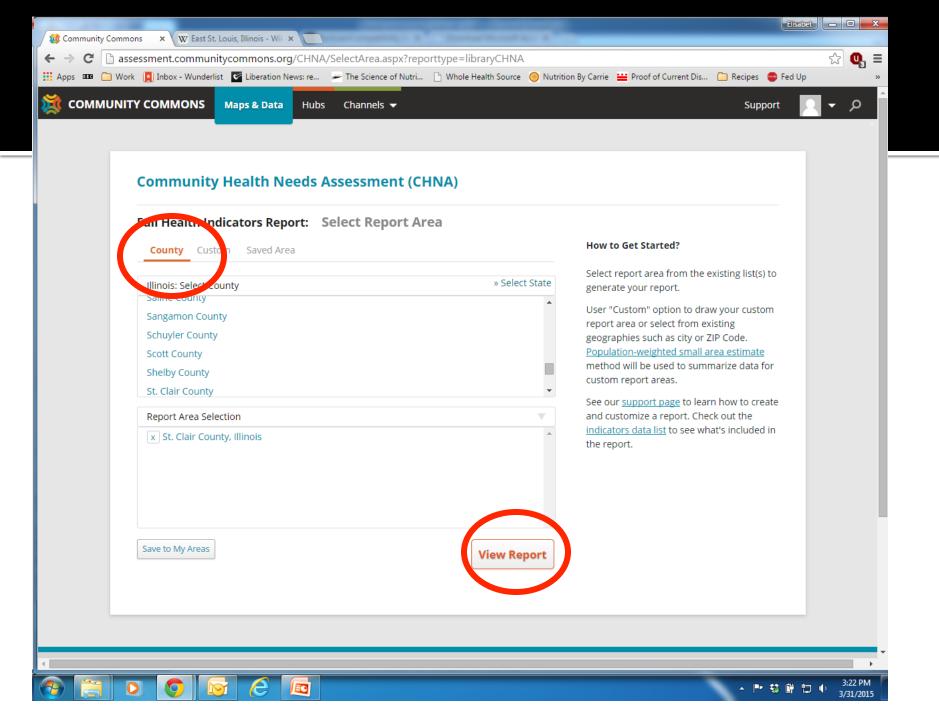


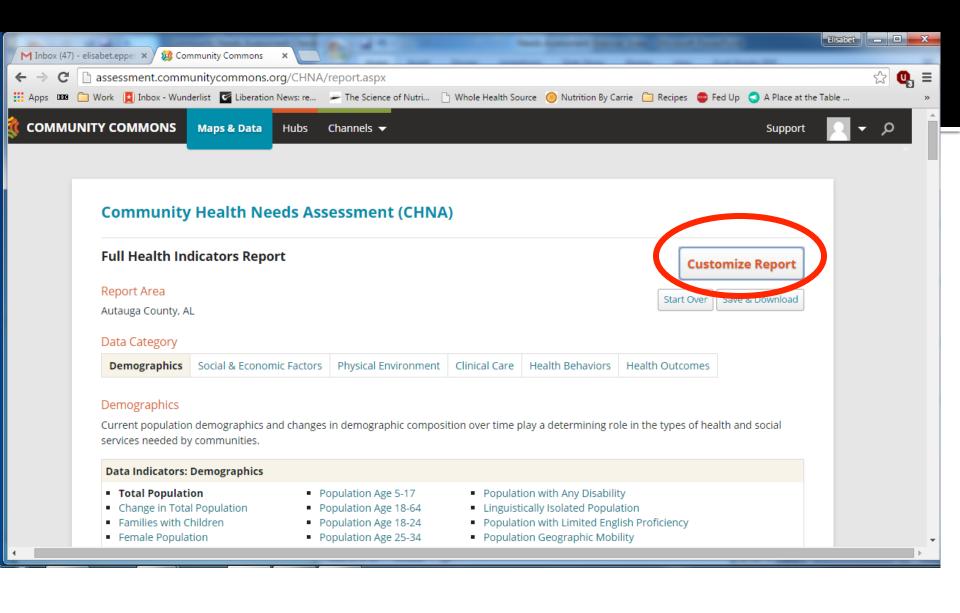


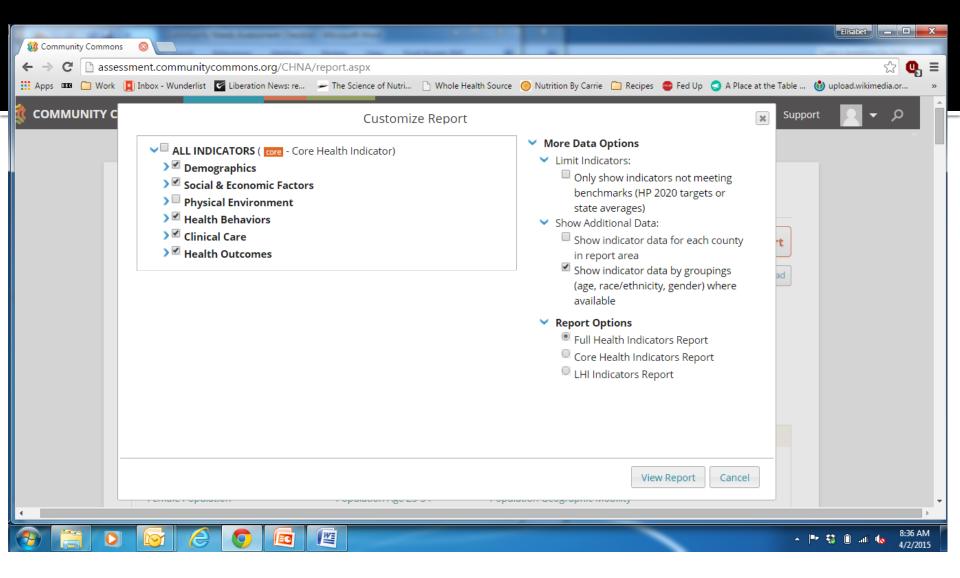












### Indicators to select for CHNA Report – Needs\*

\*Only choose indicators below that were not included in a local needs assessment from the past 3 years

#### Demographic Information

- Total population
- Racial/ethnic demographics

#### Socioeconomic Need

- Per Capita income
- Population Below 100% FPL

#### Disease Prevalence/Poor Health Outcomes

- Prevalence of overweight
- Prevalence of obesity
- Heart disease (adult) prevalence
