



Areas affected by the project: Escambia and Santa Rosa Counties

Target Populations

Low-income communities

Executive Summary

The mission of the University of West Florida (UWF) Master of Public Health (MPH) program is to empower a generation of public health professionals with skills, knowledge and competencies to contribute creatively and ethically to education, research and service to promote public health and disease prevention. The program fosters the spirit of community engagement through education, service, and community-based participatory research. For the last 10 years, the Department of Public Health, Clinical and Health Sciences (DPHCS) at the UWF has been developing relationships with nonprofit organizations, state and local government agencies and other community-based organizations, coalitions and workgroups in order to improve the public health in the Escambia, Santa Rosa, Walton and Okaloosa counties. It is through these connections and partnerships with organizations that the DPHCS will identify communities in need due to of poverty, risk behaviors and poor health outcomes. The proposed VISTA project aligns with the Healthy Futures focus area, as we attempt to connect people with programs and information to help them have healthier lives. The UWF MPH program is asking for 2 VISTA members in order to assess the impact of poverty, individual, familial, and neighborhood factors on health outcomes related to chronic disease in the identified communities. The program also

aspires to build community capacity and empowerment of the communities by developing train-the-trainer workshops to educate the communities on how to prevent and manage chronic diseases. Furthermore, VISTA members will be involved in data gathering and analysis of the most critical health indicators in the four counties that make up the panhandle. They will support faculty from DPHCS in the development of a comprehensive document that shows the status of public health in the panhandle. The VISTA program at UWF expects to directly benefit approximately 50 individuals, 30 of which will be trained as train-the trainers. However, through the trainings we expect to indirectly benefit and improve health care outcomes of at least 10% of the individuals 18 years of age and older (1,000) living in the six census tracks selected for the project. These census tracks were selected based upon their poverty levels. Indirect beneficiaries will also be institutions who will be able to use aggregate data provided in the booklet for decision making and funding opportunities. The two VISTA members requested will contribute to the goals of the project by performing activities such as meeting with local health departments' staff and organizations to learn about health risk factors and poor outcomes in Escambia County, identifying 7-10 of the most critical health indicators related to the status of public health in these areas, developing graphs and histograms to show in a graphic way differences in rates by gender, race and ethnicity, age groups, etc. for each of the health indicators chosen, and writing a first draft of each chapter which will describe the most critical health issues in the counties. The members will also enhance awareness of these diseases by attending meetings to promote the document and providing educational opportunities in order to create community awareness on at least three of the most common chronic diseases among adults. These activities will occur over the course of a minimum of 3 years.

Need:

Florida is home to more than 18 million people making it the fourth most populated state in the U.S. Poverty can be seen throughout the whole state. According to the U.S. Census, 38% of the Florida population in 2013 lived below 200% of the federal poverty level (FPL). Escambia County shows similar rates, but the proportion of individuals below 200% FPL has increased over the last six years in this county from 36.7% in 2007 to 38.3% in 2013. Furthermore, there are several census tracts in the city of Pensacola such as CTs 4, 16, 17, 18, 19, and 20 that have significant pockets of poverty. In fact, these CTs are home to 79%, 72%, 74%, 84%, 73% and 74% of individuals living below 200% of the FPL, respectively. In terms of race and ethnicity, the rates in Escambia County are similar to the state of Florida with the exception of African Americans who are more represented in Escambia County than Florida, 21.88% vs.16.7% respectively, and Hispanics who are more represented in the state of Florida (23.6%) than in Escambia County (5.24%). Significant and persistent differences in disease rates and health outcomes in Escambia County, when compared with the state of Florida, have been well documented. For example, while the age adjusted mortality rate due to diseases of the heart for Florida from 1999-2011 was 196.7 per 100,000 population, for Escambia County it was 213.8 (CDC, 2014). Likewise, according to the National Center for Health Statistics in 2011 the age-adjusted mortality rate due to stroke for Escambia County was 59.8 while in the state of Florida it was 31.5 per 100,000. Health risk behaviors are also more prominent in Escambia County when compared with the state of Florida; for example, in 2014 the proportion of individuals who smoke was 22% for the county and 14% for the state; the proportion of adults who were obese was 30% in Escambia County compared to 25% for the state; 26% of adults reported being physically inactive in Escambia County compared to 21% in the state; the percent of adults who drank excessively in Escambia County was 15% compared to 10% in the state, and the percent of

