

The South Dakota Good & Healthy Community Checklist (SDGHC Checklist) is designed to utilize a collaborative and comprehensive assessment approach that targets multiple sectors in the community, focuses on indicators that improve health, incorporates action strategies, and addresses multiple risk factors for chronic disease.

The SDGHC Checklist serves as both an assessment and an evaluation tool for communities addressing local chronic disease prevention and control. It addresses health indicators specific to the following chronic disease risk factors: nutrition, physical activity, tobacco behaviors, as well as the management of chronic disease risk factors – high blood glucose, high blood cholesterol, obesity, and elevated blood pressure. The SDGHC Checklist is focused on population-based interventions at the community level and aims to assist communities in improving its health by influencing individual behaviors through policy, systems, and environmental change supported by education and awareness of chronic disease prevention and control. This approach is adopted recognizing that behavioral change is not only influenced by one’s thoughts and behaviors, but also by social determinants of health.

The SDGHC Checklist results will provide a general overview of the community’s resources, strengths, and needs to address chronic disease prevention and control specific to South Dakota. In addition, the results will serve as a baseline resource to help communities identify and determine health priorities and assist in targeted planning to improve the health status of a community.

The SDGHC Checklist can also be used as an evaluation tool to measure the progress toward community goals related to these health indicators. It is developed in collaboration with the South Dakota Department of Health Office of Chronic Disease Prevention and Health Promotion programs and adapted from various evidence-based and valid resources located in the Resources of this section.

FRAMEWORK FOR UNDERSTANDING THE CHECKLIST

The SDGHC Checklist is a tool designed to follow a framework which provides a snapshot of several different sectors or specific groups divided in your community based upon type of services offered a community and/or social, political, or economic interests. The framework established to understand the community’s health status or community health profile is supported by the integration of vested community members, assessment tools, and identifying common health priorities to address local chronic disease prevention and control.

The SDGHC Checklist is intended to be completed as a coordinated effort by a community coalition and stakeholders. Establishing a community coalition with representative from various sectors in the community will help ensure a comprehensive workgroup. This broad representation will strengthen the assessment process to garner a thorough understanding of a community’s health regarding chronic disease prevention and control.

Figure 1 identifies the integral components of the framework involved when developing a community health profile with the South Dakota Good & Healthy Community Checklist.



Figure 1. Developing a Community Health Profile with Checklist

CHECKLIST DESIGN

The SDGHC Checklist is designed as a comprehensive assessment of four different sectors in a community to determine if and what population-based strategies that address chronic disease prevention and control are currently in place. Those sectors were

identified as integral groups within a community to assess and address community health. Moreover, the Centers for Disease Control and Prevention recognize these sectors as leaders in a community where strategies to address and improve chronic disease prevention and control has been proven successful.

The sectors assessed in the SDGHC Checklist include:

- Schools
- Community (including the built environment)
- Healthcare
- Worksites

Chronic disease prevention and control often means addressing the risk factors proven to affect chronic diseases. The risk factors identified as primary influences on chronic disease prevention and control, include physical activity and nutrition behaviors, tobacco use, and the management of chronic diseases.¹ These risk factors are also considered indicators the community can use to track progress on addressing and improving chronic disease outcomes and risk factors.

Evidence-based information has also shown that to address and encourage healthy modification of those risk factors; policy, systems, and environment (PSE) change may be necessary. As discussed in the Healthy Communities section, PSE is important to addressing and improving population health because behavior change may not be changed by individual actions. Health issues are “influenced by societal policies and environments that in some way either sustain behaviors or fail to foster healthier choices.”²

Policy, Systems, and Environment Change

“It is unreasonable to expect that people will change their behavior easily when so many forces in the social, cultural, and physical environment conspire against such change.”

