WORK GROUP

ON HEALTH PROMOTION & COMMUNITY DEVELOPMENT

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Susan Lloyd
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Dear Susan,

Attached for your review is a copy of a newly revised "Neighborhood Concerns Index" that could be used with the Concerns Report process in Grand Boulevard and other neighborhoods. Also attached is a brief report that summarizes the Concerns Report method.

Briefly, there are five steps in the Concerns Report process. First, a working group of representative people (e.g., young, old, low-income, gender diversity) meets to select about 20 items for a unique concerns survey. In addition, for the Grand Boulevard application, we recommend that the "partners'" be given the opportunity to add about 5 items to reflect their interests. Similarly, we recommend that the BCC work group select 5-10 items to appear in common across neighborhoods. We suggest about 35-40 items total.

The "concerns index" provides a starting place for the conversation. Of course, each working group is free to modify items or substitute new ones. This index reflects all of the goals that we have heard in the Grand Boulevard neighborhood (and some that might be relevant to other neighborhoods). We aim to refine this index with input from the partners and those at the BCC.

Questionnaire items inquire about "importance" of the issue and "satisfaction" with it. Sample items might read:

	How IMPORTANT is it to you that...	How SATISFIED are you that...
Neighbors care about and look after one another.	not 0 1 2 3 4 very	not 0 1 2 3 4 very
Our schools work well.	not 0 1 2 3 4 very	not 0 1 2 3 4 very
Adequate housing is available and affordable.	not 0 1 2 3 4 very	not 0 1 2 3 4 very

Second, questionnaires are distributed to as many people as possible (not random sampling, since this is a development tool meant to gives voice to lots of people). Strategies include door-to-door canvassing, neighborhood and church newsletters, agency-based distribution (e.g., clients of welfare and employment agencies), and where people normally gather (e.g., congregate meal sites, church basements).

Third, questionnaire responses are compiled and analyzed. A brief report highlights RELATIVE STRENGTHS (i.e., items of relatively high importance and high satisfaction) and RELATIVE PROBLEMS (i.e., items of relatively high importance and low satisfaction). We have developed software that is used for data entry and analysis.

Fourth, one or more public meetings are held to discuss and clarify the findings. Facilitators inquire about: 1) the meaning of issues (e.g., Why is this issue a strength? A problem? Who does it affect? How?) and 2) alternatives that the community might pursue to address the issue.

Finally, follow-up meetings in which those interested in the issues can work together to address them. For example, in some communities (see attached report from AJPH), members of the initial working group awarded microgrants ($500-1,000) to support grassroots efforts and develop new leadership for community problem solving.

If applications are conducted in multiple neighborhoods, it is possible to aggregate concerns data and qualitative information to capture "common concerns" across neighborhoods. Of course, this process (with relevant indices) can be used in a variety of community contexts including with people who share a common: 1) place (e.g., political district, public housing), 2) work situation (i.e., attending school, on welfare-to-work jobs), or 3) experience (e.g., youth, families, on public assistance).

We look forward to the discussion about how the Concerns Report process might be used to help build capacity in Grand Boulevard and other low-income neighborhoods.

Warm regards,

Stephen B. Fawcett, Ph.D.

Professor & Director

AMERICAN
JOURNAL
OF
Public Health reprint

Assessing Community Health Concerns and Implementing a Microgrant Program for Self-Help Initiatives

Although the value of giving voice to the community health concerns of marginalized groups is acknowledged, few practical methodologies for doing so are

available. Similarly, despite recognition that even modest resources can stimulate grassroots initiatives, few demonstrations of this leveraging process have been reported. This note describes the involvement of the Work Group on Health Promotion and Community Development at the University of Kansas in designing and implementing two innovations: a process for assessing community health concerns and a microgrants program to encourage self-help initiatives.

In January 1990, portions of the Concerns Report Method[1] were modified to identify strengths and problems in the community related to public health and alternatives for improvement. This process was implemented to identify the health concerns of low-income people in Lawrence, Kan (population 65 608), and surrounding Douglas County (population 81 798). This was the first application of the Concerns Report Method to assess community health concerns.

The Concerns Report Method involves several steps. First, members of a consumer working group—in this case, low-income clients of local health and human service agencies—review a menu of potential issues (e.g., availability of affordable medical and dental treatment). The working group selects, adapts, or creates approximately 30 items to appear on a unique concerns survey. Item categories currently include acquired immunodeficiency syndrome (AIDS) and sexually transmitted diseases, alcohol and substance abuse, adolescent pregnancy, cancer, cardiovascular disease, injury prevention, mother and child health, smoking and tobacco use, basic health issues, and domestic violence. For example, one item related to substance abuse reads: "programs to help people quit smoking are available and affordable." The selected items form a self-administered questionnaire which is set at approximately a fifth-grade reading level.

Second, the questionnaires are distributed through local health and human service agencies. Respondents rate each item on its importance and their satisfaction with it. A formula is used to report percentage importance and percentage satisfaction. Items rated high in both importance and satisfaction are considered relative strengths; those high in importance and low in satisfaction, relative problems. Third, the questionnaire responses are compiled and analyzed and a report of the findings is prepared and distributed to health and human service agencies, city officials, and other interested or-

ganizations. Finally, a public meeting is held to discuss identified strengths and problems and generate alternatives.