alcohol-impaired driving deaths was 37% in Escambia County compared to 14% in the state (County Health Rankings, 2014). While the data is presented at the county level, extrapolating these data at the zip code and census tract levels may help us identify the places most in need where most of the underserved live; thus, providing better opportunities to directly serve populations in need. The AmeriCorps VISTA volunteers will help the MPH program address core issues related to poverty, risk behaviors and poor health outcomes by working with impoverished communities in Escambia County to assess the impact of poverty, individual familial and neighborhood factors on health outcomes related to chronic disease. They will also work with program faculty in data collection, analysis and interpretation to create a four county comprehensive health profile that maps out the distribution and burden of disease and risk factors for major causes of morbidity and mortality in northwest Florida. We believe these planned activities relate directly to the programming priorities outlined in the AmeriCorps Vista program guide because of its anti-poverty, community empowerment and capacity building components. The MPH program within the University of West Florida is currently working with African American and Hispanic community groups recruited through local churches in Escambia County to assess their knowledge about diabetes and obesity; if they are diabetics, the program assesses whether they use the Chronic Disease Self-Management toolkit developed by researchers at Stanford University under contract with the Agency for Healthcare Research; the program also assesses the participants level of physical activity. In the last 6 months, program faculty conducted 6 focus groups in Escambia County (3 with Hispanics and 3 with African Americans) and one "train the trainer" workshop with 21 Hispanic women in order to enhance awareness related to infant mortality, SIDS and premature birth among leaders of the Hispanic community in Escambia County. In addition, MPH faculty has started gathering community data from the

counties that make up the panhandle in order to compile the most compelling health and socio economic indicators that describe the public health status in this region.

Strengthening communities

Through our interdisciplinary staff, our program works closely with individuals, groups and community organizations and has a diverse steering committee that oversees the implementation of our public health initiatives. Through members of our steering committee and other community partnerships, we believe we have direct access and rapport with members of the community to make a meaningful impact. In coordination with community leaders, one of the AmeriCorps Vista members will help to collect more data and coordinate community participatory research activities, building on the work started by the MPH program director and colleagues looking at self-management of diabetes in Escambia County. Past work has been mainly unidirectional and involved little community input. The MPH program seeks to use the Vista members to build community coalitions and partnerships and identify specific social, individual and environmental factors contributing to disparities in health and disease outcomes. Specifically, the Vista volunteers will work with faculty to: a) develop a coalition of community organizations and individuals (including health professionals) who are interested in eliminating health disparities, particularly related to chronic diseases; b) develop an annotated bibliography of best practice studies to guide the development of effective strategies for disease prevention; c) assess chronic disease education needs of the target community; and d) evaluate, adopt and tailor a chronic disease education curriculum designed to "train the trainer"; thus, building capacity and promoting long-term project sustainability. With support and direction from the MPH faculty, the AmeriCorps Vista members will work with the local health departments of the four counties that make up the panhandle, in order to gather data and information that will help the MPH

faculty develop a comprehensive document that shows the status of public health in the panhandle. This document will be distributed among stakeholders, policy makers, foundations, grant funders, etc. in order to elicit interest, support and funding to address the most significant health outcomes and health disparities in the counties.

Recruitment and Development

To recruit qualified VISTAs, UWF will look for volunteers who have knowledge of the nonprofit or public sectors; skills in grant writing, facilitation, project management, strategic planning, volunteer management, communications, or community outreach and the ability to work with others to achieve outcomes. Vista volunteer applicants should also have a working knowledge of MS Word and Excel. We hope to recruit members for the AmeriCorps VISTA program from the undergraduate and graduate programs at UWF and we will advertise these positions using our internal board. However, we will also advertise the positions at Pensacola State College, using the AmeriCorps recruitment website, and the local newspaper. How will UWF provide reasonable accommodations for VISTAs with disabilities? The University of West Florida fully supports the goals of equal opportunity and affirmative action as identified in state and federal statutes and Executive Orders, and provides reasonable accommodation in its program offerings, employment, and academic settings in accordance with the Americans with Disabilities Act. This support and accommodation will be extended to meet the needs of qualified persons with disabilities wishing to serve as VISTAs. What are the service related transportation needs of the positions? The two VISTA members will serve at UWF and will travel to the service communities three times per week. For VISTAs without privately owned vehicles the Escambia County Area Transit (ECAT) bus system offers public transportation from UWF to the communities selected by this project. The main routes to be used by the VISTA

