

Marta Barys - Community Assessment Project

Part 1- Community Needs Assessment

A. Identify targeted population

1. Location (city and county)

1. Fullerton, Orange County

2. Population characteristics (Population Estimates)

- Median Age – 34.5
- Ethnicity
 - Hispanic (38.8%)
 - White (37.8%)
 - Asian (14.0%)
 - Black (5.6%)
 - other Non-Hispanic Races (2.8%).
- median income - 65,974
- 2,288 babies born in fiscal year 2016 (St. Jude Medical Center)
- 3.9 deaths/ 1,000 live births (Together)
- total housing units – 47,319

B. Assess community

1. Housing data

- include age of houses (Fullerton California)
 - most of the houses in Fullerton were built in 1970s.
- type of housing (Zillow)
 - The average cost of house is \$596,700
 - One or two level houses
- cost of renting (RentCafe)
 - one-bedroom apartment is \$1,497
 - two-bedroom apartment \$1,858
- maintenance of neighborhood (graffiti? Cleanliness? Crime?)
 - It is on the 29th place from 101 cities with the largest increase of crime in 2012 (Fullerton California)
 - Fullerton has a graffiti removal program (TheFullertonCity)

2. Transportation availability- Bus, train, etc. (TheFullertonCity)

- Metrolink
- Amtrak
- OCTA
- Fullerton Municipal Airport

3. Community facilities and resources

- i. Government- Welfare (Dept of Public Social Services), Employment office

1. Pathways of Hope
 2. Fullerton Interfaith Emergency Services
 3. Volunteer Center
 4. Resource Employment Solutions
 5. Volt Workforce Solutions
 6. Staffmark
- ii. Schools, childcare facilities, Head Start, etc
1. 18 elementary schools
 2. 5 Junior High Schools
 3. 5 High Schools
 4. Fullerton College
 5. California State University
 6. Acacia Tree Preschool
 7. Morningside Presbyterian Children's Center and Preschool
 8. Color Our World Daycare Ed Center
 9. North Fullerton KinderCare
 10. Kid's Adventure Learning Center
 11. Fullerton Child Care Agency
 12. Amalie Montessori School
 13. Arborland Montessori Children's Academy
 14. Stepping Stones Children's Center
 15. Fullerton Head Start
 16. Kiddie Learning Academy
 17. EvFree Preschool
 18. Topaz Head Start
- iii. Recreational facilities (Ex: YMCA, Boys & Girls Club)
1. Student Recreation Center
 2. Fullerton Family YMCA
 3. Boys & Girls Club of Fullerton (three locations)
 4. Median Spots Club
- iv. Religious facilities
1. First Evangelical Free Church of Fullerton
 2. EvFree Fullerton
 3. Temple Beth Tikvah Synagogue
 4. Renew Church OC Evangelical church
 5. St Juliana Falconieri Church Catholic church
 6. Crosspoint Friends Church
 7. The Church of Jesus Christ of Latter-day Saints
 8. St Andrews Episcopal Church
 9. First Evangelical Community Church
 10. Self-Realization Fellowship Fullerton Temple
 11. First Christian Church
 12. Fullerton First United Methodist
 13. First Presbyterian Church of Fullerton
 14. Emmanuel Episcopal Church of Fullerton
 15. St Marys Catholic Church