- Diabetes (adult) prevalence
- High Cholesterol (adult) prevalence
- High blood pressure (adult) prevalence
- Low birth weight
- Infant mortality

#### Healthy Food Needs

- Food insecurity rate
- Population with low food access
- Fruit/vegetable consumption
- Fast food restaurant access
- Population receiving SNAP benefits

#### Healthcare Needs

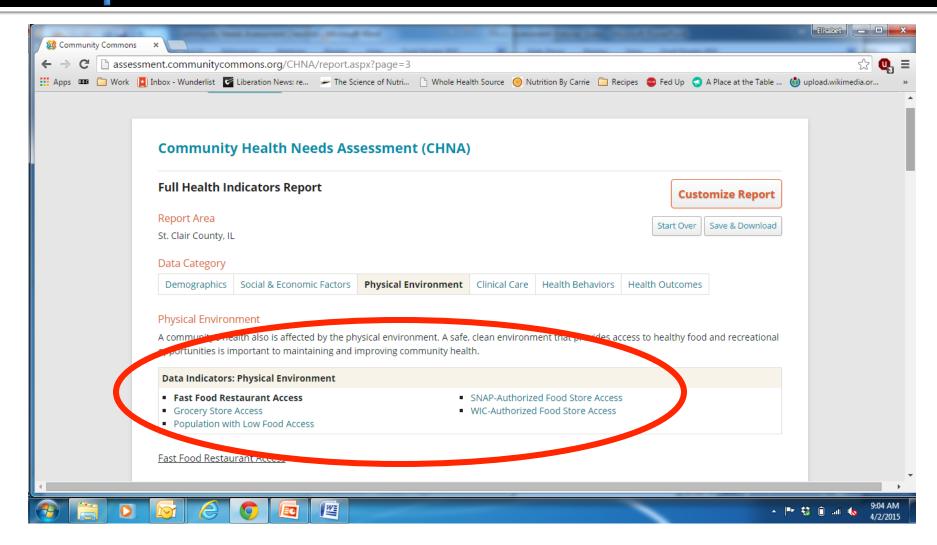
- Uninsured population
- Access to primary care
- No consistent source of primary care
- Population living in a health professional shortage area
- Population receiving Medicaid
- Lack of prenatal care

