



Community Healthy Living Index: A Tool to Create a Healthy Environment

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OBJECTIVES

- Describe why we need the Community Healthy Living Index (CHLI)
- Describe the development of CHLI
- Illustrate potential contribution of CHLI to the prevention of obesity



OUTLINE

- **Background**
- **Methods & Results**
 - Development of CHLI
 - Pilot Testing
 - Final CHLI
 - Dissemination
- **Discussion**
- **Conclusion**



BACKGROUND

- **Obesity is a major public health threat**
- **The current environment/policy hinders opportunities for healthy living**
- **Any successful change effort needs to come from all sectors of the community**
- **There is a need for a community assessment tool to measure opportunities for healthy living**



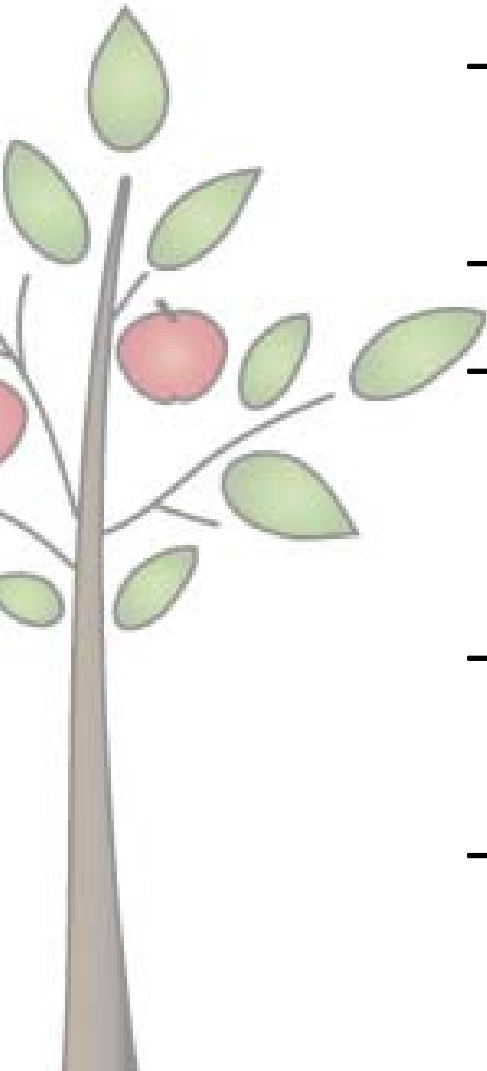
Development of CHLI

- **A collaboration among YMCA of the USA and a team of experts**
- **Funding provided by CDC**
- **Assessment tools**
 - Measure opportunities for physical activity and healthy eating
- **Improvement tools**
 - Mobilize environmental and policy actions to facilitate growth toward communities rich in healthy choices



Development of CHLI

- **CHLI structure and survey questions**
 - Based on literature review & input from Advisory Task Force
 - Defining “Community”
 - Five venues: Schools, Afterschool child care sites, Work sites, Neighborhoods & Community-at-large
 - General information, Programs, Physical environment, Promotion, and Policy
 - Response categories



Development of CHLI

Neighborhood Tool

Neighborhood Design

The neighborhood has a network of walkable sidewalks that are unobstructed, well maintained, and level.	<input type="checkbox"/> Everywhere /almost everywhere 81%-100%	<input type="checkbox"/> Usually 61%-80%	<input type="checkbox"/> About half the places 41%-60%	<input type="checkbox"/> Some places 21%-40%	<input type="checkbox"/> Rarely/ nowhere 0%-20%
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Work site Tool

Administrative Support/General

The work site has a wellness committee/wellness coordinator whose efforts focus on enhancing physical activity and healthy eating opportunities at the workplace.	<input type="checkbox"/> Yes	<input type="checkbox"/> In Development	<input type="checkbox"/> No
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Development of CHLI

School Tool

Healthy Eating Opportunities

The school has funding to support healthy eating opportunities in school...