members would be Route 43 and Route 45. Members traveling to the communities will be reimbursed for their service-related transportation expenses by the program. Local travel has been budgeted for all proposed VISTA members. The Vista members will travel to the communities 3 days a week; each round trip is approximately 20 miles. Transportation costs will be covered by UWF. What is the plan for on-site orientation and training for VISTA members? As soon as the members are recruited, the UWF staff will provide a one-week orientation at UWF. The training will include Americorps VISTA requirements, UWF vision, mission, policies and procedures, basic information about the organizations we partner with, roles and responsibilities of the VISTA members, reporting, dress code, and standard office procedures. Members from the community and organizations we partner with will be invited to speak during the training. There will be other local training, particularly through UWF, that will be offered to the VISTA Volunteers throughout the year to help build capacity. We have contacted the United Way of Escambia County which is also applying for VISTA members and have agreed to coordinate our trainings and activities.

VISTA ASSIGNMENTS

VISTA Assignment Key Objectives of VISTAS: Site: University of West Florida (VISTA Member) Objectives: Objective 1: Research and gather data to comprehensively describe critical factors related to the public health of the communities listed. Step 1: Meet with local health departments' staff and organizations working in the area to learn about health risk factors and poor outcomes in Escambia County. Step 2: Become familiar with the different data sources that provide data at the state and county levels. Step 3: With help from faculty and supervisors choose the 7-10 most critical health indicators that show the status of public health in the Florida panhandle. Objective 2: Develop a comprehensive booklet describing the most critical health

indicators and any existing community approaches to address them Step 1: Develop graphs and histograms to show in a graphic way differences in rates by gender, race and ethnicity, age groups, etc. for each of the health indicators chosen. Step 2: Conduct comprehensive literature review about each of the health indicators chosen. Step 3: Write the first draft of each chapter that describes each condition and provides an overview of the issue at the national, state and county levels. Objective 3: Increase public health understanding of the health issues found in the communities through information in the booklet. Step 1: Participate in community meetings to promote the document. Objective 4: Organize task forces, coalitions and partnerships within the communities and with organizations. Step 1: Research and invite key individuals to support and participate in research. Step 2: Work within communities to network with community members. Step 3: Create relationships with organizational leaders. Objective 5: Enhance awareness related to chronic diseases in Escambia County. Step 1: Attend county meetings to make key individuals aware of chronic diseases in Escambia County. Step 2: Develop an infographic to disseminate to the public (via web or print). Step 3: Provide train-the trainer educational classes on at least three of the most common chronic diseases among adults: diabetes, cardiovascular disease and asthma and their comorbidities. Objective 6: Research availability of "train the trainer" training curriculum on chronic disease management that can be tailored to the needs of the communities. Step 1: Evaluate train-the trainer curricula on chronic disease education Step 2: Tailor and implement the selected curriculum in the public setting Step 3: Conduct a pre-survey to assess the level of knowledge of future trainers about chronic diseases prevention and control. Step 4: Train individuals to present curriculum. Step 5: Conduct a post-survey to assess changes in the level of knowledge of future trainers about chronic diseases prevention and control. Step 6: Evaluate the effectiveness of the training curriculum.