16. New Life Mission Church Presbyterian church
 17. Grace Ministries International Korean church
 18. St Philip Benizi Church Catholic church
 19. Grace Ministires International Presbyterian church
 20. Cornerstone Bible Church Evangelical church
- v. Library & culture
 1. CSUF Pollak Library
 2. Fullerton Public Library
 3. Fullerton College Library
 4. Hugh and Hazel Darling Library
 5. Muckenthaler House Cultural center
 6. AMC Fullerton Theatres
 7. Fullerton Museum Center
 8. Fox Theatre
 - vi. Senior centers
 1. Senior Citizens Club-Fullerton
 2. Authentic Care Senior Citizen Center in Fullerton
 3. Maple Neighborhood Center
 4. Community Senior Services
 - vii. Rehabilitation services
 1. North Orange County Physical Rehabilitation, Inc
 2. St. Elizabeth Healthcare and Rehabilitation Center
 3. Advanced Rehabilitation
 4. Terrace View Care Center
 5. Addiction Treatment Center
 6. Rehabilitation Institute of Southern California
 7. Interface rehab
 8. St Jude's Brain Injury Network
 - viii. Chamber of Commerce, Lions Club, Rotary Club
 1. North Orange County Chamber
 2. Fullerton Host Lions Club
 3. Fullerton Rotary Club
 - ix. Newspapers
 1. Fullerton Observer
 2. Fullerton News Tribune

C. Locate food sources:

- Grocery stores markets
 - Smart & Final Extra!
 - Albertsons
 - Sprouts Farmers Market
 - Stater Bros. Markets
 - The British Grocer
 - T&M Fresh Market
 - Ralphs
 - Lowe's Wilshire Market

- Fullerton Certified Farmers Market
- Mission Market
- Stater Bros. Markets
- Valencia Market
- Gem Meats & Produce
- Dry Dock Fish Co
- Fast foods restaurants
 - Chick-fil-A
 - Jack in the Box
 - SUBWAY ®Restaurants
 - Burger King
 - Sonic Drive-In
 - Wendy's
 - In-N-Out Burger
 - Flame Broiler
 - Carl's Jr.
 - Five Guys
 - Farmer Boys
 - Wienerschnitzel
 - Taco Bell
 - KFC
 - McDonald's
- Sit down restaurants
 - The Olde Ship
 - Pie Dog
 - Roman Cucina
 - Matador Cantina
 - The Cellar Restaurant and Spirit Room
 - El Amerikano Kitchen
 - Rutabegorz Restaurant
 - Summit House Restaurant
 - Mulberry Street Ristorante
 - The Old Spaghetti Factory
 - Mr. BBQ
 - Fullerton Black Bear Diner
 - Islands Restaurant
 - El Camino Real
 - Grits Fullerton
- Community gardens
 - Fullerton Arboretum Community Gardens
 - Emmanuel Episcopal Community Garden
- Senior citizen nutrition programs
 - Fullerton Community Center - Senior Services Programs (Health and nutrition education and fall prevention resources.)

D. List health services- Where are the closest of the following:

- Hospitals

- St Jude Medical Center
- Clinics
 - St. Jude Neighborhood Clinic
 - Western Pacific Medical Clinic
 - Fullerton Speech Language and Hearing Clinics
 - Target Clinic Care provided by Kaiser Permanente
 - John Medical Clinic
 - Acupuncture & Herb Clinic, Inc
 - Avanti Skin Clinic
 - Nara Clinic
- Public health
 - Ca Department of Public Health / Public health department in Brea, California
- Emergency rooms
 - St. Jude Medical Center: Emergency Room
- WIC
 - Access California Services WIC Anaheim, CA / 3.21 miles from Fullerton
 - WIC La Habra, CA / 3.52 miles from Fullerton

E. Define nutrition and health problems- Identify AT LEAST one major goal or need of your community

Residents of Fullerton suffer from obesity. According to Orange County Health Assessment, the number of people who are obese gradually increased since 2007. The percentage of obese adults in 2007 was 59.2%, while in 2012 it increased to 60.9%. This number is also greater if it is compared to the percentage of obese people in Orange County. Fullerton has a higher percentage of obese people by an average of 9%. The collected data shows that the older the person gets the more likely he/she might become obese or overweight. 71% of the community age 65 and older is obese, while 65.5% age 40-64 are, and 52.4% of adults age 18-39 are obese. Additionally, the same data shows that race and ethnicity matters. Hispanic (72.9%) is more likely to be obese than Caucasian (60.4%). The same source states that 27% of obese people rate their health as a poor. The community wants to aim for the goal of Healthy People 2020 which is “reduce to 14.5% the proportion of children and adolescents (2-19 years) who are at risk of overweight or obesity by 2020”. So far, this goal has not been met.