Note: These funds could be raised or received from public or private sources.

Covers
all/most
costs
81%-100%

Usually
covers
costs
61%-80%

Covers
half the
costs
41%-60%

Covers
some
costs
21%-40%

Rarely/
Never
covers
costs
0%-20%

Afterschool Child Care Site Tool

General Healthy Living

Written guidelines or rules or policies are in place to train, assist, and encourage staff to be active and eat healthy and to serve as a role models for children and youth.

Yes

In
Development

No



Development of CHLI

- **Scoring and feedback system**

- Participants receive one of five asset-based feedback messages based on “Stages of Development”



Planting
the Seeds



Nurturing
for Growth



Nourishing
a Root System



Cultivating
Healthy Fruit



Harvesting
the Rewards

REMEMBER, TREES DON'T GROW OVERNIGHT. GROWTH TAKES TIME AND COMMITMENT.

Development of CHLI

- **Discussion and Improvement Plan Guide**

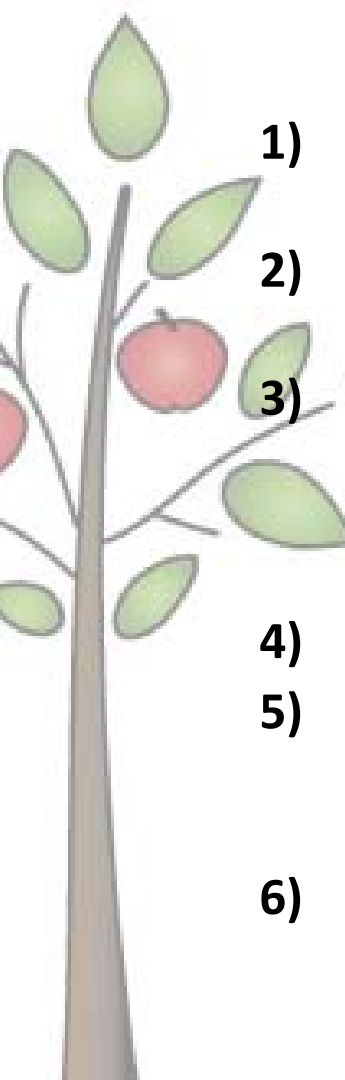
- Core elements of a healthy environment
- Discussion questions: Current status and likelihood of making improvements
- Improvement plan: Concerns and improvement ideas



Development of CHLI

- **CHLI implementation process**

- YMCA acts as local convener

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- 1) Convene high-level community team
 - 2) Community team sets strategy
 - 3) Identify YMCA branches/local areas; Branches develop local teams
 - 4) Local teams set strategy
 - 5) Local teams conduct site assessments and develop site improvement plans
 - 6) Local assessments and improvement plans entered on-line
 - 7) Branches compile consolidated reports on site assessments & improvement plans
 - 8) Submit consolidated reports on-line
 - 9) Community team reviews consolidated reports; Conducts the Community-At-Large assessment; Develops Community Improvement Plan
 - 10) Implement Community Improvement Plan & communicate about the plan