PROJECT MANAGEMENT

Supervision and Monitoring: VISTA members assigned to this project will be supervised by the Director of the MPH program, Dr. Justice Mbizo and Dr. Denice Curtis, Assistant Professor at the University of West Florida. Supervision will be full time. Both supervisors will provide consistent project management and supervision. Weekly meetings will include technical assistance, trouble shooting, reporting and other needed activities. The VISTA members will serve in the communities at least three days per week. Community partners whom the VISTAS will collaborate on a regular basis will be asked to provide monitoring and mentoring strategies to help the members succeed in their efforts, as well as regular updates as to the involvement and quality of the VISTAS' service. Once the members have been selected and recruited, they will participate in a one- week training to learn about the specifics of their roles and responsibilities at their site. We will conduct a brief tour of the communities and, in collaboration with the community partners, we will provide orientation to the areas in the first month of the members' term of service. Training and guidance in their particular assignments will be provided to VISTA members by Dr. Mbizo and Dr. Curtis through face-to-face meetings. Both instructors have extensive experience in developing strategies for community participation, data collection and analysis, and program evaluation. Ongoing support for members will also be provided by the supervisors throughout the duration of the program, to ensure that the members are meeting the program's goals. The VISTA members will be based at the University of West Florida, and will be charged to gather valuable data to comprehensively describe issues related to the public health of the four counties listed in the Panhandle of Florida. They will travel to and work directly with local health departments to gain a better understanding of the public health issues in the previously mentioned populations. The MPH program faculty have excellent relationships with

staff from the local health departments and will coordinate monitoring and mentoring mechanisms to help the members succeed in his/her efforts. The VISTA members will have direct contact with the community, particularly low-income communities. Their role will be to develop coalitions and partnerships in order to ensure buy-in from the community. We plan to work with priority populations to enhance awareness related to chronic diseases in Escambia County. Based on community needs and public health data, we will adopt and implement a chronic disease education curriculum. The curriculum focus and format is to train those who will be community trainers. This Train the Trainer approach will build community capacity and long term project sustainability. Both supervisors will be available for daily meetings with the members to ensure they are prepared for their assignments and to troubleshoot if there are any issues that may hinder goals. Likewise, weekly meetings with the supervisors, in addition to formal and informal reports from community organizations will allow the members and supervisors to assess whether the activities planned in the VAD are being accomplished. Project Sites: No other sites will host and supervise VISTA members Community Involvement: Community participation in the needs assessment and program development are essential for sustainable development. Both research and practical experience have shown that people are most committed to implementing programs that they have helped plan. The VISTA members' role will be to develop coalitions and partnerships in order to ensure buy-in from the community. We plan to work with priority populations to enhance awareness related to chronic diseases in Escambia County and to adopt, evaluate and implement a chronic disease education curriculum designed to "train the trainer" so that other community members can continue providing training workshops on their own; therefore, building community capacity and promoting long-term project sustainability. True participation from the community means they will be involved in

decision-making, planning, and program implementation. Assessment of Project Performance Utilizing the expertise of faculty in the MPH program, a comprehensive program and process evaluation will be developed alongside the implementation plan. Data will be collected, analyzed, and reported by the two faculty supervisors. All reports will be made available to the funder. Information collected by the VISTA members in their monthly logs will be evaluated for inclusion in reports and published stories of impact and to ensure the project is effective, efficient, and consistent with the action plan. The Vista members and the instructors/supervisors will work together to track the outputs and outcomes in a member tracking form that will be developed for that purpose. The tracking form and time sheets will be reviewed on a monthly basis to assess progress and accomplishment of goals. The performance measures for the VISTA members include: - Number of community organizations/individuals attending coalition meetings to eliminate health disparities - Number of articles selected for annotated bibliography of best practices - Number of surveys developed and distributed to assess chronic disease education needs of the community - Implementation of "train the trainer" chronic disease education curriculum (process evaluation) - Number of databases used to select the worst health indicators (7-10) for the four counties - Number of meetings with local health department authorities - Number of articles selected for each chapter of the document that describes the status of public health in the panhandle

Organizational Capacity

The MPH Program is housed in the Department of Public Health, Clinical and Health Sciences (PHCHS) within the College of Health, which is one of 5 academic colleges at the University of West Florida (UWF). The planning, development, and evaluation of the MPH Program is guided by the Master of Public Health Steering Committee which is comprised of public health and

