



## Community Grant Outcome Report

**Name:** Assessing Lifestyle Behaviors and Beliefs in Underserved Adults

**Grantee:** Dodge Jefferson Healthier Community Partnership

**Academic Partner:** Linda Baumann, PhD, Professor, School of Nursing, UW-Madison

**Program:** Development

**Grant Duration:** 03/01/06 to 12/31/07 (22 months)

**Expenditures:** \$48,702 of \$48,702 (100% expended)

**Use of Funds:** Needs assessment/plan

► **Description:** Plan for promoting active lifestyles and healthy eating among low-income and uninsured adults.

► **Results:** The goal of this project was to develop a strategic action plan for promoting active lifestyles and healthy eating in low-income adults in Dodge and Jefferson counties. The project developed a project team which met monthly whose task was to collect, analyze and summarize data related to physical activity and healthy eating. The project conducted interviews with five agencies to learn about their data collection practices in relation to client physical activity and diet practices. They also completed 137 survey interviews and four focus groups to collect primary data on low-income, uninsured adults in Dodge/Jefferson Counties, and interviewed six service providers to assess their perceptions of supports and barriers to physical activity and healthy eating in this population. Using this data, recommendations from community forum participants, and evidence-based recommendations for health promotion, the project team wrote a strategic action plan which will guide the development of a proposal for an implementation grant.

► **Met Objectives:** Yes

► **Baseline Progress on SHP Objectives:** Not measured

► **Academic Partner Role:** The academic and community partners were jointly responsible for coordinating the project; modifying study instruments; recruiting participants; administering surveys; conducting interviews, focus groups, and community

forums; analyzing data; and producing reports and presentations to share with community stakeholders.

► **Matched Dollars (cash or in-kind):** \$14,780

► **Dissemination:** Shared report entitled *The Healthy Lifestyles Study: Data Summary and Action Plan* with the DJHCP board, as well as participants at the January 2008 Community Assessment meeting sponsored by the local health departments of Watertown, Jefferson County, and Dodge County. Continuing to distribute copies of the report to community partners on the project and other interested parties.

Presentations/manuscripts:

- 3 oral/poster presentations at national conferences
- 2 local presentations to academic audiences

Finally, the Project Coordinator completed an interview on a Beaver Dam television station, WWRS, in February 2008. During the 14-minute interview, she described the project, major findings, action plan, and steps toward implementation.

► **Sustained:** Members of the project team for this planning grant are planning to prepare a proposal for a Partnership implementation grant. In addition, potential funding sources at the state and local levels are being explored.