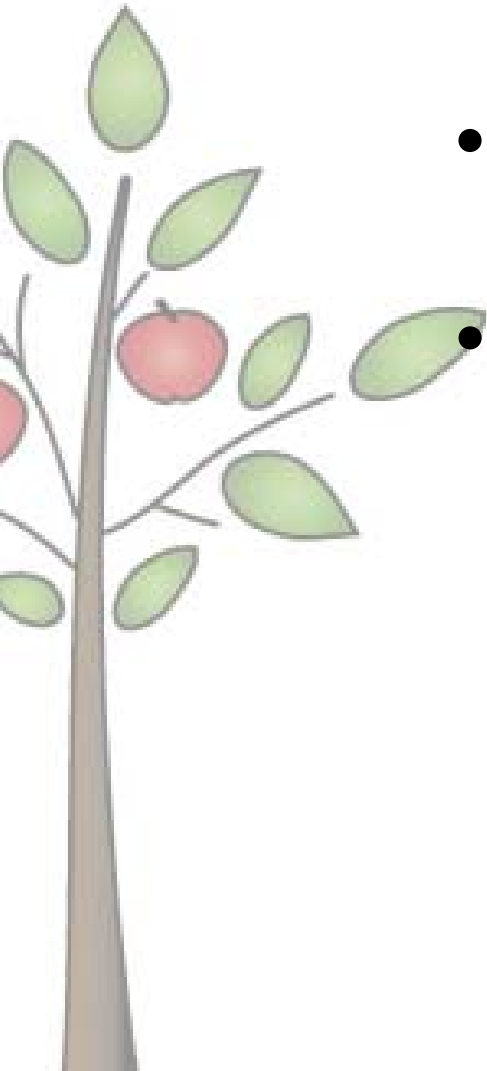
Pilot Testing

- **Cognitive Response Testing (CRT)**
 - Verifies and improves questions
- **Inter-rater Reliability Testing (IRR)**
 - Examines the extent to which two sets of assessments would result in consensus
- **Feasibility of implementation**
 - Conducted during CRT and IRR
 - Tests feasibility of overall CHLI process



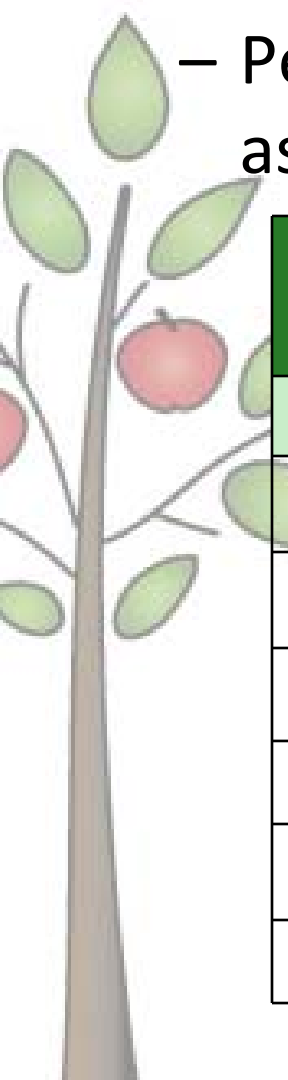
Pilot Testing: CRT

- Assessed in multiple sites from one rural and one urban community
- > 80% of questions were understood without confusion
- Ambiguous questions were either revised or removed



Pilot Testing: IRR

- Implemented in multiple sites from four communities
- Percent agreement between independent assessments conducted in the same site



Venue (Number of pairs)	School (n=7)	Afterschool (n=7)	Work site (n=6)	Neighborhood (n=8)
Number of total items	114	53	67	77
<i>Degree of agreement</i>				
Almost perfect	80.7%	60.4%	55.2%	33.8%
Substantial	12.3%	24.5%	31.4%	53.2%
Moderate	6.1%	15.1%	13.4%	9.1%
Fair	0.9%	0.0%	0.0%	3.9%
Poor	0.0%	0.0%	0.0%	0.0%