## Indicators to select for CHNA Report – Resources

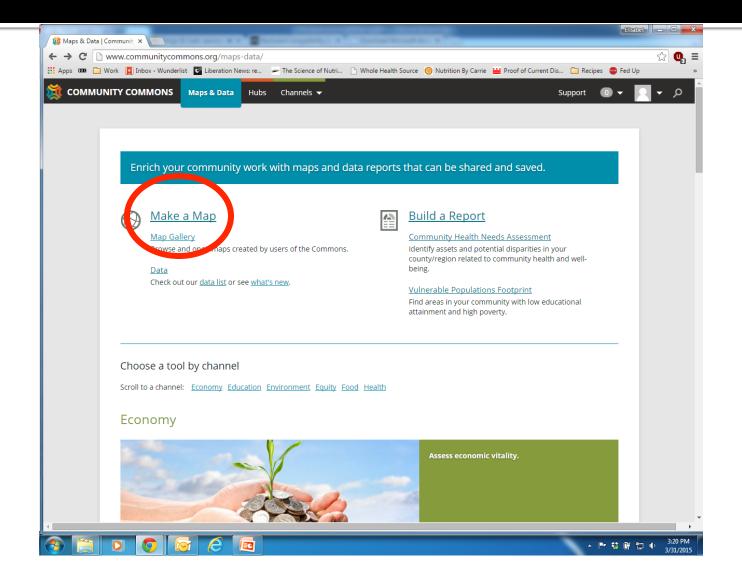
### Healthy food resources

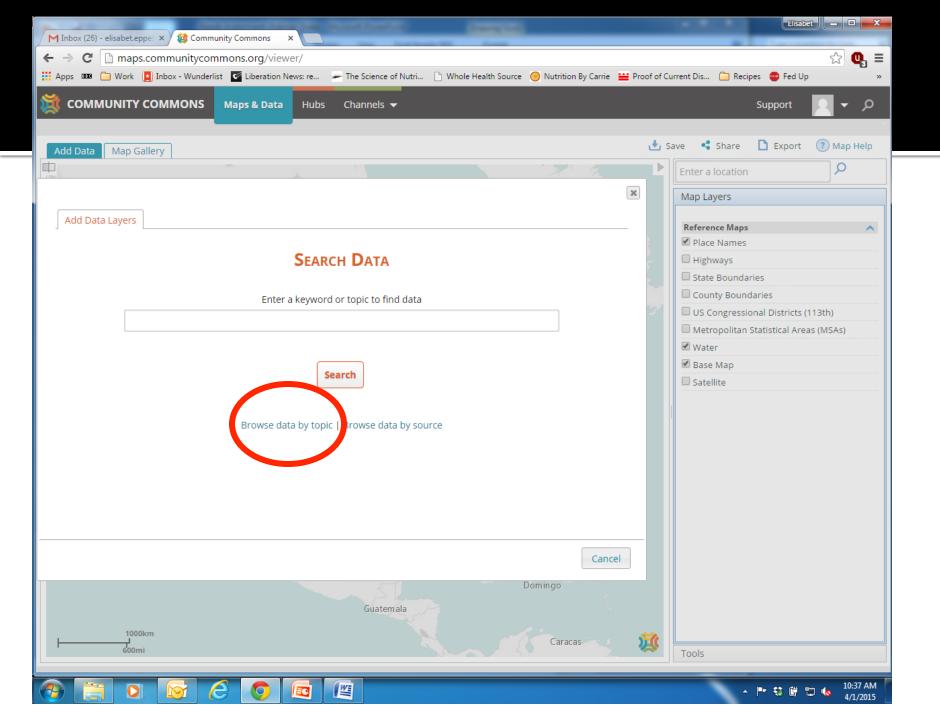
- Grocery store access (required)
- WIC-authorized food store access (recommended)
- SNAP-authorized food store access (recommended)

