

Creating and Submitting Healthy Congregations Needs Assessment & Plans

Healthy Congregations Needs Assessment: Process to help congregations identify their greatest area(s) of need in each of the four quadrants of wholistic health:

- Spiritual Health
- Physical Health
- Mental/Emotional Health
- Social Health

Data Resources:

County Health Rankings: <http://www.countyhealthrankings.org/>

Kansas Health Matters: www.kansashealthmatters.org

Nebraska Behavior Risk Factor Surveillance System (BRFSS):
http://dhhs.ne.gov/publichealth/Pages/brfss_index.aspx

Kansas Information for Communities (KIC) Fast Stats, Kansas BRFSS, & other data: <http://kic.kdheks.gov/fs1.html>

Community Health Status Indicators (CHSI):
<http://wwwn.cdc.gov/communityhealth>

Community Health Assessment (CHA) and Community Health Improvement Plan (CHIP): contact local health department

Congregational Poll or Survey:

Tips: Keep it simple –

- ask only what you NEED to know and avoid the NICE to know questions
- Limit the number of questions to 10 or less
- Test your questions (You may know what you want to know, but you need to be certain that your questions actually ask for that information!)
- Resources: <http://support.poll daddy.com/creating-a-poll/>;
<http://support.poll daddy.com/create-a-survey/>

Poll – asks one multiple choice question and participants choose from among the answers that you predefine

- Can allow voters to select just one or multiple answers
- Can add “other” field and allow write-in answers

Survey – asks multiple questions and may include different types of questions

- Yes/no
- Multiple choice
- Rating
- Ranking

Creating Your Plans

Overall Healthy Congregations Goal: Establishes the overall direction for and focus of your congregation’s program for the next 3-5 years; The ultimate outcome your team wants to accomplish through a combination of activities

- Short, simple sentence or phrase
- Behavioral, environmental or policy-focused
- Describes “*what it will look like if we get it right*”

Examples:

- Congregants will engage in more intentional physical activity
- Congregants will eat a healthier diet
- Congregants will be more engaged in congregational activities
- Congregants will be more satisfied with their spiritual lives
- Congregants will visibly support one another
- All congregation members will have options for healthy choices for food and physical activity through the church
- Our teens will find support and growth through the church
- Our congregation will redefine healthy living as our cultural norm

Outcomes-Based Objectives: what will happen as a result of your team’s activities, not the activities themselves.

- measurable, specific outcomes that will lead toward long-term goals
- define what change your congregation will try to achieve as a result of the program/initiative.
- Define:
 - + what will change,
 - + by how much, and
 - + by when.

Outcome Objectives Should be SMART:

- ✗ S – Specific
- ✗ M – Measureable
- ✗ A – Attainable
- ✗ R – Realistic/Relevant
- ✗ T – Time bound

Examples of SMART Objectives in Spiritual Health Focus Area:

- * By July of next year, the number of congregants reporting that their spiritual health is improved will increase by 20%.
- * By July of next year, participation in worship and other spiritual activities in the congregation will increase by 10%.
- * By July of next year, the number of opportunities for individual or group worship and/or prayer in our congregation will increase by 25%

Examples of SMART Objectives in Mental/Emotional Health Focus Area:

- * By July of next year, the number of congregants reporting that they are coping with the stress in their lives “well” or “somewhat well” will increase by 5%.
- * By July of next year, the percent of congregants reporting that they are “satisfied” or “very satisfied” with the quality of their lives will increase by 5%.
- * By July of next year, at least 25% of program participants will report that their communication with family members has improved.

Examples of SMART Objectives in Social Health Focus Area:

- * By July of next year, the number of congregants who report that they have friends and/or family members with whom they can share problems and get help if needed will increase by 5%.
- * By July of next year, at least 50% of registered congregants will have participated in at least 2 social events sponsored by the congregation during the last year.
- * By July of next year, at least 35% of congregants will report that they engage in a family meal around a table at least 3 days per week.

Examples of SMART Objectives in Physical Health Focus Area:

- * By July of next year, the number of congregants reporting that they engage in at least 30 minutes of physical activity at least 5 days per week will increase by 20%.
- * By July of next year, the number of congregants who report that they eat at least 2 fruits and 3 vegetables at least 5 days per week will increase by 10%.
- * By July of next year, 50% of the food and beverages offered at church events will meet healthy foods guidelines.

Develop Your Plan of Action

Example of HC Plan in Spiritual Health Focus Area:

Goal: Our congregation will redefine healthy living as our cultural norm

SMART Objective: By July of next year, the number of congregants reporting that their spiritual health is improved will increase by 20%.

Activities:

By June of next year, our congregation will have at least three additional opportunities for non-traditional worship and/or prayer in place for our congregants (prayer groups, bible study groups, small discussion groups, non-traditional worship services, etc.)

By June of next year, our congregation will have constructed a prayer labyrinth on church property and provided at least three opportunities for congregants and community members to learn about how they can utilize it to enhance their spiritual health.

By June of next year, our congregation will have facilitated at least three sessions of the *Health Through Faith and Community* discussion series for congregants and community members.

Example of HC Plan in Mental/Emotional Health Focus Area:

Goal: Our congregation will redefine healthy living as our cultural norm

SMART Objective: By July of next year, the percent of congregants reporting that they are “satisfied” or “very satisfied” with the quality of their lives will increase by 5%.

Activities:

By June of next year, our congregation will have developed and hosted at least four social events for congregants that emphasize fun intergenerational activities, healthy eating, and physical activity.

By June of next year, our congregation will have developed and implemented a plan of intentional interaction with shut-ins and members who are not involved in the church community outside of worship.

By June of next year, our congregation will have at least three additional opportunities for non-traditional worship and/or prayer in place for our congregants (prayer groups, bible study groups, small discussion groups, non-traditional worship services, etc.).

Example of HC Plan in Social Health Focus Area:

Goal: Our congregation will redefine healthy living as our cultural norm

SMART Objective: By July of next year, at least 35% of congregants will report that they engage in a family meal around a table at least 3 days per week.

Activities:

By June of next year, our congregation will have collaborated with our County Extension FACS agents to offer at least four cooking and meal planning classes with tasting that feature healthy, low-cost options for families.

By June of next year, our congregation will have hosted at least four discussions with a local expert on communications, including *talking with teens, how to talk to your parents for kids 12 and younger, how to talk to your parents for kids 13 and older, and how to talk to your siblings and peers.*

By June of next year, our congregation will have sponsored at least 6 “shared meals in your own home” events where we will distribute simple recipes and ingredient lists for a crockpot meal and ask all families in the congregation to prepare and enjoy the meal on the same day.

Example of HC Plan in Physical Health Focus Area:

Goal: Our congregation will redefine healthy living as our cultural norm

SMART Objective: By July of next year, 50% of the food and beverages offered at church events will meet healthy foods guidelines.

By September of this year, our team will have consulted with our county Extension FACS agent to obtain possible criteria for healthy foods and adopted criteria that we will use to adopt healthy a food policy in our congregation.

By December of this year, we will have developed and adopted a plan for integration of healthy options into all food events sponsored by the church.

By June of next year, the menus for our vacation Bible school will have been developed with intentional omission of all sugar-added beverages, inclusion of at least three servings of fruit and vegetables daily, and no fried foods.