Pilot Testing: Preliminary Data

- **Neighborhood characteristics**

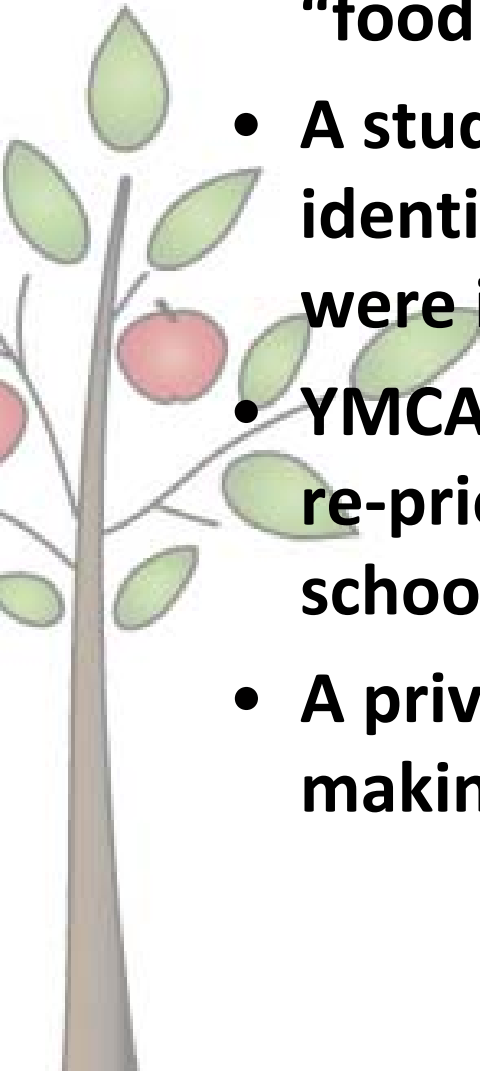
- Setting: 10 urban, 9 suburban, 1 rural
- Income: lower-middle (35%), middle (35%), upper-middle (30%)

- **Support for healthy living**

<i>Neighborhood Assessment Items</i>	Always	Usually	Half	Some	Rarely	N/A
A network of biking routes	15%	30%	10%	20%	25%	-
Neighborhood parks offer on-site gardens and /or farmers markets	0%	0%	0%	5%	70%	25%
People who walk or bike during the day in the neighborhood feel safe and unlikely to become victims of crime.	45%	20%	10%	10%	15%	-

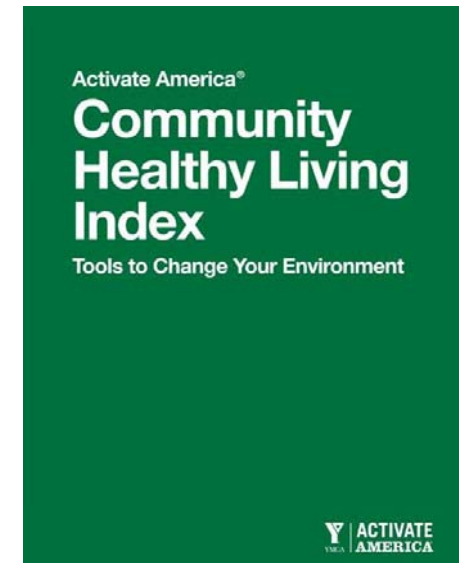
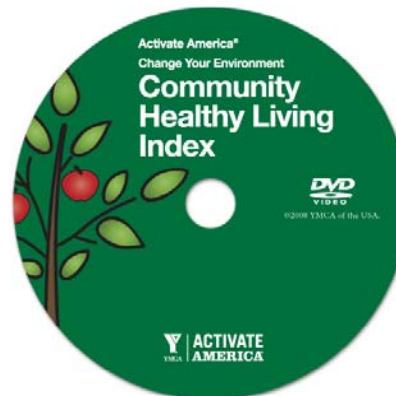
Examples of Improvement Plans

- An online farmers market was established in a “food desert” area
- A student-run health council was created to identify what types of physical activity students were interested in
- YMCA working with local community planner to re-prioritize sidewalks and bike lanes around schools
- A private school realizes the importance of PE and making time for it to happen



Community Healthy Living Index

- **Five assessment tools**
- **Implementation procedures**
- **Stage of development feedback**
- **Discussion and Improvement Plan Guide**
- **Support materials**



