

Abstract

In early 2011, the IUPUI Solution Center received a \$75,000, two-year grant from the JPMorgan Chase Foundation to facilitate faculty and student involvement in the Near Eastside of Indianapolis to promote community health and wellness. The project emerged from the community's stated need to increase efforts that improve the overall health and fitness and provide affordable access to fitness, wellness, educational opportunities and health-related resources to residents of the Near Eastside.

A comprehensive assessment to measure the program efficacy, cost-effectiveness and impact yielded that the JPMorgan Chase Foundation - IUPUI Near Eastside Legacy Initiative (CHASE/NELI) increased awareness of and activity in the Chase Near Eastside Legacy Center and promoted health and wellness, through targeted communication and public health awareness strategies.

"Each of us remembered our parents having a garden and what they grew. Most of us remembered the dishes, harvest and traditions of the food. It was great to be able to share that knowledge and it brought us together by sharing a common past!"

Methodology

Efficacy was measured as the proportion of projects that met the criteria of total achievement. Cost-effectiveness was measured by dividing the total cost of each project by units of effectiveness (Cellini & Kee, 2010). Impact was measured through participant's perception of change in attitudes and behavior using a variation of the post-then-pre approach (Rockwell & Kohn, 1989).

Wellness was described in five dimensions: Social wellness; Environmental wellness; Physical wellness; Emotional wellness; and Intellectual wellness. Employability was measured apart.

A comprehensive purposeful sampling method was used to survey community partners, IUPUI coordinators, and interns. Participating Near Eastside residents were selected using a convenience purposeful sampling method, and a criteria for selection. Data collection methods included semi-structured and structured interviews, observations, online surveys and document review.

Lessons Learned

1. Keep stakeholders permanently informed about how the program evolves and transforms, and how involvement contributes to long-term objectives.
2. Enhance sustainability by establishing a relationship of reciprocity in which the community perceives the university's long-term commitment to change.
3. Use this experience as a precedent for creating new partnerships and community-relevant forms of activities that enhance the community organization skills and resources to keep projects going on and grow.
4. Implement a monitoring system to capture and process data of future programs during its operation in order to keep track of trends and support the final impact study.
5. Involve partners and faculty members in data collection and program monitoring to engage them and create commitment with long-term goals.
6. This study served to identify a concrete evaluation framework, adequate methods, impact indicators, and quantifiable data that can be used to support future impact evaluations.

Outputs

17
projects

5500
student
internship hours

Direct Benefits:

10 patients received complete oral exams

137 dental procedures

9 patients received radiographs

6 patients attended workshops to build job skills

6 patients received complete oral treatment in the Healthy Smiles program

316 senior residents received fitness sessions

1938 other Fitness Zone members checked into sessions with IUPUI interns

25 individuals participated in urban gardening

48 individuals attended urban gardening, cooking and canning/freezing events

11 nonprofits received IUPUI support

9 projects
engaging residents

8 projects
designed to build capacity in partner organizations

80 IUPUI Students

13 IUPUI faculty members

12 IUPUI schools

11 Community Organizations

6 Reports of Community Mapping - Health and Wellness

▼ How have needs been addressed? ▼

2 orientation guides for community engagement

1 strategic communication plan

11 new fitness classes at the Legacy Center

7 new fitness classes for senior residents

450 pounds of fresh produce

2 cooking and food preservation workshops

1 "Hot Spot" map naming areas where trees are needed in the neighborhood to increase health

1 Website and **10** marketing materials and promotional flyers

1 Quality of Life Plan translated into Spanish

"When I started coming to the fitness zone I did it with the belief that I hated exercise-it was a necessary evil. Today, while I don't LOVE to exercise the Legacy Center is my 'happy place.'"

