

INDEPENDENT HEALTH FOUNDATION'S

Good for the Neighborhood[®]

Program Overview:

Good for the Neighborhood[®] (GFTN[®]) is a **free**, community-based wellness initiative that began in 2006. The program provides resources to people living in at-risk and underserved neighborhoods where access to healthcare is limited due to social and economic barriers. It encourages families to more effectively manage and improve their health.

Program Elements:

- **Screenings and Measurements** – Health screenings for blood pressure, cholesterol, glucose, Body Mass Index (BMI), and more; including appropriate follow-up with participants and their physicians
- **Ask the Expert** – Medical professionals offering consultations and open dialogue
- **Ask the Pharmacist** – Provides the opportunity to bring medications in to ask questions like what to do when a dose is missed, how to store prescriptions, tips to remember to take medications, and more
- **Health Insurance** - Inform participants on available options and how to obtain insurance
- **Fitness and Nutrition Classes** – Helps people stay moving and educated by promoting existing health related programs in your area
- **Engaging, Healthy Activities for Kids** – Kids learn about fitness and the importance of good health and nutrition through activities and games (e.g. the Re-think Your Drink Challenge - where kids measure how much sugar is in popular drinks)
- **Goal Setting** - In an effort to inspire change and increase accountability, GFTN provides participants the opportunity to set specific goals aimed at improving their health and well-being.

Program Evaluation:

Extensive data is collected by each site to analyze the impact that this program makes in the community. Once per year, participants complete a Health Risk Assessment to identify and assess certain health behaviors. When compared to new GFTN members (attending for one year or less), **a higher percentage** of existing participants (attending for over 1 year) reported having a regular doctor, having health insurance, and having a check-up in the past year. In addition, **a lower percentage** of existing participants reported visiting the ER in the past year, eating salty or fatty foods daily, or smoking compared to those new to the program.

Program Goals:

The primary goals of Good for the Neighborhood are to:

- Encourage residents to develop and maintain an ongoing relationship with a primary care doctor
- Encourage healthier eating habits
- Emphasize the importance of keeping a regular physical fitness routine
- Encourage smokers to quit and non-smokers not to start

Program Outline:

Good for the Neighborhood Health Promotion events: (2 per year)

- Screenings and Measurements - Health screenings for blood pressure, cholesterol, glucose, Body Mass Index (BMI) from registered nurses.
- Tabling from various community health organizations - Health education and promotion activities aimed at connecting community members with needed services/resources.
- Healthy Activities for Kids - Kids learn about fitness and the importance of good health and nutrition through activities and games
- Healthy goal setting in an effort to inspire change and increase accountability, Good for the Neighborhood participants are encouraged to take steps toward a healthier life and are rewarded for accomplishing their goals

Good for the Neighborhood Screening Only events: (2 per year)

- Screenings and Measurements – Health screenings for blood pressure, cholesterol, glucose, Body Mass Index (BMI) from registered nurses.

Program Benefits:

By hosting Good for the Neighborhood at your site, you will:

- Grow your association
 - As a Good for the Neighborhood provider, you will have access to the resources and tools you need to help innovate and inspire your community.
- Further your mission
 - The more you learn about educating your community, the better equipped you are to further the mission of your organization. The data collected at GFTN events will help you better tailor your efforts to meet the need of your community.
- Be prepared
 - We can help you prepare to meet any challenge with the right knowledge and solutions through initial trainings and ongoing support.
- Continue your site development
 - Increase the value of your organization to the community and reach new heights. Between our in-person and online resources, we will help get you there.
- Make connections
 - Connect with a myriad of health outreach professionals.

How to bring Good for the Neighborhood to your community:

Through the support of the Independent Health Foundation, each Good for the Neighborhood site will receive the proper tools, training, resources, and confidence to independently execute the program successfully. The program encourages and assists the community to take the first step to embrace their health in a welcoming setting.

Site Roles and Responsibilities:

- Identify a Site Advisor: The role of the Site Advisor is to promote valuable health resources that will improve the overall health and well-being of the community. The Site Advisor will oversee the Good for the Neighborhood® program.
- Run two (2) Good for the Neighborhood Health Promotion events per year. Provide dates to Independent Health Foundation at least ten (10) weeks prior.
- Run a minimum of 2 (two) additional screening events between each Good for the Neighborhood® Health Promotion events.
- Reach out to community resources/partners to ensure diverse content at your events.

- Survey the Good for the Neighborhood attendees to see what programs they are interested in and what concerns they have. (survey templates provided by IHF)
- Assist members of your community by connecting them with the appropriate resources
- Organize volunteers to work events at your site
- Enter data collected at all program events into online data portal provided by IHF
- Semi-annual check in with Independent Health Foundation to share learnings, address program concerns and potential growth opportunities

Independent Health Foundation Roles and Responsibilities:

- Facilitate trainings for site staff and directors concerning program operations
- Schedule and fund screenings and contribute screening consent forms for each event
- Supply electronic versions of registration sheets (printing done by the site) before each event
- Provide a resource file with program information
- Produce templates for advertisements and handouts
- Be the Site Advisor's contact for any questions/concerns that arise
- Provide data analysis through third party vendor

Funding for Good for the Neighborhood:

Funding for Good for the Neighborhood® will be provided through in-kind services and a wellness stipend by Independent Health Foundation for:

- Screening services and screening consent forms for each event
- The first event mailer will be prepared and distributed by Independent Health Foundation. Advertisements, forms, etc. will be paid for by the site for all subsequent events.
- Grant funding will be awarded in two semi-annual payments, totaling \$2,000
- Grant funding may be used as the site sees fit to support new or on going community health or education efforts, and offset program costs.
- Funding will be awarded for one (1) year of programming, with opportunities to re-apply for proceeding years.

Data Collection and Evaluation:

- Data collected from Good for the Neighborhood, including health screening information, semi-annual goal sheets, and family registration forms, must be turned into Independent Health Foundation one week (7 days) after the day of the event.
- All data will be entered by the site, for the third party evaluation team to analyze.
- At the end of each year, Site Advisors are expected to meet with Independent Health Foundation to discuss the strengths and weaknesses of the year's events.

Grant Application:

Grant applications can be obtained through the online link found www.GoodfortheNeighborhood.com. Applications are due at least four months prior to the first proposed Good for the Neighborhood event.

For questions, please call Independent Health Foundation (716) 635-4959.