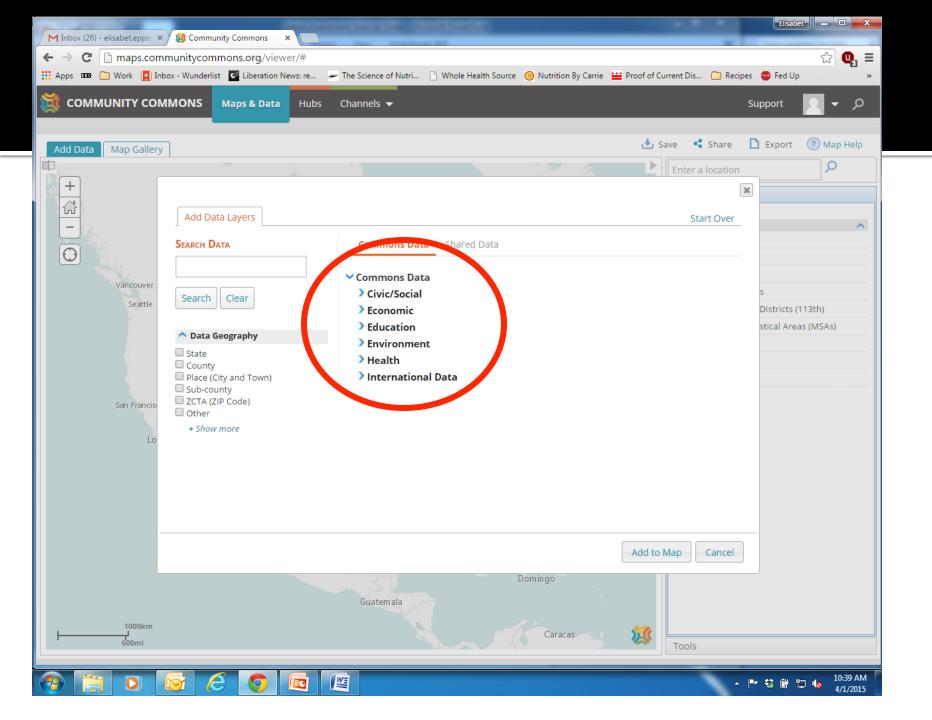
# Once you've customized the report...