COMMUNITY ENGAGEMENT

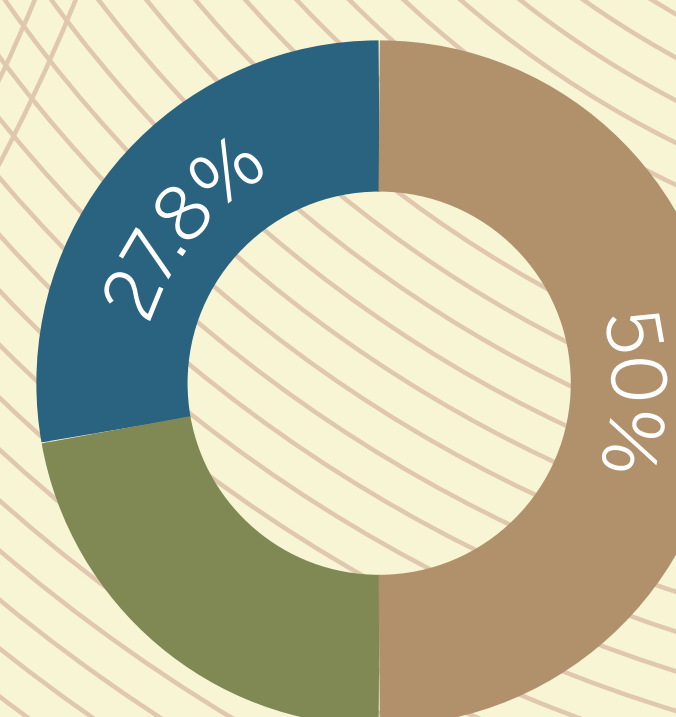
Evaluation of the JPMorgan Chase Foundation - IUPUI Near Eastside Legacy Initiative

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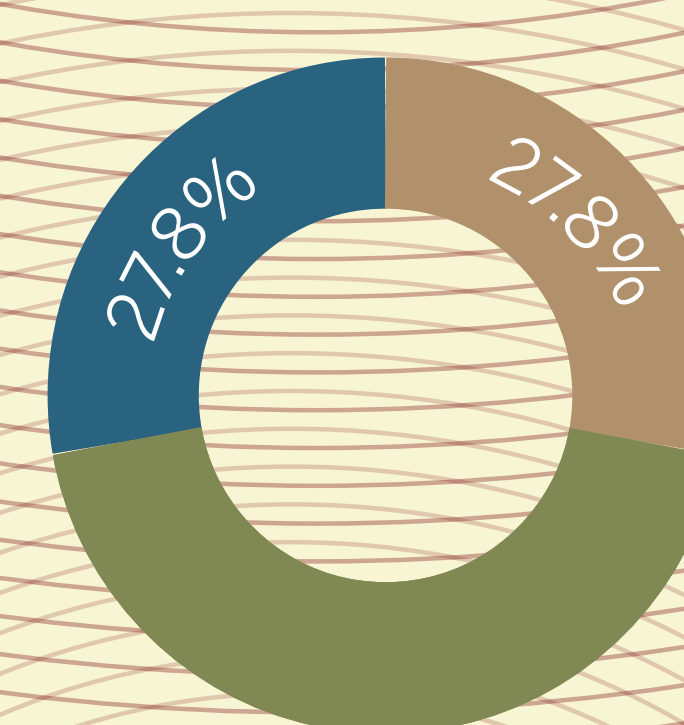
IUPUI Solution Center

Participating students, faculty members and partner organizations were asked to rate the overall effect of their projects on community health and wellness