In this application of the Concerns Report Method, we collaborated with representatives of local human service agencies and organizations. Participants included representatives from the local United Way agency, the county health department, local poverty agencies, an agency serving people with disabilities, the county AIDS task force, an organization working on the prevention and treatment of drug and alcohol abuse, the Council on Aging, the local women's shelter, and the local Visiting Nurses Association. Participants had an interest in specific health issues (e.g., drug and alcohol abuse, adolescent pregnancy, or AIDS), contact with low-income persons, or both. This group—calling itself the Douglas County Coalition on Community Health Concerns—agreed to sponsor a survey to assess the strengths and problems of the county related to community health.

The survey of community health concerns was a volunteer effort. Representatives of the Douglas County Coalition on Community Health Concerns donated their time and resources to photocopy and distribute the survey. Staff at the Work Group collected the surveys, analyzed the data, and prepared and distributed the final report free of charge (the report normally costs approximately 50 cents per completed questionnaire).

The survey was distributed through local health and human service agencies and during distribution days for commodity food programs and the county health department's Women, Infants, and Children Program. Agency representatives and staff from the Work Group invited people to complete the survey. Approximately 300 people completed the survey (the actual response rate is unavailable). The majority of respondents were women with household incomes of less than $10 000 a year. Most respondents were working poor, reporting at least some earnings from jobs.

Major problems identified by the survey included a lack of affordable health insurance (88% importance, 41% satisfaction), medical and dental treatment (90% importance, 42% satisfaction), quality day care (86% importance, 49% satisfaction), and community programs to help pregnant women avoid drugs and alcohol (86% importance, 59% satisfaction). Some relative strengths included the availability of a 911 number for reporting accidents and getting immediate help (92% importance,

77% satisfaction), people's knowledge of the major causes of heart disease (88% importance, 70% satisfaction), and the fact that the schools educate students about the effects of alcohol and drug abuse (90% importance, 66% satisfaction).

Public meetings were held to discuss with Coalition participants and members of the community the issues identified and possible solutions. For example, in response to the lack of affordable health insurance for all people in the community, alternatives identified during the public meetings included purchasing insurance through a broker to get less expensive health insurance, developing a group plan for the medically indigent, and establishing state-funded subsidies for doctors who treat low-income people. In response to the lack of affordable community programs to help pregnant women avoid drugs and alcohol, the alternatives generated included posting signs to advertise available programs and establishing peer counseling programs.

A direct benefit of this application of the Concerns Report Method was the formation of a local health concerns coalition. This group, composed mainly of consumers, was formed to address several identified health issues; its initiatives included a breast cancer awareness campaign and the development of a local detoxification house for alcohol and drug abusers.

The Work Group on Health Promotion and Community Development secured $10 000 from the Kansas Health Foundation (formerly the Wesley Foundation) of Wichita, Kan, to field-test a microgrant program. The program was intended to fund small self-help projects designed to address selected health issues identified through the Concerns Report Method. The funds were awarded to the United Way of Douglas County, which disbursed funds and administered the program. The Work Group solicited proposals, coordinated proposal reviews, and provided technical support for microgrant applicants and grantees throughout all phases of the program.

The microgrants program awarded grants to informal and formal organizations addressing defined community health concerns compatible with the Foundation's primary areas of health promotion and disease prevention: cardiovascular disease, cancer, substance abuse, and maternal/infant care. Priority was given to proposed self-help projects, those with significant involvement by community members experiencing the health problem (e.g., an adolescent pregnancy program led by teenaged

mothers), and projects that encouraged collaboration among community members and organizations.

The community health modification of the Concerns Report Method is a process for setting local agendas for health promotion. As a complement to epidemiologic methods, the method can be used to identify community health concerns of relatively disadvantaged and marginalized groups. The microgrants program provided modest resources to help people affected by health concerns to address them. When used in conjunction with the Concerns Report process, the microgrants program provided a means for leveraging small self-help initiatives consistent with the priorities of marginalized

groups. These community health innovations enable consumers to be involved in health planning, contributing to their control over resources that affect their health and well-being. □

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Reference

1. Fawcett SB, Seekins T, Whang PL, Muiu C, Suarez de Balcazar Y. Involving consumers in decision-making. *Soc. Policy.* 1982;13: 36–41.