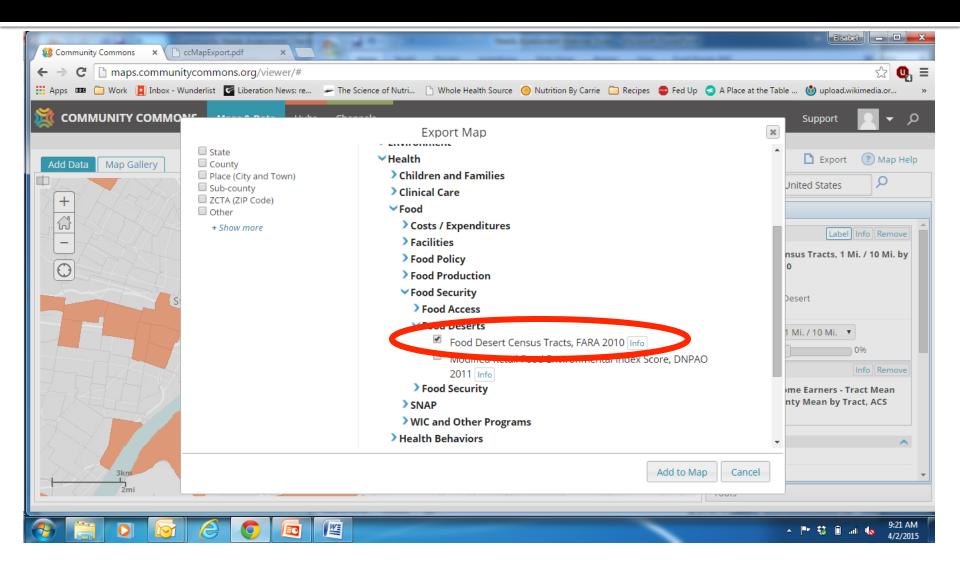


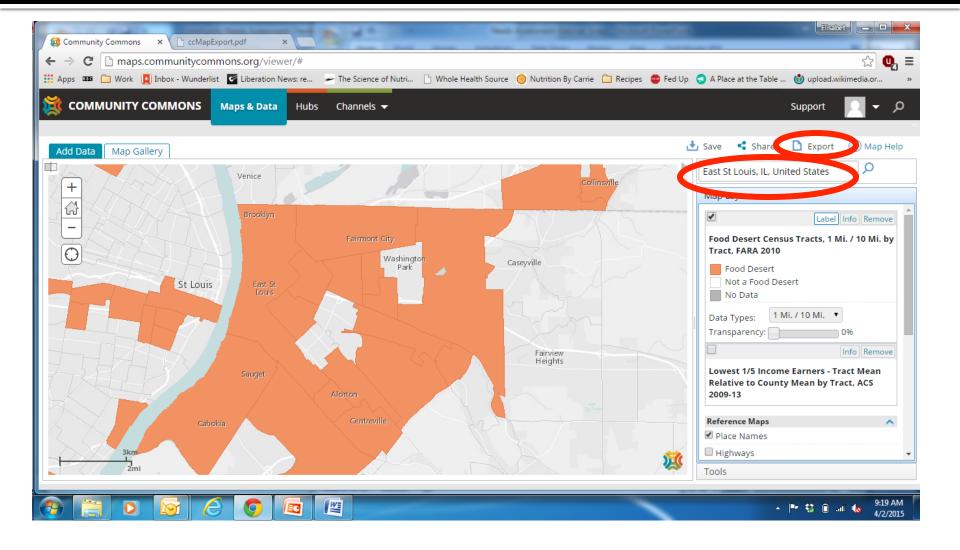
## Creating maps for certain indicators

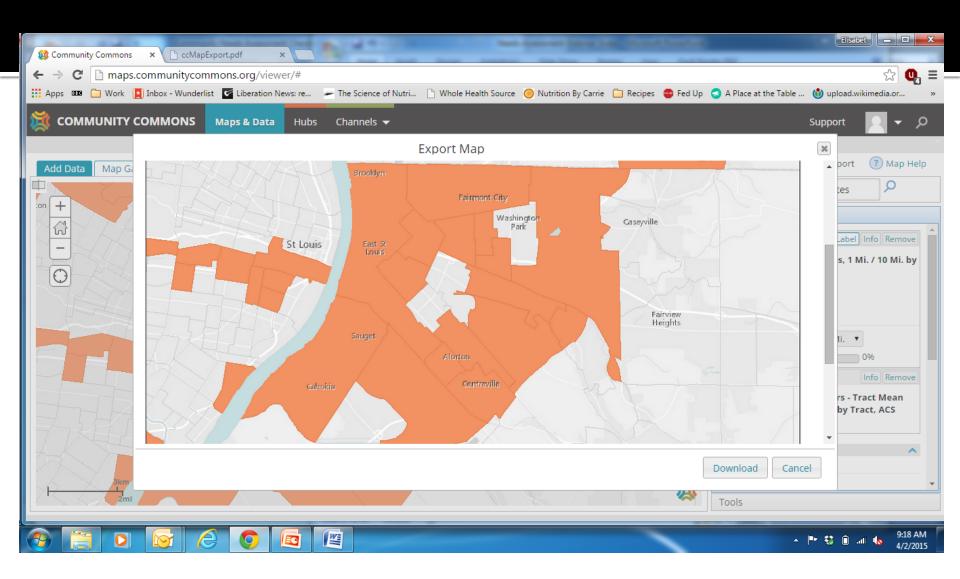












### Indicators to Map by Census tract, Zip Code Tabulation Area (ZCTA) or location – Needs

#### Demographic Information

Predominant Race/Ethnicity by Block Group

#### Socioeconomic Need

 Lowest 1/5 Income Earners-Tract Mean Relative to County Mean by Tract

#### Healthy Food Needs

- Food deserts
- Population with limited food access by Census tract
- Fast food restaurant rate
- Households receiving SNAP benefits

#### Healthcare Needs

 Access to pediatrics physicians (note: only indicator listed here that is by county rather than tract)

### Indicators to Map by Census tract, Zip Code Tabulation Area (ZCTA), or location – Resources

#### Healthy food resources

- Grocery stores and supermarkets rate
- SNAP-authorized retailers
- Number of farmers' markets
- Number of farmers' markets accepting WIC/WIC cash
- Number of farmers' markets accepting SNAP
- Convenience stores (without gas) rate per 100,000 population

#### Healthcare Resources

- Number of local hospitals
- Number of FQHC's
- Number of school-based health care centers

In other words, you will end up with at least 16 maps.

