Good afternoon!

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FIGURE 4-1 Steps in Conducting a Community Needs Assessment

Step 1: Set the parameters of the assessment.
Step 2: Develop a data collection plan.
Step 3: Collect data:
    about the community.
    about the community environment and background factors.
    about individuals who represent the target population.
Step 4: Analyze and interpret the data.
Step 5: Share the findings of the assessment.
Step 6: Set priorities.
Step 7: Choose a plan of action.
NUTR 356
PROJECT 3: Group Project- Community Needs Assessment
(100 points)

As part of a small group (3 people), address step-by-step how you would conduct a Community Needs Assessment. There should be 7 steps in all.

- Use instructions below and refer to Chapter 4 in the textbook and lecture notes for additional guidance.
- The paper should be 6-10 pages in length double-spaced.
- Use the APA or AMA style for citing your references.
- Refer to the lib guide link below for more information on citing your sources.

7 Steps to a Needs Assessment:

**Step 1: Set the Parameters of the Assessment.** Refer to Table 4-1 for examples.

- a) Define your “community” (example: a region, state, county or city.)
- b) Determine the purpose of the Needs Assessment
- c) Set goals and objectives for the Needs Assessment

**Step 2: Develop a data collection plan**

- a) Specify the types of data needed. Refer to Figure 4-2, Tables 4-2, 4-3 & 4-4.

**Step 3: Collect Data**

- a) Use various links and sources to gather various data that will ‘paint a picture’
  - [http://unl.libguides.com/nutr356](http://unl.libguides.com/nutr356)
- b) Do your best to include quantitative and qualitative sources of data
- c) Consider the Social-Ecological Model in deciding types of data to collect

*Turn in a detailed outline of Steps 1-3 by assigned due date.*
Outline

I. Refining your project topics

   What is your “community,” and what questions do you want to answer?

II. Information / data management & sharing plans

   How will you manage and organize the information you find?

III. Finding information

   What types of information do you need, and where / how will you find it?

IV. Wrap-up
Food insecurity among Hispanics living in the United States
poverty, racism, unemployment
Social-ecological model framework for nutrition and physical activity decisions

- Belief Systems
- Heritage
- Religion
- Priorities
- Lifestyle
- Body Image

- Government:
  - Public Health and Health Care Systems
  - Agriculture
  - Marketing/Media
  - Community Design and Safety
  - Foundations and funders
- Industry:
  - Food
  - Beverage
  - Physical Activity
  - Entertainment

- Social and Cultural Norms and Values
  - Sectors of Influence
    - Environmental Settings
  - Individual Factors

- Food and Beverage Intake
- Physical Activity

- Demographic Factors (e.g., age, gender, socioeconomic status, race/ethnicity, disability status)
- Psychosocial Factors
- Knowledge and skills
- Gene-Environment Interactions
- Other personal factors

- Homes
- Schools
- Workplaces
- Recreational facilities
- Food service and retail establishments
- Other community settings
Food insecurity among Hispanics living in the United States

- How many Hispanics in our community experience food insecurity?
- How does the rate of unemployment among Hispanics compare to other ethnic groups in the community?
- Are they more likely than other groups to have low-paying jobs?
- What is the mean income of Hispanic families?
- How many Hispanic families participate in food assistance programs?
- What are barriers to their participation in these programs?
What is your “community,” and what questions, when answered, will help you paint an impactful picture (or capture a powerful photograph) to illustrate the problem on which you’re focusing?
Social-ecological model framework for nutrition and physical activity decisions

- Belief Systems
- Heritage
- Religion
- Priorities
- Lifestyle
- Body Image

- Government:
  - Public Health and Health Care Systems
  - Agriculture
  - Marketing/Media
  - Community Design and Safety
  - Foundations and Funders
  - Industry
    - Food
    - Beverage
    - Physical Activity
    - Entertainment

- Social and Cultural Norms and Values
  - Sectors of Influence
    - Environmental Settings
  - Individual Factors
    - Demographic Factors (e.g., age, gender, socioeconomic status, race/ethnicity, disability status)
    - Psychosocial Factors
    - Knowledge and Skills
    - Gene-Environment Interactions
    - Other Personal Factors

- Food and Beverage Intake
- Physical Activity
How will you manage and organize the information you find?

What types of data / information will you need to answer your questions?

Where and how will you store and share what you find?

Will you create separate files for each question? Will you divide questions among group members, or will each question be a collaborative effort?
The focus of the community needs assessment is the target population, whose health and nutrition status are affected by many community and background factors, as well as by individual characteristics such as lifestyle, living and working conditions, and social networks.