Neighborhood Concerns Index

Table of Contents

Categories and Items of the
Neighborhood Concerns Index

1.0 Children, Youth, and Families

1.1   Children in our community get the care they need.

1.2   Teens in our community get the support they need.

1.3   Parents mind what their children are doing.

1.4   Adults watch out for children not their own.

1.5   Youth watch out for each other.

1.6   Parents and guardian talk to their children about sex, drugs, and violence.

1.7   Teens discourage each other from getting into trouble.

1.8   Youth have plans for the future.

1.9   Children and families have decent food, clothing, and shelter.

1.10   Family members handle anger without violence.

1.11   Family members are affectionate and caring with each other.

1.12   Adults manage their children's in and outside of the home.

1.13   Daily chores are shared between family members.

1.14   Families participate in celebrations, cultural traditions, and activities together.

1.15   Families have enough money to meet their needs.

1.16   Families support each other.

1.17   Abstinence from sex by unmarried teens is encouraged in the family, community , and school.

1.18   Children are free from abuse and sexual assault.

1.19   Young people are involved in youth organizations in the neighborhood.

2.0 City Services and Government

2.1   Local government respond to, and meets the needs of this community.

2.2   City government helps make good things happen in the neighborhood.

2.3   Emergency vehicles, such as ambulance and fire, get to accidents and fires quickly.

2.4   Safe drinking water is available.

2.5   City policies serve the interest of people in this neighborhood.

2.6   Police respond to calls right away and with courtesy and respect.

2.7   Illegal dumping of trash and junk is handled well by the city.

2.8   Neighborhood streets are free from debris, potholes, and ice in the winter.

2.9   The zoning regulations and building codes are in the best interests this neighborhood.

2.10   Park improvements (i.e., shelter houses, playground equipment) are made.

2.11   Tax dollars are well spent in this community.

2.12   The library has a good selection of books and materials (magazines, tapes,)

2.13   We can get an ambulance whenever needed.

2.14   Waterlines are adequate for the community's need.

2.15   Trash is picked up.

2.16   Good fire protection is provided in this community.

2.17   The city storm sewer system is well designed and well maintained.

2.18   Basic utilities (lights, heat, phone) are available and affordable.

3.26   People in this city understand your problems and are willing to help.

3.0 Community Caring and Capacity

3.1   Neighbors care about and look after one another.

3.2   People talk to each other about what's going on in the neighborhood.

3.3   Local people know what matters to their neighbors.

3.4   People in the neighborhood work together to solve local problems.

3.5 Youth are involved in improving the community.

3.6 Adults are involved in improving the community.

3.7 Adults care for children not their own.

3.8 Community leaders are strong and serve the interests of the community.

3.9 People have voice and influence in things that matter to them.

3.10 This community adjusts to deal with what is happening.

3.11 Neighbors get to know each other.

3.12 People are organized to make a difference in this neighborhoods.

3.13 People here care about making this neighborhood a nice place to live.

3.14 Local organizations (like neighborhood associations) are effective in meeting needs.

3.15 Local organizations work well together in this community.

3.16 Youth and adults have close relationships with friends and neighbors.

3.17 Youth and adults volunteer in the community.

3.18 People vote during elections.

3.19 You and your family members are treated with respect by other people in the community.

3.20 People are good about helping each other.

3.21 You can personally affect important events in this community.

4.0 Culture and Spirituality

4.1 People are connected to people and things beyond themselves.

4.2 People bring out the best in each other.

4.3 Good values guide people in our neighborhood.

4.4 People reward each other for doing the right thing.

4.5   People cooperate with each other.

4.6   Elders are respected in this community.

4.7   People know the history of their family and culture.

4.8   Cultural history and activities are incorporated into neighborhood life (like school and religious programs).

4.9   Cultural programs and facilities are available in the area (museums, concerts, art shows, etc.)

4.10   Traditions and customs are taught and respected.

4.11   People's lives have meaning.

4.12   People practice their religion.

4.13   People have the moral courage to do what is right.

4.14   Leaders in our neighborhood have moral authority.

4.15   This community raises its children to be good people.

4.16   People consider what their actions mean for their children.

4.17   Neighbors fell a sense of belonging to each other and this place.

4.18   People connected to others around them.

4.19   Neighborhood people feel related to the larger city and society.

4.20   Elders communicate the lessons of our culture to the young.

4.21   Neighborhood leaders reflect the values of this community.

5.0 Education

5.1   Our schools work well.

5.2   Our youth learn basic skills (reading, writing, math) in school.

5.3   Students are stay in school and graduate on time.

5.4   Schools are safe and supportive places.

5.5   Teens have access to birth control and other health services through their school-based clinics.

5.6   Schools offer supervised activities before and after school.

5.7   Schools educate students about the effects of alcohol, drug abuse, teen pregnancy, and violence

5.8   School policies against drinking, using drugs, and possessing weapons on school grounds are strictly enforced.

5.9   School serve nutritious and affordable meals in their breakfast and lunch programs.

5.10   Schools provide education about pregnancy and the needs of the baby.

5.11   Schools connect youth with mentors to help them be successful.

5.12   Kids not doing well in school have support to improve (like tutoring).

5.13   Outreach services get dropouts back into schools.

5.14   Children are doing well in school.

5.15   Parents and guardians are involved in making schools better (like through PTA).

5.16   Parents and guardians know their children's teachers and visit their school on a regular basis.

5.17   Schools and teachers are doing a good job.

5.18   Teens learn skills to make good decisions and handle conflict, peer pressure, and stress.

5.19   Local colleges, universities, and technical schools are affordable and accessible.

5.20   Classes and workshops are available to community members to learn more about how to improve their community.

5.21   Local colleges and universities are responsive to and supportive of the community.

5.22   The schools provide many opportunities to influence school-related activities.

5.23   The community controls the schools.

5.24   The schools are sensitive and responsive to the wishes of the community.

5.25   The school is sensitive to ethnic and cultural differences.

5.26   Teachers are equally supportive with all students, regardless of their income, race, background, or sex.

5.27   Physical facilities for schools (playgrounds, buildings, educational equipment) are good.

5.28   It's easy for parents to talk with teachers and administrators in the schools.

5.29   Discipline is handled well in the schools.

5.30   You can get the education or training you need.

5.31   It is safe for students to walk to school.

5.32   The schools do a good job of teaching our young people how to be good citizens.

6.0 Elders and Independent Living

6.1   Older adults enjoy a good quality of life in our community.

6.2   Older adults can remain in their own home as long as possible.

6.3   Adequate nursing homes are available for older adults who need them.

6.4   Older adults (people over age 70) have adequate housing.

6.5   Older adults get flu and pneumonia shots and regular health screening.

6.6   Older adults have the opportunity to contribute to the lives of others.

6.7   Older adults get the kinds of treatment they need to recover from illness or injury.

6.8   Older adults connect with others (like through church, social events, and friendships).

6.9   Doctors, nurses, and pharmacists regularly review what medicines older adults are taking.

6.10   Friends, families, and neighbors help older adults (like with light chores, transportation, and house maintenance).