# We will provide a Needs Assessment Checklist

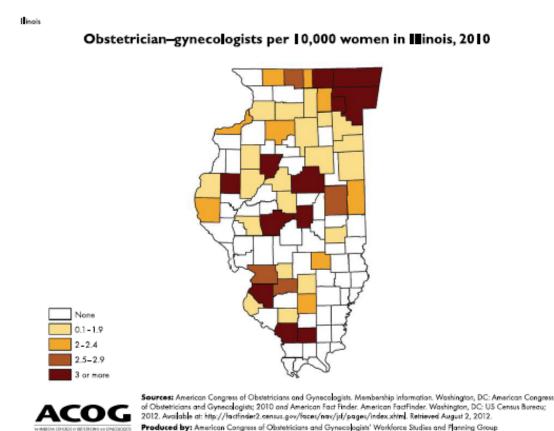


#### This includes:

- All of the indicators you are expected to run a report on
- At what geographic level (county or Census tract)
- Whether you should research indicators in terms of statistics or maps

# Is your Community in an OB-GYN shortage area?

- ACOG's
   Obstetrician Gynecologist
   Distribution
   Atlas
  - By state and by county
- We will provide you with the Atlas (a PDF document)



## WIC Population Indicators

- Sources: local WIC agency, state WIC agency
- Required: monthly participation by category (prenatal, breastfeeding, postpartum, infant, child)
- Recommended:
  - Race and ethnicity of participants
  - % migrant participants
  - Income, e.g. below poverty level, above poverty level

## WIC Population Indicators Cont'd

- Recommended (continued)
  - % enrolled in Medicaid, SNAP, TANF, other programs
  - Predominant nutritional risks, e.g. overweight, anemia, diabetes, poor diet (for women categories and infant/child categories)

## Surveying Your WIC Participants

- Adds participant perspectives to the WIC indicators
- Non-sensitive data; provided anonymously (no individual identifiers)
- Formats:
  - Paper survey at WIC site
  - Interactive survey at WIC site, e.g. card sort
  - Paper survey mailed out
  - Phone survey
- Approximately 20 participants per WIC office
- Include 4 required questions; o-3 additional questions

## Required Questions

- Questions about shopping/stores:
  - 1. A. Where do you usually shop for your WIC foods?
    - B. Why do you shop there? (check all that apply)
    - Closest to where I live
    - They have a good selection of foods
    - ☐ The food is good quality
    - ☐ It's the only store I can get to
    - ☐ The people who work there are helpful, friendly
    - Other, describe:\_\_\_\_\_

### Required Questions

- Questions about shopping/stores:
  - Please indicate if you strongly agree, agree somewhat, neither agree nor disagree, disagree somewhat, or strongly disagree with this statement: "There is a variety of fresh fruits and vegetables at the store where I shop." (check one response)
    - Strongly agree
    - Agree
    - Neither agree nor disagree
    - Disagree
    - Strongly disagree

## Required Questions

#### • Questions about healthcare:

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3.	Check all of the following statements that apply to you.  I have a hard time finding a healthcare provider for myself or my family.  I don't have insurance or a way to pay for healthcare.
	<ul> <li>I don't have transportation to get to an appointment for healthcare.</li> <li>I can't make an appointment for healthcare because I can't get through on the phone.</li> </ul>
	My healthcare provider doesn't understand my culture.
	My healthcare provider doesn't speak my language.
	My healthcare provider doesn't understand my health issues.
4.	Please indicate if you strongly agree, agree somewhat, neither agree nor disagree, disagree somewhat, or strongly disagree with this statement: "My doctor/healthcare provider understands me and my health concerns." (check one response)
	□ Strongly agree
	□ Agree
	Neither agree nor disagree
	□ Disagree
	Strongly disagree

### **Optional Questions**

#### • Questions about shopping/stores:

Are there any WIC foods listed below that you often do not buy because they are not available at the store(s) where you shop? (check all that apply)

- ■Nonfat or 1% Milk
- Eggs
- ■Whole grain bread
- Fruits
- Vegetables
- ■No, I buy all of the WIC foods