other community stakeholders. The mission of the UWF Master of Public Health Program is to empower a generation of public health professionals with skills, knowledge and competencies to contribute creatively and ethically to education, research and service to promote public health and disease prevention. The program fosters a spirit of community engagement through outreach, education, service, and community-based participatory research. Faculty in the MPH program are involved in a variety of grant funded projects that include active participation of community groups addressing maternal and child health disparities through the AIM for a Stronger Escambia project (<http://www.aimescambia.com>), or working with local immunization coalitions to increase immunization rates for major vaccine preventable diseases among adults, the elderly and those with chronic diseases. Although the MPH program has not previously sponsored AmeriCorps and/or VISTA members, one of our faculty was the AmeriCorps program director for an organization that placed 20 AmeriCorps members in safety net clinics in Kansas; therefore, she brings the necessary expertise to direct and manage the AmeriCorps VISTA volunteers. Graduate students attending the program and undergraduate students attending UWF will be invited to apply for the two positions. The positions will also be advertised locally. The members will be supervised by the Director of the MPH program and by one of the faculty. Although UWF is not currently in a position to support a cost-share member, we bring valuable in-kind resources. Each AmeriCorps VISTA will be supplied with the necessary equipment and supplies needed to fulfill service requirements. The members will be assigned an office and desk space; they both will have a computer and phone and will be provided with any supplies needed to perform their duties. In addition, we will offer to our members any opportunity of training and capacity building that is offered through the university or through any of our multiple partners.

Project Management:

Supervision and Monitoring:

VISTA members assigned to this project will be supervised by the Director of the MPH program, Dr. Justice Mbizo and Dr. Denice Curtis, Assistant Professor at the University of West Florida. Supervision will be full-time. Both supervisors will provide consistent project management and supervision. Weekly meetings will include technical assistance, trouble shooting, reporting and other needed activities. At least one of the Vista members will serve in the communities at least three days per week. Community partners whom the Vistas will collaborate on a regular basis will be asked to provide monitoring and mentoring strategies to help the member succeed in his/her efforts, as well as regular updates as to the involvement and quality of the Vista's service. Once the members have been selected and recruited, they will participate in a one- week training to learn about the specifics of their roles and responsibilities at their site. We will conduct a brief tour to the communities and, in collaboration with the community partners, we will provide orientation to the areas in the first month of the members' term of service.

Training and guidance in their particular assignments will be provided to VISTA members by Dr. Mbizo and Dr. Curtis through face-to-face meetings. Both instructors have extensive experience in developing strategies for community participation, data collection and analysis, and program evaluation. Ongoing support for members will also be provided by the Drs. Mbizo and Curtis throughout the duration of the program, to ensure that they are meeting goals and are working in the proper manner.

One of the VISTA members will be based at the University of West Florida, and will be charged to gather valuable data to comprehensively describe issues related to the public health of the four counties listed in the Panhandle of Florida. The VISTA member will travel to and work directly with local health departments to gain a better understanding of the public health issues in the

previously mentioned populations. The MPH program faculty have excellent relationships with staff from the local health departments and will coordinate monitoring and mentoring mechanisms to help the member succeed in his/her efforts.

The second VISTA will be based at the University of West Florida as well, but he/she will have more direct contact with the community, particularly low-income communities. The VISTA member role will be to develop coalitions and partnerships in order to ensure buy-in from the community. We plan to work with priority populations to enhance awareness related to chronic diseases in Escambia County. Based on community needs and public health data, we will design a chronic disease education curriculum. The curriculum focus and format is to train those who will be community trainers. This Train the Trainer approach will build community capacity and long term project sustainability. .

Both supervisors will be available for daily meetings with the members to ensure they are prepared for their assignments and to troubleshoot if there are issues that may hinder goals.

Likewise, weekly meetings with the supervisors, in addition to formal and informal reports from community organizations will allow the members and supervisors to assess whether the activities planned in the VAD are being accomplished.

The Vista members and the instructors/supervisors will work together to track the outputs and outcomes in a member tracking form that will be developed for that purpose. The tracking form and time sheets will be reviewed on a monthly basis to assess progress and accomplishment of goals.