6.11   Older adults get enough nutritious food to eat.

6.12   Older adults get enough exercise.

6.13　Older adults avoid problems with alcohol.

6.14　There are opportunities for older adults to perform community service in many parts of our community.

6.15　People with physical disabilities get the support they need to live independently.

7.0　Health and Human Services

7.1　This is a healthy place to live.

7.2　Health insurance is available and affordable.

7.3　Children and adults get the vaccinations they need.

7.4　Basic health care, such as regular check ups, is available and affordable.

7.5　Drug treatment services are available and adequate.

7.6　People can get health screenings (like for breast cancer, heart disease).

7.7　Kids and adults get regular physical exercise.

7.8　Medical and dental treatment are available and affordable.

7.9　Emergency Medical Services are available.

7.10　People who need health care get it.

7.12　Home health care is available.

7.13　Adequate, safe temporary shelter is available to those who need it.

7.14　When you are referred to a service agency, you don't wind up on a wild goose chase looking for help.

7.15　Young people avoid unsafe sex (they are abstinent or use condoms).

7.16　People avoid doing things (having unsafe sex; using IV drug needles) that put them at high risk for HIV infection and AIDS.

7.17　You have or can get adequate clothing for yourself and your family for all seasons.

7.18   Young people who are sexually active can easily get condoms.

7.19   Affordable medical treatment is available to people who are HIV-positive or who have AIDS.

7.20   Welfare programs provide for those who really need help.

7.21   Service agencies in this community work well together, coordinating their activities.

7.22   People in this community can get help when they need it.

7.23   Health care providers are respectful and courteous.

7.24   Kids do not have access to drugs or alcohol.

7.25   Stores don't sell cigarettes to minors.

7.26   Billboards advertising alcohol and tobacco are limited.

7.27   Liquor stores are limited in number.

7.28   Pregnant women don't smoke, drink, or use other drugs.

7. 29   Pregnant women take care of their health by eating healthy foods, exercising, and receiving prenatal care.