(Smedley and Syme, Institute of Medicine, 2000)⁴

In addition to developing and enforcing PSE change, education and awareness of chronic disease prevention and control strategies and behaviors that encourage behavior change in a population is equally important. Community-based education programs play a key role in addressing public health and improving quality of life. According to Healthy People 2020, educational and community-based programs are most likely to succeed in improving health and wellness when they address influences at all levels and in a variety of environments/settings, such as the four sectors addressed in the SDGHC Checklist.³

The SDGHC Checklist was designed to incorporate community sectors, risk factors/indicators of health, as well as strategies to address those health indicators through policy, systems, and environment change, and education and awareness. Figure 2 below illustrates how all of these components are integrated to help assess the health of community sectors.

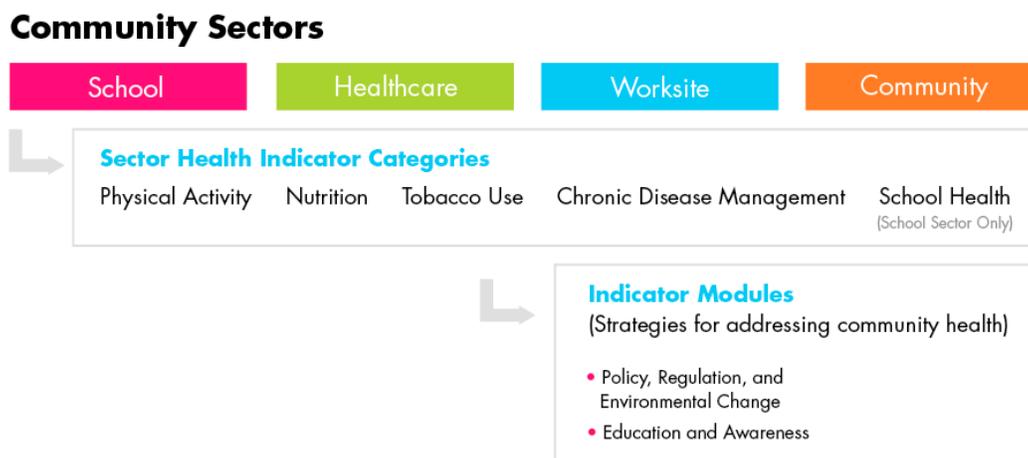


Figure 2. South Dakota Good & Healthy Community Checklist Design

The SDGHC Checklist focuses on health indicators within the four sectors (listed in Figure 2) nutrition, physical activity, tobacco use, chronic disease management, and school health (specific to school setting). Indicators are organized and assessed within two modules, which include evidence-based strategies for addressing community health. In the SDGHC Checklist, the modules are organized by the following: 1) *Policy/Regulation and Environmental Change*, and 2) *Education and Awareness*. The SDGHC Checklist recognizes the following definitions for understanding the modules.

- **Policy and Regulation:** strategies involve both informal and formal policies, and laws and regulations that guide healthy behavior.
- **Environmental Change:** strategies are those that alter or improve the legal, social, economic, or physical environment in some way to make it more conducive for health and well-being.
- **Education and Awareness:** strategies support and promote awareness, communication, and skill building.

The Indicator Modules indicate what policies are in place, how regulations should be followed, and what strategies there are to promote education and awareness of chronic disease risk factors and address prevention and health promotion.

To understand what evidence-based strategies are in place in each of the sectors, community coalitions using the SDGHC Checklist will assign a score to each strategy indicating whether strategies are not at all in place (0) up to fully implemented (3). The summary of scores provided will indicate how a community is doing regarding addressing health within each sector. The score is derived from a 100% scale, with 60% and above as doing good work, and less than 60% as needing improvement. These summary scores provide a community with a “snapshot” of its health regarding chronic disease prevention and control and associated risk factors.

USING THE CHECKLIST TO ADDRESS COMMUNITY HEALTH

Upon completion of the SDGHC Checklist tools, a community will be able to identify community sectors Needs and Strengths to understand the “health” of the community regarding chronic disease prevention and control. Communities can take the following steps to determine strategies to address improving the community’s health status.