The performance measures for the first VISTA member (research in the communities) include:

- Number of community organizations/individuals attending coalition meetings to eliminate health disparities

- Number of articles selected for annotated bibliography of best practices
- Number of surveys developed and distributed to assess chronic disease education needs of the community
- Development of "train the trainer" chronic disease education curriculum (process evaluation)

Performance measures for the second VISTA member (secondary data analysis and development of a comprehensive document about the public health in the panhandle) include:

- Number of databases used to select the worst health indicators (5-7) for the four counties
- Number of meetings with local health department authorities
- Number of articles selected for each chapter of the document
- Development of a comprehensive document that shows the status of public health in the panhandle (process evaluation)

Project Sites: No other sites will host and supervise VISTA members

Community Involvement: Community participation in the needs assessment and program development are essential for sustainable development. Both research and practical experience have shown that people are most committed to implementing programs that they have helped plan. The VISTA member's role will be to develop coalitions and partnerships in order to ensure buy-in from the community. We plan to work with priority populations to enhance awareness related to chronic diseases in Escambia County and to develop, implement and evaluate a chronic disease education curriculum designed to "train the trainer" so that other community members can continue providing training workshops on their own; therefore, building community capacity and promoting long-term project sustainability. True participation from the

community means they will be involved in decision-making, planning, and program implementation.

Assessment of Project Performance

Utilizing the expertise of faculty in the MPH, a comprehensive program and process evaluation will be developed alongside the implementation plan. Data will be collected, analyzed, and reported by the two faculty supervisors. All reports will be made available to the funder. Information collected by the VISTA members in their monthly logs will be evaluated for inclusion in reports and published stories of impact and to ensure the project is effective, efficient, and consistent with the action plan.

VISTA Assignment

Key Objectives of VISTAS:

Site: University of West Florida (VISTA Member) Objectives:

Objective 1: Research and gather data to comprehensively describe critical factors related to the public health of the communities listed.

Step 1: Meet with local health departments' staff and organizations working in the area to learn about health risk factors and poor outcomes in Escambia County.

Step 2: Become familiar with the different data sources that provide data at the state and county levels.

Step 3: Work with community partners and faculty to select 7-10 priority health indicators that show the status of public health in the Florida panhandle and calculate rates and proportions for each of the health indicators selected.

Objective 2: Work with public health faculty to develop a comprehensive booklet regarding the most pressing health issues that describe the public health in the Florida panhandle.

Step 1: Develop graphs and histograms to show in a graphic way differences in rates by gender, race and ethnicity, age groups, etc. for each of the health indicators chosen.

Step 2: Conduct comprehensive literature review about each of the health indicators chosen.

Step 3: Write the first draft of each chapter that describes each condition and provides an overview of the issue at the national, state and county levels.

Objective 3: Increase public health understanding of the health issues found in the communities through information in the booklet.

Step 1: Participate in community meetings to promote the document.

Objective 4: Develop coalitions and partnerships within the communities and with organizations.

Step 1: Research and invite key individuals to support and participate in research.

Step 2: Work within communities to network with community members.

Step 3: Create relationships with organizational leaders.

Objective 5: Enhance awareness related to chronic diseases in Escambia County.

Step 1: Attend county meetings to make key individuals aware of the burden and impact of chronic diseases in Escambia County.

Step 2: Develop an infographic to disseminate to the public (via web or print).

Step 3: Provide train-the trainer educational classes on at least three of the most common chronic diseases among adults: diabetes, cardiovascular disease and asthma and their comorbidities.

Objective 6: Research availability of “train the trainer” training curriculum on chronic disease management that can be tailored to the needs of the communities.

Step 1: Evaluate train-the trainer curricula on chronic disease education

Step 2: Tailor and Implement the selected curriculum in the public setting

Step 3: Conduct a pre-survey to assess level of knowledge of future trainers about chronic diseases prevention and control.

Step 4: Train individuals to present curriculum.

Step 5: Conduct a post-survey to assess changes in level of knowledge of future trainers about chronic diseases prevention and control.

Step 6: Evaluate the effectiveness of the training curriculum

RECRUITMENT AND DEVELOPMENT

Methods for recruiting qualified candidates? Skills they should have?

To recruit qualified VISTAs, the DPHCS will look for volunteers who have knowledge of the nonprofit or public sectors; skills in grant writing, facilitation, project management, strategic planning, volunteer management, communications, or community outreach and the ability to work with others to

achieve outcomes. Vista volunteer applicants should also have a working knowledge of MS Word and Excel.

We hope to recruit members for the AmeriCorps VISTA program from the undergraduate and graduate programs at UWF and we will advertise these positions using our internal board.