INTERNET RESOURCES

Kids Count  
Profiles the status of children and ranks states on ten measures of well-being.  
http://kidscount.org/

MEDLINE  
Search MEDLINE and other health databases from this website.  
www.nlm.nih.gov

National Health Information Center  
Provides general information about the availability of educational materials, programs, and referral services.  
www.health.gov/nhic

Centers for Disease Control and Prevention  
http://apps.nccd.cdc.gov/cdi/

Chronic Disease Indicators (CDI)  
CDI is a set of indicators that allows states and large metropolitan areas to collect chronic disease data that are important to public health and provides links to data resources.

Health Data Interactive  
Health Data Interactive presents tables with national health statistics for infants, children, adolescents, adults, and older adults. Tables can be customized by age, gender, race/ethnicity, and geographic location.  
www.cdc.gov/nchs/hdi.htm

National Center for Health Statistics  
Check out the new releases, fact sheets, and publications.  
www.cdc.gov/nchs

Data Warehouse for NCHS public use data  
Provides links to national survey data about numerous health topics.  
www.cdc.gov/nchs/surveys.htm

Morbidity and Mortality Weekly Report  
Provides state health statistics and surveillance summaries.  
www.cdc.gov/mmwr

Vital Signs  
CDC offers recent data and calls to action for important public health issues.  
www.cdc.gov/VitalSigns/

WONDER Database  
http://wonder.cdc.gov

WONDER provides a single point of access to a wide variety of public health reports and data systems.

National Institute for Occupational Safety and Health  
NIOSH offers data on hundreds of workplace safety and health topics.  
www.cdc.gov/niosh

University of Michigan's Institute for Social Research  
Research programs include organizational behavior, survey methodology, life course development, social environment and health, urban and environmental studies, and others.  
www.src.isr.umich.edu

University of North Carolina's Odum Institute for Research in Social Science  
The Institute maintains one of the country's largest archives of social science data. Archive includes national and international economic, demographic, health, public opinion, and other types of data.  
www.iriss.unc.edu
NUTR 356 - Community Nutrition Education: Home

Information sources to help you meet course goals and complete assignments.

Home  Federal  Nebraska  Municipality  Non-profit Organizations  Citing Your Sources

About this Guide

One of the assignments for NUTR 356 is a community needs assessment. This guide includes links to many different sources of publicly available data. Click on the guide tabs for more information.

Nutrition 356: Research Tips & Resources Presentation

- Nutrition 356: Research Tips & Resources
Class presentation on 2/1/2017.

Welcome!

NUTR 356: Community Nutrition Education

Course Description: An overview of community nutrition to include assessment of community needs and services; policy formation; techniques for developing and delivering theory-based nutrition education.

Instructor: Dr. Virginia Chaitzez, vchaitez2@unl.edu

Course Librarians: Andrea Dinkelman and Leslie Delserone

Questions? If you have additional questions about finding data or other information for your project, please feel free to contact Andrea for assistance.

Off-Campus Use

Have you set up your University of Nebraska-Lincoln Libraries account?
If not - or if you're not sure - follow these steps

Your Librarian

Catherine Fraser Riehle
Email Me
United States

Population

Census 2010 Total Population

308,745,538 Source: 2010 Demographic Profile

Popular tables for this geography:

2010 Census
- General Population and Housing Characteristics (Population, Age, Sex, Race, Households and Housing, ...)
- Race and Hispanic or Latino Origin
- Hispanic or Latino by Type (Mexican, Puerto Rican, ...)
- Households and Families (Relationships, Children, Household Size, ...)
- Compare States for Population, Housing, Area, and Density
- Compare Cities and Towns for Population, Housing, Area, and Density

2016 American Community Survey
- Demographic and Housing Estimates (Age, Sex, Race, Households and Housing, ...)

2017 Population Estimates Program
- Annual Population Estimates

Census 2000
- General Demographic Characteristics (Population, Age, Sex, Race, Households and Housing, ...)
- Compare States for Population, Housing, Area, and Density
- Compare Large Cities and Towns for Population, Housing, Area, and Density

Want more? Need help? Use Guided Search or visit Census.gov's Quick Facts.
obesity statistics

united states
Obesity statistics "united states" site:.gov

Obesity | National Institute of Food and Agriculture
https://www.nifa.usda.gov/topic/obesity

Adult Obesity Facts | Overweight & Obesity | CDC
https://www.cdc.gov/obesity/data/adult.html
Aug 29, 2017 - Obesity is common, serious and costly. More than one-third (36.5%) of U.S. adults have obesity. Overweight & Obesity | CDC National Center for Health Statistics (NCHS) data brief PDF (70KB) Obesity-related conditions include heart disease, stroke, type 2 diabetes and certain types of cancer, some of the leading causes of preventable death...

Obesity Facts | Healthy Schools | CDC
https://www.cdc.gov/healthyyouth/obesity/facts.htm
Jan 25, 2017 - The percentage of children with obesity in the United States has more than tripled since the 1970s. Today, about one in five school-aged children (ages 6-11) has obesity ... Body mass index, or BMI, is a widely used screening tool for measuring both overweight and obesity.
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