7.30   Pregnant women and infants receive adequate medical care.

7.31   People have enough nutritious food to eat.

7.32   Houses are free of hazardous materials (like lead paint).

7.33   Child daycare facilities in this community are clean, safe, and attractive.

7.34   Landlords and homeowners install smoke alarms in rented apartments and homes.

7.35   People use safety belts when driving.

7.36   Nearby hospitals provide medical care to people without insurance.

7.37   Support groups are available for people who have a common concern (like mental illness, alcoholism, or HIV/AIDS).

7.38   There are enough affordable child day care facilities in this community.

7.39   Help is available for people with chronic health problems (like asthma or disabilities).

7.40   People have access to basic health care services, including dental, eye exams, and glasses as needed.

7.41   The community has enough affordable pharmacies.

7.42   Mental health problems are recognized and treated in our community.

7.43   People do not drink and drive.

7.44   Women are free from abuse from their spouses and mates.

7.45   Women are free from sexual assault.

7.46   The community's air is of good quality.

7.47   Firearms are kept out of reach of children.

7.48   People get good medical treatment after injuries.

7.49   Houses are free of roaches.

7.50   Parents of young children (age 6 or younger) do not smoke in the home.

7.51   Quality day care is available and affordable.

7.52   Medical and emergency room personnel treat victims promptly and with courtesy and respect.

7.53   Victims of domestic and gang violence get what they need (like shelter and counseling)

7.54   In an emergency (e.g., lost job, layoff, theft, etc.), you can get help to get back on your feet.

7.56   You can get legal assistance at an affordable cost.

8.0 Housing and Community Appearance

8.1   People are attracted to this neighborhood.

8.2   People take care of this place.

8.3   Adequate housing is available and affordable.

8.4   People keep their home and property clean and free of trash.

8.5   City codes for home and land maintenance are enforced.

8.6   Homes and apartments are painted and in good repair.

8.7   Absentee landlords maintain their properties.

8.8   Dilapidated houses and structures are torn down if they can't be repaired.

8.9   Vacant lots are not littered with trash and junk.

8.10   Street lights make it possible to see things at night.

8.11   Noise and loud music are kept to an accepted level.

8.12   Parks are kept clean and safe for public use.

8.13   Old junk cars and debris are removed from sidewalks.

8.14   The business district is attractive.

8.15   The entrances to the neighborhood are inviting and attractive.

8.16   Murals and public art help make the neighborhood attractive.

8.17   Billboards and signs don't make the neighborhood ugly.

8.18   Alleys and yards are free of trash.

8.19   Building and safety codes insure that houses in this community are safe.

8.20   People in this neighborhood are proud of it and make an effort to keep it attractive.

8.21   This neighborhood has enough decent and affordable rental housing.

8.22   This neighborhood has enough decent housing to buy.

8.23   Loans can be obtained for buying homes in this neighborhood.

8.24   The community has enough decent public housing.

8.25   Older homes are kept up.

9.0 Jobs, Business, and Economic Opportunity

9.1 People can get decent work.

9.2 Jobs are available in the community.

9.3 Young men have jobs.

9.4 Neighborhood businesses offer basic services (like banks and grocery stores).

9.5 Helpful training in job skills is available locally at low or no cost.

9.6 People have enough money to get by.

9.7 Business loans are available for those within the community.

9.8 Local development projects (like housing or construction projects) hire local people from the community.

9.9 Business owners are friendly and respectful of all customers.

9.10 Local businesses keep their property clean and safe.

9.11 Local businesses hire people from the community.

9.12 People in the neighborhood have the opportunity to make a good life.

9.13 People in the neighborhood can get access to resources outside the neighborhood (like loans).

9.14 The wealth of the community is growing.

9.15 Outside people invest in our neighborhood in ways that are helpful (like building affordable housing).

9.16 The business areas are not too noisy.

9.17 This community has a variety of good quality grocery stares.

9.18 In general, shopping in this neighborhood is convenient and pleasant.

9.19 There are enough well qualified professionals in the community (like lawyers, police, city workers).

9.20 Stores and businesses in this area maintain a welcoming and friendly atmosphere.

9.21   This community has enough good clean laundromats.

9.22   People in the neighborhood can get basic necessities at a reasonable cost.

9.23   Summer jobs for teenagers are available.

9.24   Business people can find qualified people from the neighborhood to hire.

9.25   Enough commercial structures and office space are available in this community (like store fronts, warehouses).

9.26   Financing is available to start or expand a business..

9.27   Jobs are open to all qualified people, regardless of race, age, sex, etc.

9.28   You can get food at affordable prices.

10.0 Recreation

10.1   Kids have safe and supervised places to go.

10.2   Youth clubs and organizations are available (like basketball leagues, Boy & Girl Scouts).

10.3   Nearby recreation facilities (like swimming pools and community centers) are available for people of all ages.

10.4   Neighborhood parks are kept clean and safe.

10.5   Walking and bicycle paths are available.

10.6   Youth have somewhere safe to meet with friends.

10.7   Interesting and well supervised youth programs are provided in this community.

10.8   The community provides a variety of good entertainment possibilities (movie theaters, dancing, sports events, fairs and festivals, restaurants).

10.9   Community parks and recreation areas are safe.

10.10 Neighborhood parks and recreation areas are well kept and attractive.

10.11 There are recreation facilities especially for children (like tot lots, wading pools, ball parks).

10.12 There are recreational facilities especially for teens (like after-school hangouts, basketball courts, a place for dances).

10.13 There are recreation facilities especially for adults (like basketball courts, swimming pool, ball fields).

10.14 This community is able to attract outside entertainment (like traveling music groups, well known entertainers).

11.0 Safety, Crime, and Violence

11.1 People are safe in our community.

11.2 Youth avoid violent crime.

11.3 Youth avoid gang-related activity.

11.4 Youth do not take their own life.

11.5 Youth do not carry weapons.

11.6 Kids don't hurt others.

11.7 People don't have easy access to handguns and automatic weapons.

11.8 High crime areas are well lit.

11.9 Neighbors organize to fight crime (like crime watch councils).

11.10 People don't sell drugs in our community.

11.11 Drug houses are identified and closed down or torn down.

11.12 Neighbors and police work together to make the neighborhood safe (like community policing programs).

11.13 Kids have safe places to be.

11.14 Children are free from abuse and sexual assault.

11.15 Women are free from abuse and sexual assault from their spouses and mates.

11.16 Children can get help in emergencies (like using 911).

11.17 Children are safe.

11.18 Guns are kept out of the reach of teens and children.

11.19 Laws for drunk drivers are strictly enforced.

11.20 People feel safe in our community day or night.

11.21 Youth are not involved in crime.

11.22 Youth stay away from gangs.

11.23 Weapons laws are strictly enforced.

11.24 Cars and homes are safe from burglaries.

11.25 Neighbors report suspicious or criminal activity.

11.26 People can walk safely in this neighborhood.

11.27 Outside businesses (like Pizza Hut or taxis) will deliver in this neighborhood.

12.0 Transportation

12.1 People can get to and from work.

12.2 People can get to places they need to go.

12.3 The streets are well lighted.

12.4 Streets are clearly identified, with good street signs.

12.5 This neighborhood has adequate public transportation (the "L," bus) to other parts of the city.

12.6 There are enough sidewalks, and they are maintained.

12.7 The streets and roads are kept clean and in good repair.

12.8 People travel within our neighborhood safely and conveniently.

12.9 Snow removal is handled well.

12.10 Transportation is available for the elderly and for people with disabilities.

12.11 This community has a good taxi service.

12.12 The cost of local transportation is affordable.

Overall, how satisfied are you that this neighborhood is a good place to live?

May 21, 1997

Promising Practices

Description of the innovation: (e.g., program, policy or practice; what is it; rationale)

Problem or goal addressed: (e.g., adolescent substance abuse, jobs)

Population to benefit: (e.g., Hispanic, youth, rural)

Community sectors involved: (e.g., schools, businesses)

Key components of the innovation: (e.g., media campaign, school lunch menu)
- How does it work?
- Conditions under which it works or does not work
- Specific components and elements of the innovation
- Checklist of how to's

Evidence of effectiveness: (strong, moderate, weak)
- Measurable outcomes
- Measurement, design, conclusion
- Why does it work?

Adaptation to fit new situations
- Evidence of replication
- How has it been adapted to fit other conditions?

Evidence of satisfaction & compatibility (with beliefs, customs, & values):
- ethical considerations

Resources required: (e.g., money, staff)
- Prescribed resources
- How to do it on a shoestring budget

Examples of its implementation
- Stories and examples from the field
- Lessons learned

Hyperlinks to:

- sites, publisher, documents, websites
- practice networks, experts
- related innovations

COMMUNITY HEALTH CONCERNS INDEX

DRAFT: April 15, 1995

2

Table of Contents

1.0 Access to Health Services

1.1   Emergency vehicles, such as ambulances, get to accidents quickly.

1.2   Basic health care, such as regular check ups, is available and affordable.

1.3   Schools provide basic health care services to students.

1.4   Financial help is available for people with chronic health problems.

1.5   Health insurance is available and affordable.

1.6   Screenings and other preventive health care services are available and affordable.

1.7   Vaccinations are available and affordable.

1.8   Hospice programs are available to people who are dying and their families.

1.9   People have access to basic health care services, including dental, eye exams, glasses, and orthodontic care as needed.