However, we will also advertise the positions at the Pensacola State College, using the AmeriCorps recruitment website, and the local newspaper.

How will UWF provide reasonable accommodations for VISTAs with disabilities?

The University of West Florida fully supports the goals of equal opportunity and affirmative action as identified in state and federal statutes and Executive Orders, and provides reasonable

accommodation in its programs offerings, employment, and academic settings in accordance with the Americans with Disabilities Act. This support and accommodation will be extended to meet the needs of qualified persons with disabilities wishing to serve as VISTAs.

What are the service related transportation needs of the positions?

The two VISTA members will serve at UWF and will travel to the service communities three times per week. For VISTAs without privately owned vehicles the Escambia County Area Transit (ECAT) bus system offers public transportation from UWF to the communities selected by this project. The main routes to be used by the VISTA members would be Route 43 and Route 45.

Members traveling outside will be reimbursed for their service-related transportation expenses by the program. Local travel has been budgeted for all proposed VISTA members. The Vista members will travel approximately 20 miles per day x 3 days for 3-4 communities in Escambia County. Mobilization costs will be covered by UWF.

What is the plan for on-site orientation and training for VISTA members?

As soon as the members are recruited the DPHCS staff will provide a one-week orientation at UWF. The training will include Americorps VISTA requirements, UWF vision, mission, policies and procedures, basic information about the organizations we partner with, roles and responsibilities of the Vista members, reporting, dress code, policy and procedures, and standard office procedures. Members from the community and organizations we partner with will be invited to speak during the training. There will be other local training, particularly through UWF that will be offered to the VISTA Volunteers throughout the year to help build capacity. We have contacted the United Way of Escambia County which is also applying for Vista members and have agreed to coordinate our trainings and activities.

Measurable Outputs and Outcomes

A. Measure: Increase access to health care

Need: The number of uninsured individuals without access to health care is increasing in Escambia County. Most of these populations are affected by preventable chronic conditions.

a. Output

One Vista member will conduct outreach in the community, will develop coalitions and partnerships with community members, will assess chronic disease education needs of the target community; and will find and tailor to the community needs existing chronic disease education curricula designed to “train the trainer; therefore, building capacity and promoting long-term project sustainability.

Key indicators: health education topic; # of one-on-one encounters; # of group meetings

Target: During the first year at least 100 individuals will receive health education on chronic diseases through one-on-one encounters or group meetings

b. Intermediate Outcome

Patients will improve their health care outcomes

Key indicators: # of referrals (mammograms); average HbA1C for diabetics; # of individuals who stopped smoking

Target: Each year at least 5 % of the population in need (approximately 50 people) will show improved health care outcomes (i.e. HbA1C \leq 7; smoking cessation; weight reduction; yearly mammogram, pap smear screenings) as defined by evidence based medicine. This information will be tracked and measured by using self-referral

information provided by members of the community which will be tracked in databases developed by the member.

c. End Outcome

Patients who attended the educational sessions will be able to use health screenings and manage their chronic conditions

Key indicators: # of pre and posttests; # of focus groups

Target: At least 10% of the population (100 individuals) will have an increased awareness of their health conditions and appropriate knowledge about the use of health screening to promote early detection of diseases. This will be measured through pre and post tests and focus groups to determine changes in knowledge, behaviors and practices.

The Vista members and the instructors/supervisors will work together to track the outputs and outcomes in a member tracking form that will be developed for that purpose. The tracking form and time sheets will be reviewed on a monthly basis to assess progress and accomplishment of goals.

The performance measures for the first VISTA member (research in the communities) include:

- Number of community organizations/individuals attending coalition meetings to eliminate health disparities
- Number of articles selected for annotated bibliography of best practices
- Number of surveys developed and distributed to assess chronic disease education needs of the community
- Development of "train the trainer" chronic disease education curriculum (process evaluation)

Performance measures for the second VISTA member (secondary data analysis and development of a comprehensive document about the public health in the panhandle) include:

- Number of databases used to select the worst health indicators (5-7) for the four counties
- Number of meetings with local health department authorities
- Number of articles selected for each chapter of the document
- Development of a comprehensive document that shows the status of public health in the panhandle (process evaluation)

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