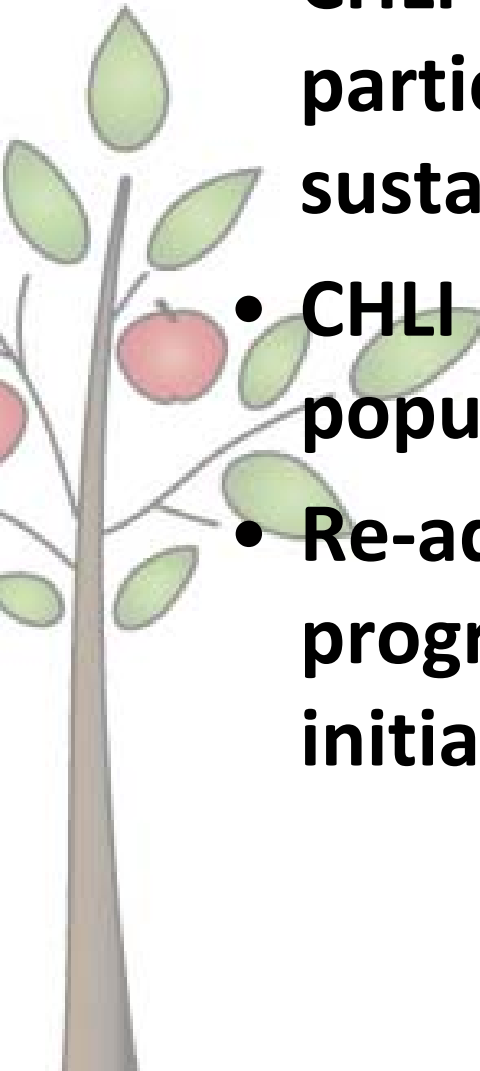
Dissemination

- **National release call to Activate America YMCAs in October 2008**
- **Two CHLI technical assistance calls monthly for training and coaching purposes**
- **As of February 2009, more than 150 community/YMCA teams have participated in training**



DISCUSSION

- **CHLI takes an asset-based, community participation approach to foster sustainable change**
- **CHLI pays attention to vulnerable populations in the community**
- **Re-administration of CHLI will assess progress and evaluate the impact of health initiatives**



CONCLUSION

- **CHLI is a tool that will enable communities to**
 - identify existing opportunities for active living and healthy eating
 - identify areas for improvement
 - work together to develop, implement, and evaluate plans to improve programs, policies, and physical environment
- **The CHLI (tools and processes) have been shown to be reliable and feasible**
- **A future national database of CHLI results will help guide efforts to combat the obesity epidemic**



Activate America®
Change Your Environment
**Community
Healthy Living
Index**



 **Online Tools**

 **Learn More**

 For YMCAs:
CHLI Registration

 For YMCAs:
**Activate America
Web Community**

Welcome to the Community Healthy Living Index Home Page

Community Healthy Living Index (CHLI) is part of [Activate America®](#) the YMCA's response to the nation's health crisis. The YMCA is redefining itself and engaging communities across the country to better support people of all ages who are struggling to achieve and maintain well-being of spirit, mind, and body.

CHLI is being launched through the network of Activate America® capacity building YMCAs, who will facilitate this process with the communities they serve. If you are a YMCA and are interested in becoming a capacity building YMCA click [here](#).

CHLI is a set of five community assessment tools that measure opportunities for physical activity and healthy eating in areas that impact an individual's daily life. These tools also facilitate discussion about how to improve the community environment to increase opportunities for healthy living.

YMCA of the USA and experts from Stanford University School of Medicine, Harvard School of Public Health, and St. Louis University School of Public Health co-led the development effort with funding from the Centers for Disease Control and Prevention (CDC). Additionally, an outstanding group of leaders from governmental agencies, not-for-profits, and academic institutions served on the CHLI Advisory Task Force. (See [Acknowledgments](#).)

Click [here](#) to learn more about how CHLI works and why it is important.
Click [here](#) to download the CHLI online assessment/improvement planning tools.

[Acknowledgments](#)
[Bibliography](#)

If you have questions about Community Healthy Living Index, e-mail CHLI@ymca.net.

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- **YMCA pilot sites**

- **YMCA of the USA**



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