1.10   Evening and satellite clinics provide health care and mental health counseling services as needed.

1.11   Mental health problems are recognized and treated in our community.

1.12   Medical and dental treatment are available and affordable.

1.13   Emergency Medical Services are available.

1.14   People who need health care get it.

1.15   People have access to health and wellness information.

2.0 Adolescent Pregnancy

2.1   Teens do not practice premarital sex.

2.2   Schools provide age-appropriate information on human sexuality and the prevention of sexually-transmitted diseases.

2.3   Parents know how to talk to their children about human sexuality (issues such as reproduction, abstinence, and contraceptives).

2.4   Young people discourage each other from becoming pregnant or getting others

pregnant.

2.5   Teens have access to affordable birth control through community clinics.

2.6   Our community encourages abstinence.

2.7   Schools offer supervised recreational and social activities for youth.

2.8   Parents closely monitor parties in their homes.

2.9   Teens know the risks involved with having unprotected sex, including pregnancy and
       sexually-transmitted diseases.

2.10   Teens have access to health care services (such as birth control, pregnancy testing,
       abortion, prenatal care) without requiring parental consent.

2.11   Teens are assured of confidentiality in provision of health care services.

2.12   Sexually active teens use birth control.

2.13   Teens have access to birth control and counseling through school-based clinics.

2.14   Youth understand the consequences of becoming a parent as a teen.

2.15   Teens have (or are helped to develop) short- and long-term goals or plans for the
       future.

2.16   Teens have skills in decision making and assertiveness to handle peer pressure.

2.17   All teens have access to jobs and education in our community.

3.0 Alcohol and Drug Abuse

3.1   People do not abuse drugs or alcohol.

3.2   People do not drink and drive.

3.3   Young people discourage their friends from drinking and driving.

3.4   Treatment for drug addictions is available and affordable.

3.5   People don't sell or use drugs in the community.

3.6   Teachers help students who abuse alcohol and other drugs.

3.7 Minors don't have access to alcohol in our community.

3.8 Public areas are well supervised to discourage young people from drinking, using, or selling drugs.

3.9 Laws against selling alcohol to minors are strictly enforced.

3.10 Community members work together to stop alcohol and drug use by teens.

3.11 Friends discourage each other from using drugs and alcohol.

3.12 Youth understand the effects of alcohol and drug abuse.

3.13 Schools provide effective and age-appropriate programs about alcohol and drug abuse.

3.14 School policies against drinking or using drugs on school grounds are strictly enforced.

3.15 Policies against using alcohol or drugs in the workplace are strictly enforced.

3.16 Alcoholism is recognized and treated.

3.17 Kids do not have access to drugs or alcohol.

3.18 Support groups are available for those who are addicted to alcohol or drugs.

3.19 Parents know how to talk to their kids about drugs and alcohol.

3.20 Communities work with police to keep drugs out of their neighborhoods.

3.21 Crack cocaine is not available.

3.22 A local detox and sober house are available regardless of ability to pay.

3.23 Kids help each other avoid using alcohol and drugs.

3.24 Parents, teachers, and youth cooperate in addressing alcohol and drug abuse.

4.0 Cancer

4.1 Teens and young adults don't smoke or chew tobacco.

4.2 Farmers avoid using chemicals known to cause cancer (such as pesticides on crops and hormones to livestock that are known carcinogens).

4.3   Herbicides, pesticides, and household chemicals are handled safely.

4.4   People get screened for colorectal, lung, breast, and prostate cancer.

4.5   People routinely perform self-exams (such as breast or testicle exams).

4.6   People get regular checkups to detect and prevent the spread of cancer.

4.7   People eat foods low in fat and high in fiber.

4.8   Public schools provide information about healthy lifestyles to prevent cancer.

4.9   Lower insurance rates are available for non-smokers.

4.10   Insurance companies offer lower rates for patients who practice healthy lifestyles.

4.11   Businesses encourage healthy behaviors while employees are at work (such as stop smoking clinics, eating healthy foods, and incentives for exercise).

4.12   Schools serve low fat, high fiber foods in their lunch programs.

4.13   Public buildings and places of employment prohibit smoking.

4.14   Regular checkups and early intervention procedures (such as breast exams and removal of tumors) are affordable.

4.15   Low-income people are able to buy foods low in fat and high in fiber.

4.16   Programs to help people stop smoking are available and affordable.

4.17   Support groups and networks are available for people who are dying and their families.

4.18   Communities promote health and wellness with free public events.

4.19   Smoking ordinances are strictly enforced.

4.20   Hospice programs are available for people who are dying of cancer.

4.21   State and local laws do not allow the sale of fresh fruits and vegetables that are sprayed with pesticides.

4.22   Cigarette vending machines are banned.

4.23   Minors cannot buy cigarettes or smokeless tobacco.

4.24   People know how to reduce their risk for cancer and heart disease.

5.0 Child Abuse, Domestic Violence, and Sexual Assault

5.1   Children are free from abuse and sexual assault.

5.2   Women are free from abuse from their spouses and mates.

5.3   Women are free from sexual assault.

5.4   Victims of child abuse get the help they need.

5.5   Victims of domestic violence get the help they need.

5.6   Victims of rape and sexual assault get the help they need.

5.7   Medical and emergency room personnel who treat domestic violence and sexual assault case do so without blaming the victim.

5.8   Medical and law enforcement personnel refer victims of domestic violence to appropriate resources for support, shelter, or other services.