1. *Interpret data defined by the SDGHC Checklist.*
2. *Collaborate with partners and stakeholder to determine health priorities.*
3. *Create a Community Health Action Plan to address identified health priorities.*
4. *Measure progress.* (Communities should complete the SDGHC Checklist on annual or biannual timeframe so progress can be measured on strategies identified and implemented to address health priorities. Any change in the SDGHC Checklist scores will indicate progress has occurred to improve the health of the community.)

The SDGHC Checklist is an assessment tool that provides a community the opportunity to create a community health profile or “snapshot” of its health regarding chronic disease prevention and control. While the SDGHC Checklist alone may not explain all of the reasons behind the community health status, it does provide baseline, qualitative data that will help identify community health needs, strengths, and resources. Additional data collection methods should be considered to determine a community’s true health status. Refer to *Tools and Templates* in this section for the complete South Dakota Good & Healthy Community SDGHC Checklist and supporting tools to get started on creating a “snapshot” of your community’s health.

Tools and Templates

South Dakota Good & Healthy Community Checklist User Guide – The User Guide is a resource that provides detailed instructions for how to utilize and complete the SDGHC Checklist tool.

South Dakota Good & Healthy Community Stakeholder Roles & Responsibilities – Serves as a template for community's implementing the SDGHC Checklist to identify community stakeholders who will help complete the SDGHC Checklist and how they will support the process.

South Dakota Good & Healthy Community Checklist Sectors – Includes Microsoft Excel files for each major sector that will be assessed in a community with the SDGHC Checklist. A separate Excel file is completed for each "site" assessed within each major sector, i.e. healthcare, worksite, school, and community.

Healthcare – Serves as a resource to assess the health of individual sites within the Healthcare Sector of a community regarding chronic disease prevention and control.

Worksite – Serves as a resource to assess the health of individual sites within identified worksites within a community regarding chronic disease prevention and control.

School – Serves as a resource to assess the health of individual school districts and school based organizations within the school sector regarding chronic disease prevention and control.

Community – Serves as a resource to assess the health of a community (i.e. city) and organizations within the community sector regarding chronic disease prevention and control.

South Dakota Good & Healthy Community Summary Checklist – This tool can be utilized to create a comprehensive summary/percentage score of all of the SDGHC Checklist Sectors and Sites assessed.

South Dakota Good & Healthy CHNA Glossary – Includes a comprehensive list of terms and definitions included in the SDGHC Checklist tools and the South Dakota Good & Healthy Community Health Needs Assessment and Improvement Planning Toolkit.

Resources

Good & Healthy Community Checklist

Ohio Creating Healthy Communities Checklist. Ohio Department of Health

CDC CHANGE Tool. CDC's Health Communities Program. Center for Disease Control and Prevention.

Michigan Healthy Communities Checklist. Michigan Healthy Communities Collaborative. Michigan Department of Community Health.

Recommended Community Strategies and Measurements to Prevent Obesity in the United States, MMWR, July 24, 2009. Centers for Disease Control and Prevention

The Guide to Community Preventative Services, The Community Guide. Community Preventive Services Task Force, U.S. Department of Health and Human Services.

National Physical Activity Plan.

State Indicator Report on Physical Activity. Centers for Disease Control and Prevention.

South Dakota Department of Health Office of Chronic Disease Prevention and Health Promotion State Plan

References

1. Centers for Disease Control and Prevention. *Community Health Assessment and Group Evaluation (CHANGE) Action Guide: Building a Foundation of Knowledge to Prioritize Community Needs.* Atlanta: U.S. Department of Health and Human Services, 2010.
2. Faricy, A. [PDF Document]. *Understanding Policy, Systems, and Environmental Change to Improve Health.* Retrieved from Minnesota Department of Health website: <http://www.health.state.mn.us/healthreform/ship/techassistance/pse02222012.pdf>
3. US. Department of Health and Human Services. (2013, April 10). Educational and Community-based Programs. In the *Healthy People 2020* website: <http://healthypeople.gov/2020/topicsobjectives2020/overview.aspx?topicid=11>
4. Institute of Medicine. (2000). Promoting health: *Intervention strategies from social and behavioral research* (B. D. Smedley & L. S. Syme, Eds.). Washington, DC: National Academies Press.