### **Optional Questions**

• Questions about shopping/stores:

Please indicate if you strongly agree, agree somewhat, neither agree nor disagree, disagree somewhat, or strongly disagree with this statement: "The fresh fruits and vegetables at the store where I shop are of good quality." (check one response)

- ☐Strongly agree
- □Agree
- Neither agree nor disagree
- Disagree
- ☐ Strongly disagree

### **Optional Questions**

- Question about buying/using fruits and vegetables:
  - Please sort these cards into three piles: Not a problem, sometimes a problem, always a problem
    - Finding good quality fresh fruits and vegetables where I shop.
    - Finding fresh fruits and vegetables that my family like to eat.
    - Knowing how to prepare and serve fresh fruits and vegetables.
    - Using fresh fruits and vegetables before they go bad.
    - Having enough money to buy fresh fruits and vegetables
    - Getting to the store that sells fresh fruits and vegetables (don't have transportation).
    - Getting to a farmers' market when it's open.
    - Finding farmers' markets in my area.
- There are additional optional questions in the checklist document that will be shared with you.

#### Develop a list of potential partners

- These could be from a large number of different sectors in the community. Here is a good place to start in developing this list:
  - Is there a local Cooperative Extension office?
  - List of local healthcare/public health organizations
  - List of local faith-based organizations
  - List of local nutrition/anti-hunger organizations
  - YMCA? United Way? Head Start?

#### Turn the data into a Narrative

Turn the needs and resources data into a narrative of at least three paragraphs.

- Paragraph one: Describe the needs of the general population of your community;
- Paragraph two: Describe the needs of the WIC population that your agency serves;
- Paragraph three: Describe the resources in your community.

If there are additional components of your assessment, those can also be integrated into your narrative

Due to NWA by Thursday, April 21, 2016

#### There's a lot of data out there...

Because we have a relatively short time frame for this assessment, it's important to stay focused and just collect the data that will be particularly relevant to this project and to the strategies you plan on pursuing.

This list of required assessment components is meant to help you stay focused.

However, if you have the time and are very motivated to conduct a thorough assessment, you have the option of pursuing a number of additional data-gathering activities.

# Community Needs Assessment STEP 3

#### STEP 3. Gather optional data

- Environmental indicators
- Other WIC indicators
- Key informant interviews/focus groups

#### Optional Environmental Measures

- Nutrition Environment Measures Survey for Stores (NEMS-S) and Corner Stores (NEMS-CS)
- Research Your Community, powered by Policy Map (via the Healthy Food Access Portal)

#### **NEMS-S/CS**

- Validated tool for measuring the food environments in stores. There are ~11 different food measures which focus on availability of:
  - Healthful choices
  - Prices
  - Quality
- Depending on the type of store you're assessing, select the appropriate tool, found here: http://www.med.upenn.edu/nems/measures.shtml#nemss
- Assistance with implementation may be available

### NEMS-S/CS Cont'd

Nutrition Environment Measures Survey - Corner Stores (NEMS-CS)  Measure #4: VEGETABLES						
Rater ID: Date: Month D	ay Year Price	Store ID: Are VEGETABLES sold at this store? O Yes O No				
Produce Item		Available Yes No	Price Unit # pc lb	Quality Comments A UA		
1. Carrots	O 1 lb bag	0 0	\$ 0 0	o o		
2. Tomatoes	O Loose O	0 0	\$ 0 0	· ·		
3. Sweet Pepper	o Green bell	0 0	\$	· · · · · · · · · · · · · · · · · · ·		
4. Broccoli	0 Bunch	0 0	\$ 0 0	° °		
5. Lettuce	O Green leaf	0 0	\$	o o		

# Research Your Community, powered by Policy Map

- This interactive map helps you understand and describe the communities in which you are working to improve access to healthy foods
- Use this tool to identify farmers' markets and food retailers in your community
- Access this tool here:
   <a href="http://healthyfoodaccess.org/get-started/">http://healthyfoodaccess.org/get-started/</a>
   research-your-community

# Research Your Community, powered by Policy Map Cont'd

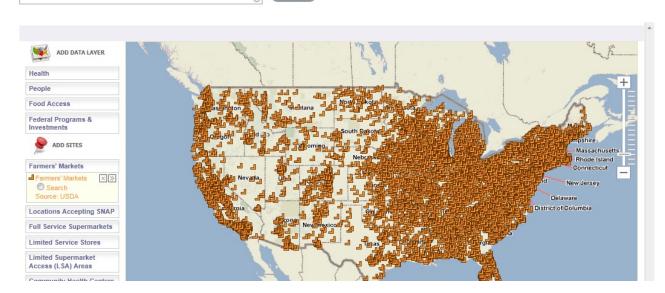
#### Research your Community

This interactive map helps you understand and describe the communities in which you are working to improve access to healthy foods.