5.9   Schools educate students about the causes and prevention of domestic violence and sexual assault.

5.10   School teachers, emergency workers, and police recognize and offer support to people who are victims of domestic violence or sexual assault.

6.0 Environmental Health

6.1   The community's air is of good quality.

6.2   The community's water is of good quality.

6.3   Houses are free of lead-based paint.

6.4   Hazardous wastes are disposed of properly.

6.5   Materials are recycled.

6.6   Rivers and lakes are safe for fishing and swimming.

6.7   Houses are free of radon gas.

6.8   The community's toxic wastes are disposed of safely.

6.9   Communities are encouraged to recycle items that contribute to environmental pollution.

6.10   State and local laws discourage throwing away plastic, aluminum cans, or glass containers.

6.11   Illegal dumping of toxic waste can be reported simply and anonymously.

6.12   Businesses that dispose of toxic wastes in an unsafe and illegal way are fined and expected to clean up the waste.

7.0 Heart Disease

7.1   Outreach programs encourage overweight people to begin diet and exercise programs.

7.2   People eat enough bread, fruits, and vegetables.

7.3   People buy and prepare foods low in salt.

7.4   Grocery stores label healthy foods.

7.5   Health professionals provide counseling in good nutrition.

7.6   School lunches are low in fat and sodium.

7.7   Students receive effective nutrition education from preschool through grade school.

7.8   Restaurants provide low salt and low fat menu items.

7.9   Worksites serve foods that are low in fat, cholesterol, and salt.

7.10   Children take part in regular physical activities.

7.11   People take part in regular physical activities.

7.12   Worksite programs are available to help employees exercise.

7.13   Health care providers assess and counsel patients about their physical fitness as a normal part of routine physical examinations.

7.14   Doctors strongly encourage patients who are not physically fit to exercise regularly.

7.15   Students participate in daily physical fitness programs at school.

7.16 Physical education classes teach skills which can be used to promote participation in lifetime physical activity, such as jogging and swimming.

7.17 Opportunities for physical activity are available and affordable.

7.18 Adults have their blood pressure checked regularly.

7.19 Adults have their cholesterol level checked at least every five years.

7.20 People with high blood cholesterol receive adequate counseling.

7.21 Swimming pools, nature trails, parks and other recreational sites are available.

7.22 Worksites provide classes designed to promote exercise, stress management, and a healthy diet.

7.23 Employers give bonuses or time off to employees who attend classes designed to promote exercise, stress management, and a healthy diet.

7.24 Bicycle and walking paths are available.

8.0 Injury Control

8.1 Parents know how to prevent household injuries to their young children, such as keeping medication out of reach.

8.2 Water safety and swimming education programs are available to help prevent drowning and head and spinal injuries.

8.3 There are laws designed to reduce the risk of injuries from firearms.

8.4 Children know how to use the 911 emergency phone system.

8.5 People know how to prevent home fires (for example, not smoking while in bed).

8.6 People avoid high-risk activities that cause spinal cord injuries.

8.7 Non-smoking home owners get discounts on their home insurance.

8.8 Day-care homes and centers meet state requirements for child safety (for example, all poisons and household cleaners are kept out of reach, toddlers are not able to climb up or down stairs inside the house).

8.9 Hot water is measured at the tap to make sure the water heater temperature is set at a

safe level.

8.10 Toys that are used by small children are safe.

8.11 Local ordinances prevent drinking and boating accidents.

8.12 Landlords install smoke detectors in all rented apartments or homes.

8.13 Supervised community swimming pools are available.

8.14 Accidental over medication of adults is avoided.

8.15 People use proper lifting techniques to prevent back injuries.

8.16 Firearms are kept out of reach of children.

8.17 People use farm machinery safely.

8.18 Infant ride in car seats with safety belts.

8.19 Drivers' education classes are available and effective.

8.20 Bicycle riders wear helmets.

8.21 Motorcycle riders wear helmet.

8.22 People use safety belts.

8.23 Drivers caught driving under the influence are severely punished.

8.24 Laws for drunk driving are strictly enforced.

8.25 Speeding laws are strictly enforced.

8.26 Drinking age laws are strictly enforced.

8.27 Employees follow safety regulations (for example, wear goggles or hard hats when necessary).

8.28 A 911 number for reporting accidents and getting immediate help is available to everyone, including people who are deaf.

8.29 Hospitals provide medical care to people without insurance.

9.0 Mother and Child Health

9.1   Pregnant women eat healthy foods.

9.2   Pre and postnatal care are affordable and available.

9.3   Pregnant women avoid smoking, drinking alcohol, and using drugs.

9.4   Pregnant women get enough exercise.

9.5   Schools provide teens with information about healthy pregnancies.

9.6   Infants are born healthy.

9.7   Quality childbirth education classes are available and affordable.

9.8   Lower medical rates are available to women who exercise regularly, eat good foods, and do not smoke while pregnant.

9.9   Pregnant women and infants receive adequate medical care.

9.10   Minority and low-income women and infants receive adequate medical care.

9.11   Medical care is available and affordable for all pregnant women throughout their pregnancies.

9.12   Adequate medical care is available and affordable for at-risk babies (such as those
with   low birth weights and immature development).

9.13   All pregnant women have their food and nutritional needs met regardless of ability to pay.

9.14   Schools provide education about pregnancy and the needs of the baby.

9.15   Health care is provided to families of at-risk babies regardless of ability to pay.

9.16   Parents of young children (age 6 or younger) do not smoke in the home.

9.17   Quality day care is available and affordable.

10.0 Older Adults and Independent Living

10.1   Adequate nursing homes are available for older adults who need them.

10.2   Older adults can remain in their own home as long as possible.

10.3   Older adults (people over age 70) have adequate housing.

10.4   Older adults can choose from several types of living arrangements.

10.5   Older adults and people with disabilities can get transportation to medical offices, banks, churches, and visits with friends.

