

Healthy Congregations Needs Assessment



Date: _____

Instructions: In each category below, identify areas of need for your congregation. Some resources you may use to identify needs in your community are provided in the right column. Once you have identified needs in each area, rate the top need for each category to determine the highest priority to focus your efforts for the upcoming grant year. Use the scale on the left (1-4, where 1=low and 4=critical). Then select the top priority area you want to address this year and complete the two questions at the bottom of the page.

Category:	Area(s) of Need Identified:	How did you identify this need?
Physical Health 1 2 3 4	Examples: Poor food options in community, sedentary lifestyles. Food desert. Lack of opportunities for physical activity. Reinforcing poor nutrition through church events (no healthy options).	Check all which apply: <input type="checkbox"/> kansashealthmatters.org <input type="checkbox"/> County health department <input type="checkbox"/> Local hospital data/consult <input type="checkbox"/> Community health assessment <input type="checkbox"/> Congregational poll <input type="checkbox"/> Committee/Focus Group <input type="checkbox"/> Community Needs Survey <input type="checkbox"/> Congregational survey <input type="checkbox"/> Other _____
Social Health: 1 2 3 4	Examples: Poor relationships within the congregation, congregation does not engage outside community or conduct outreach.	<input type="checkbox"/> kansashealthmatters.org <input type="checkbox"/> County health department <input type="checkbox"/> Local hospital data/consult <input type="checkbox"/> Community health assessment <input type="checkbox"/> Congregational poll <input type="checkbox"/> Committee/Focus Group <input type="checkbox"/> Community Needs Survey <input type="checkbox"/> Congregational survey <input type="checkbox"/> Other _____
Mental Health: 1 2 3 4	Examples: Lack of available resources, high stress in community due to aging population.	<input type="checkbox"/> kansashealthmatters.org <input type="checkbox"/> County health department <input type="checkbox"/> Local hospital data/consult <input type="checkbox"/> Community health assessment <input type="checkbox"/> Congregational poll <input type="checkbox"/> Committee/Focus Group <input type="checkbox"/> Community Needs Survey <input type="checkbox"/> Congregational survey <input type="checkbox"/> Other _____
Spiritual Health: 1 2 3 4	Examples: Waning membership, lack of involvement in scheduled activities (no volunteers)	<input type="checkbox"/> kansashealthmatters.org <input type="checkbox"/> County health department <input type="checkbox"/> Local hospital data/consult <input type="checkbox"/> Community health assessment <input type="checkbox"/> Congregational poll <input type="checkbox"/> Committee/Focus Group <input type="checkbox"/> Community Needs Survey <input type="checkbox"/> Congregational survey <input type="checkbox"/> Other _____

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What area of need identified above will you address during this Healthy Congregations plan year?	
How will you measure success? (i.e. how will you know if it worked?)	

SAMPLE



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Resources: Below are some possible strategies to help you reach your goal.

These are not suggestions, just possibilities.



Physical:

- Beneficial eating, exercising, resting
- Disease prevention & management education
- Health Screening Promotion
- Healthy facility (building accessibility, healthy meals, etc.)
- Nutrition education
- Hosting, encouraging involvement in and/or contributing to community activities/sports/clubs
- Personal Health Goals (setting, support through fellowship, etc.)
 - Aerobics class
 - Exercise buddies
 - Stop Smoking support/clinic

For more information on physical health best practices visit:

<http://www.kansashealthmatters.org/index.php?controller=index&module=PromisePractice&action=index>

Spiritual:

- Spending time in nature
- Expanding spiritual self through meditation, music, art, prayer, service
- Spiritual Care (Services of prayer/healing, prayer group, prayer walk)
- Theological foundations of wellness (workshops, classes through the church – e.g. **Prayer/Meditation Class**)
- *For more information on spiritual health best practices visit:*

<http://www.gallup.com/poll/6370/Driving-Factor-Behind-Spiritual-Health.aspx>

Social:

- Marriage & Relationship Education
- Making social and meaningful connections with others
- Life planning
- Bereavement/card ministries
- Adopt-a-grandparent
- Engaging other congregations in healthy activities, relationships
- Celebrate diversity with other congregations/denominations/faiths

Mental:

- Parent/Child Education
- Learning, reading, writing, teaching
- Stress Management (seminars, classes, workshops)
- Raising awareness of community mental health needs
- Offering space to mental health professional to come on-site
- Offering early childhood social/emotional screening

More promising practices may be found here:

<http://www.kansashealthmatters.org/index.php?controller=index&module=PromisePractice&action=index>

Your church is a launching pad for community involvement. Involve health agencies, local doctors, experts in social and/or mental health, county health departments, extension offices, etc. (Examples include: Making your building available to providers, congregational involvement in community health planning, health ministries in conjunction with other congregations, etc.)