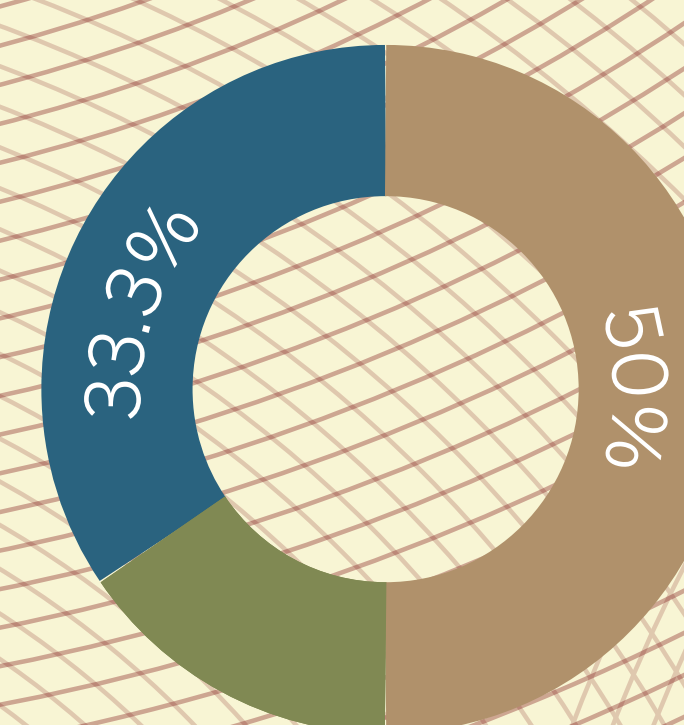
Very effective
Somewhat effective
N/A



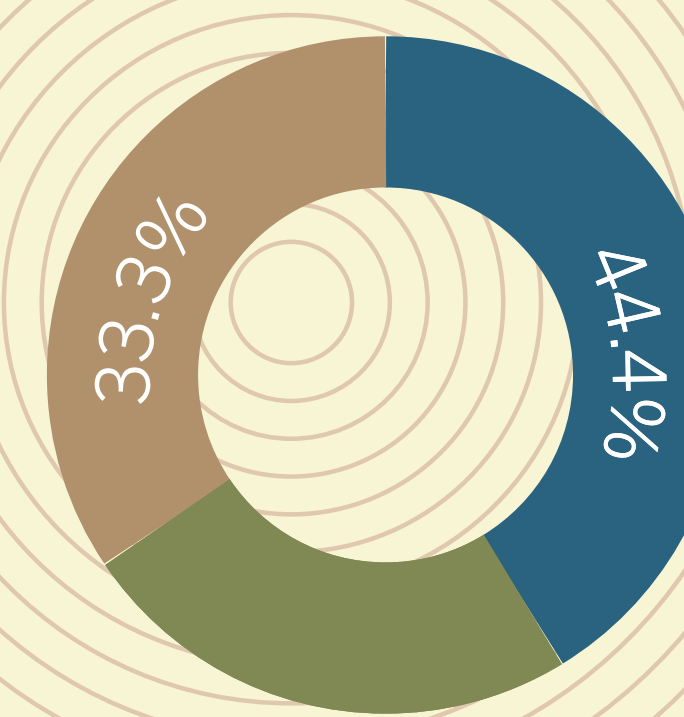
Practical skills & knowledge



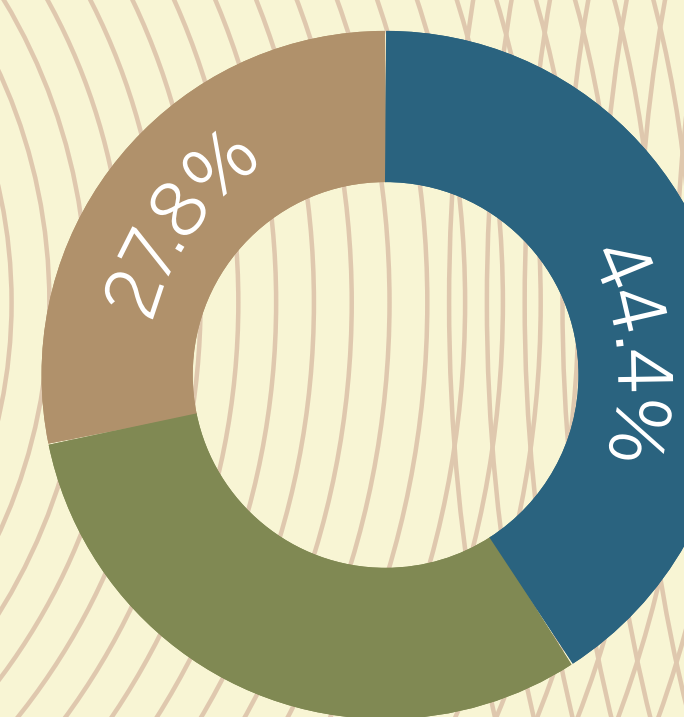
Decrease Health Cost



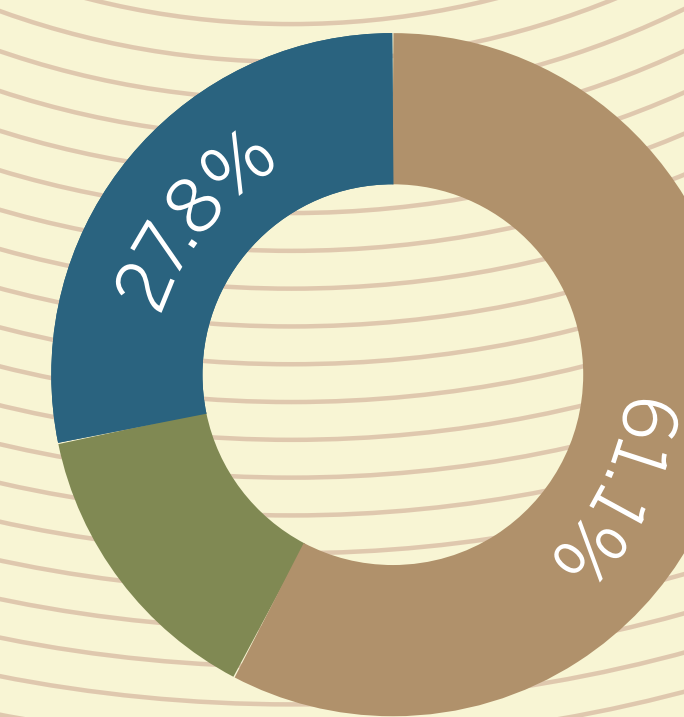
Improve Social Cohesion



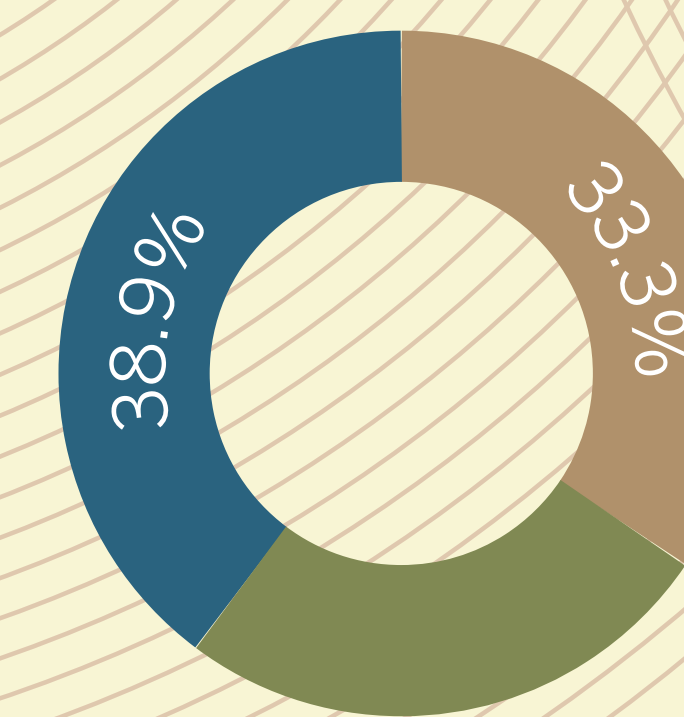
Reduce Barriers to Healthy Life



Community Self Esteem



Awareness of community resources



Improve health habits

Major Outcomes

- **89.5%** found a positive impact on social wellness.
- **78.9%** found a positive impact on the community environmental wellness.
- **73.6%** considered that intellectual wellness was enhanced.
- **89.5%** of the members of the **Fitness Zone** and **100%** of the patients of the **Healthy Smiles** project improved their emotional wellness.
- **89.5%** of the **Fitness Zone** members and 75% of the participants of the **Urban Gardening** project perceived changes in their physical health in general
- **100%** of the of **Healthy Smiles** patients perceived changes in their oral health and hygiene
- **100%** of **Healthy Smiles** patients increased their confidence in being promoted or finding a new job after their participation in the program; 80% have now more intention to look for a better job
- Only **47%** of the members of the **Fitness Zone** considered that they changed their eating habits since joining the **Legacy Center Fitness Zone**.
- **75%** of the participants of the **Urban Gardening** project considered that their interest for eating more fruits and vegetables was a lot better now.
- **89.5%** believe that **CHASE/NELI** projects had a positive impact on the community's use of health facilities.
- The number of active members in the **Fitness Zone** increased **60%** between February 2012 (768) and April 2013 (1,234).
- **CHASE/NELI** programming generated substantial savings to the community compared to market prices of products and services received.

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