10.6   Medicare, Medicaid, and private insurance cover the cost of health care.

10.7   Older adults get flu and pneumonia shots.

10.8   Older women get mammograms and pap tests regularly.

10.9   Older adults get yearly cancer screens.

10.10   Older adults living alone who have fallen or are suddenly ill are discovered and treated quickly.

10.11   Older adults get the kinds of treatment they need to recover from illness or injury.

10.12   Doctors, nurses, and pharmacists regularly review what medicines older adults are taking.

10.13   Prescription drugs are affordable and come with clear instructions.

10.14   Low income older adults enjoy a good quality of life in our community.

10.15   Older adults attend church services, social events, and maintain friendships.

10.16   There are support groups for older adults that cover issues like Alzheimer's disease, grief, and money management.

10.17   Mental health services treat older adults for depression, bereavement, or other issues.

10.18   Friends, families, and neighbors help older adults with light chores, transportation, and house maintenance.

10.19   Home based services are available and affordable.

10.20   Older adults get the help they need to stay in their homes even if they have health problems.

10.21   Hospice services are available and affordable.

10.22   Respite services are available and affordable.

10.23   Older adults have lifestyles that increase their years of healthy life.

10.24   Older adults get enough nutritious food to eat.

10.25   Older adults are able to get home delivered meals or are able to attend group meals.

10.26   Older adults with special diets are able to get the types of meals they need.

10.27   Older adults get enough exercise.

10.28   Older adults avoid problems with alcohol.

10.29   The homes of older adults have bath grab bars, good lighting, and other features to prevent injury.

10.30   There are opportunities for older adults to take classes through local junior colleges, technical schools, and other programs.

10.31   Senior services are used by all kinds of older adults, from very active, healthy elders to older adults with special needs.

10.32   There are opportunities for older adults to perform community service in many parts of our community.

10.33   Older adults are able to maintain their dignity.

10.34   Older adults are able to stay independent.

10.35   Senior citizens and others who need help walking can get canes and walkers at low cost.

11.0 Sexually Transmitted Disease and HIV/AIDS

11.1   Young people avoid unsafe sex.

11.2   People avoid unsafe sex.

11.3   Clinics anonymously screen and test people for AIDS and HIV antibodies.

11.4   Support groups are available for people who are HIV positive or have AIDS.

11.5   Support groups and counseling services are available for families, partners, and friends of people who are HIV positive or have AIDS.

11.6   Schools teach kids how to keep from getting or giving AIDS.

11.7   Clinics provide counseling services for people who are HIV positive.

11.8   People use condoms unless they are completely sure of their partner's sexual history.

11.9   Females who have AIDS or HIV infection do not become pregnant.

11.10   People avoid doing things that put them at high risk for HIV infection and AIDS.

11.11   Health care professionals give accurate and culturally appropriate information about reducing risks of AIDS and HIV infection.

11.12   Affordable medical treatment is available to people who are HIV positive or who have AIDS.

11.13   People who are HIV positive or who have AIDS are not discriminated against.

11.14   Partners of people with a sexually transmitted disease are notified.

11.15   People know how people get HIV infection and AIDS.

11.16   People know how to protect themselves from HIV/AIDS and other sexually transmitted diseases.

11.17   People know the symptoms of sexually transmitted diseases and where to get treatment.

11.18   Schools provide information about sexually transmitted diseases and how to avoid them.

11.19   Young people who are sexually active can easily getcondoms.

11.20   Community outreach programs encourage use of sterile needles and safe sex practices among drug users.

11.21   Health educators know how to identify and counsel those at risk for AIDS.

12.0 Smoking and Tobacco Use

12.1   Cigarettes and smokeless tobacco are not sold to kids.

12.2   Families discourage their children from smoking, drinking, and using drugs.

12.3   Kids discourage each other from smoking.

12.4   Kids are able to resist pressure from friends to smoke cigarettes.

12.5   Friends discourage each other from smoking cigarettes and using smokeless tobacco.

12.6   Programs to help people quit smoking are available and affordable.

12.7   Schools educate students about the harmful effects of smoking cigarettes and using smokeless tobacco.

12.8   School policies against smoking on school grounds are strictly enforced.

12.9   Employers prohibit smoking or restrict it to certain areas.

12.10 No-smoking ordinances for public buildings are strictly enforced.

12.11 Restaurants have adequate nonsmoking sections.

12.12 Policies that prohibit smoking or limit it are strictly enforced.

12.13 Laws that prohibit selling cigarettes to minors are strictly enforced.

12.14 Vending machines are not available for minors to buy cigarette.

12.15 Communities prohibit advertising of tobacco products on billboards.

13. Violence

13.1   People are safe in our community.

13.2   Youth avoid violent crime.

13.3   Youth avoid gang-related activity.

13.4   Youth do not take their own life.

13.5   Youth do not carry weapons.

13.6   Kids don't hurt others.

13.7   Schools teach kids how to solve problems without violence.

13.8   Laws prevent the widespread distribution of handguns and automatic weapons.

13.9   Handgun laws are strictly enforced.

13.10 High crime areas are well-lit.

13.11   Local neighborhoods organize crime watch councils.

13.12   People do not own automatic weapons.

13.13   School rules against carrying weapons are strictly enforced.