

Background

In 2008, responding to the high rate of diabetes in Chicago's Humboldt Park neighborhood, Northwestern Memorial Hospital (NMH) and its community partner organizations launched the West Humboldt Park Healthy Community Initiative (HCI) with the goal of developing an innovative approach to improving diabetes health outcomes by increasing access to nutrition education, physical activity programs, and access to care (screenings, enhanced specialty care). NMH funds eight free weekly/bi-weekly physical activity classes including Zumba, Yoga, Hip Hop Aerobics, Stepping, Kickboxing, Pilates and Line Dancing, and in order to ease the manual data collection process, in 2012 NMH created an electronic data collection tool. The tool proved to be cumbersome for end users, and in 2015, NMH partnered with a program evaluator to strengthen an approach for monitoring and evaluating fitness class attendance and outcomes of these classes. The purpose of this poster is to describe this monitoring approach and how it enables NMH to track program progress.

Methods

We conducted a review of program history, administration, and materials. Then, we developed a visual model that depicted the short, medium, and long-term outcomes of West Humboldt Park HCI Fitness Programming. (Figure 1).

Figure 1: Visual Model of Outcomes

Short Term → (Psychosocial)	Medium Term → (Behavioral)	Long-Term (Physical Activity & Health)
WHP residents <u>perceive</u> value in classes	WHP residents <u>attend</u> classes	WHP Residents <ul style="list-style-type: none"> • Have <u>positive feelings about PA</u> • Become more <u>physically active</u> • Report <u>improved health</u>

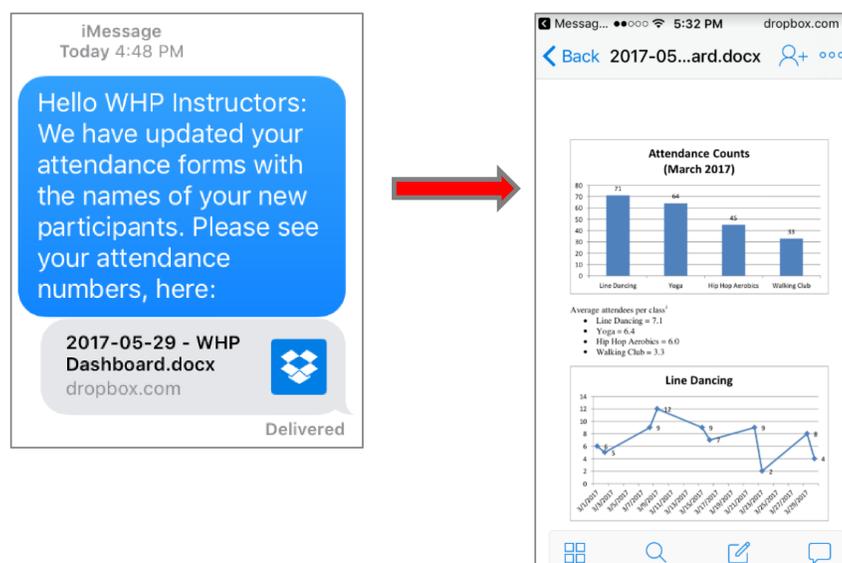
This visual model guided the development of a protocol to track attendance at fitness classes. The model also guided the development of a survey to assess long-term outcomes. This survey development involved a review of validated survey items and it involved developing/piloting original items.

Results

We developed a process for monitoring program implementation and outcomes that resulted in:

- An 11-step protocol for ensuring the timely collection of fitness class participation data using an online form
- A strategy to share attendance data with fitness instructors via text messages (Figure 2)

Figure 2: Text Messaging Sharing Fitness Data



We also developed a 10-item survey – The West Humboldt Park Wellness Survey – that examined psychological and behavioral factors related to engagement in physical activity (Table 1). The survey:

- Was piloted with 41 participants
- Is self-administered
- Takes approximately 5-7 minutes for participants to complete

This survey can be administered to monitor future program participation

Results

Table 1: West Humboldt Park Wellness Survey Questions

Type of Question (Number of Questions)	Variables	Source
Behavioral (N=2)	Days per week engaged in: <ul style="list-style-type: none"> • Moderate physical activity (PA for at least 20 minutes) • Vigorous physical activity (PA for at least 20 minutes) 	Behavior Risk Factor Surveillance System
	Typical attendance across 13 WHP fitness classes	Developed by initiative
Psychosocial (N=1)	Agreement with WHP classes having a positive effect on health (1=Strongly Disagree to 5 = Strongly Agree)	Developed by initiative
Demographic (N=5)	<ul style="list-style-type: none"> • Zip Code • Sex • Age • Ethnicity • Race 	U.S. Census Bureau
Open-ended (N=2)	<ul style="list-style-type: none"> • Effects of WHP classes on feelings about physical activity • Perceptions of how WHP classes affect health 	Developed by initiative

Conclusions

- The development of a monitoring and evaluation approach can:
- Help ensure effective program implementation and strengthen the bridge between hospitals, community partners, and community residents
 - Guide the promotion of healthy initiatives to prevent chronic disease
 - Ensure effective goal setting

Future work involves continuing to disseminate data with community partners and improving the programming offered to residents of the West Humboldt Park neighborhood.