View the Research Your Community: Virtual Training webinar archive for more information.

To get started, enter the name of a "State," "County/City/Town," or "ZIP Code" in the "Location" field above the map. Highlight the geography you wish to view and click "Submit". This action will display your area of interest outlined in orange and allow you to generate a report for that area. Next, select one of the options under "Add Data Layer" to the left of the map. Once a data layer is selected, you can use tool in several ways. See "How to Use the Tool" below for more information.

#### Location: Submit



### **Optional WIC Indicators**

- Select based on strategies and availability:
  - Breastfeeding rates, e.g. incidence, duration
  - % cash-value vouchers/benefits redeemed by participants in local agency and/or statewide
  - % Farmer's Market Nutrition Program coupons redeemed by participants in local agency and/or statewide
  - Predominant WIC-authorized stores used by participants
  - Predominant sources/providers of healthcare
  - % participants who don't have a healthcare provider

### Optional Qualitative Measures

 Interviews with stakeholders, "Unlikely Leaders", influential groups/individuals

Focus Groups

#### Interviews

- Purpose: To obtain more in-depth input on community-related food and chronic disease issues
- Interviewees may be possible candidates for coalition
- Suggestions for WHO to interview:
  - Small store owner or manager
  - Farmers' market coordinator or manager
  - Food bank manager
  - School nurse and/or food service manager
  - Healthcare provider and/or hospital representative
  - Clergy
  - Large businesses/employers

#### **Interview Questions**

- Sample question about fruits/vegetables (for store owners):
  - What challenges do you face in obtaining fresh fruits and vegetables from your wholesaler/distributor?
  - Where do you store and display the fresh fruits and vegetables? Do you have adequate space and equipment?
  - What problems do you have with selling fruits and vegetables? Which sell best and which have you had to throw away due to spoilage?

#### Interview Questions

- Potential interview question about healthcare (for healthcare providers):
  - What barriers do low-income families face in obtaining preventive healthcare services within your network/community?
  - What ideas do you have for increasing access to healthcare for low-income families?

#### Focus Groups

- Requires expertise in moderating group discussions and time-intensive planning and review of information collected
- NOT RECOMMENDED as an optional assessment method given the short timeframe for this project, unless you have access to trained focus group staff

# Community Needs Assessment STEP 4

#### STEP 4. Develop action plan

- Identify gaps
- Assess internal capacity and opportunities
- Plan intervention

### From Data Gathering to Planning-Key Steps

- Identifying gaps
- Building on existing efforts
- Maximizing resources through coordination
- Clarity in roles and responsibilities

## From Data to Planning-Selecting Interventions

- Was initial thinking correct?
- What options are available?
- New interventions or building on existing?
- Direct intervention or reinforcement?
- Putting the puzzle together

## Example: Farmers Markets and the Food Environment

- Client data shows low rates of fruit and vegetable consumption in population
- Environmental data shows lack of stores selling fruits and vegetables
- Gap analysis shows that SNAP Ed is trying to encourage farmers markets in target neighborhoods
- Farmers Market Association has criteria for economic viability of markets- WIC is critical

# Example: Farmers Markets and the Food Environment/Intervention

- Promote change in State policy related to allowing farmers markets to redeem WIC CVV/CVB
- Apply for WIC Farmers Market program
- Coordinate with SNAP Ed on nutrition education messaging around use of farmers markets
- Joint WIC/SNAP booth at farmers market
- Review data to ensure success

## Community Needs Assessment STEPS

#### STEP 1

Define your target population

#### STEP<sub>3</sub>

Gather optional data









#### STEP 2

Gather required data

#### STEP 4

Develop an action plan

### **Questions/Discussion**