F. Additional Questions

1. In your opinion, how does this community compare to other communities?

I thought that the community of Fullerton did very well. However, when I was looking for the information, I was in little shock. Fullerton median household income in comparison with the other six cities of North Orange County is in the fourth place. The highest household income has Yorba Linda (\$115,291), the lowest La Habra (\$63,356), and Fullerton is in the middle (\$69,432) (2014 Community Health). The unemployment rate is also higher than I thought. It is one of the highest. The highest unemployment rate has Placentia, 9.0%, the lowest Yorba Linda, 5.8%, and Fullerton's unemployment rate is 8.9%. Fullerton has the highest overall poverty rate, 13.2%, where the lowest is 2.7% in Yorba Linda. (2014 Community Health)

2. What are the special needs of this community?

One of the special need that the Fullerton community faces these days is to break-down any barriers for people with disabilities, and people who use strollers. Lately, many sidewalks were adjusted to make them easy to use by doing the low-profile curb.

3. What attracts or deters people from serving this community?

Fullerton offers many Community Programs for people of different ages. There are programs for Youth and Teen, Adults and Seniors. These programs include a variety of areas: sports, gaining skills from firefighters or police, or education. This variety attracts people to serve in the community and be part of it. (TheFullertonCity)

Part 2- Program Plan

A. Define program objectives

1. Must include at least 3 objectives

After completing this program, participants will be able to:

- Know and list the possible health risk of obesity.

- Prepare healthy meals, including breakfast, lunch, dinner, or snack.
- Recognize and select the healthy version of food eating out.
- Select nutritious and healthy food while shopping.
- Recognize the places to buy the best quality of fresh food.
- Interpret and analyze food labels.

B. Develop an intervention strategy for this major problem

1. Consider your population's culture, existing programs, finances, feasibility, etc (based on your community needs assessment in Part A) when developing a plan.
 - Program will be created for 6 to 10 weeks period.
 - Depending on the interest, and number of participants, the classes might be divided depending on the rate of obesity. The basic program will include 6 weeks with an option to extend it do 10 weeks for people who might need more time for adjustment and specific needs.
 - If participants join this program and other fitness programs offered in the Fullerton Community Center, they would get a discount rate.

Part 3- Methods: Outline the methods/ ways/ programs/ interventions that you/ your organization will perform in order to meet the unmet nutrition needs that you found and how you will meet your objectives from part 2.

The program will be organized in the Fullerton Community Center by a local dietitian with a collaboration with a group of volunteers who have a knowledge about the nutrition and healthy lifestyle. The seminars will be organized every Tuesday morning with an exception for a field trip to a Farmer`s Market that is open on Thursdays in the afternoon.

- The information about this program will be posted on the website of the Fullerton Community Center and website of Fullerton City. Additionally, flyers will be passed within the building, in the fitness classes, and local newspaper.
- The participants might be able to sign for it in the Fullerton Community Center or online.
- Depend on the interest and number of participants, the number of sessions will be determined.
- Every week the topic of the session will be different to meet the objectives listed in part 2.
- The first seminar will give awareness to the population about the health issues related to the obesity, reasons of being obese, and brief introduction of the program.
- During the second seminar, we will discuss how to make the right decisions while doing grocery shopping. The food labels will be analyzed and discussed. We will evaluate which food would have the biggest impact on the health and which one is healthier for a person.
- On the third seminar, a few menus from the local restaurants will be compared. The healthiest options for breakfast, lunch, and dinner will be selected from each restaurant and why they are healthier will be discussed.
- On the last seminar, the healthy recipes will be provided with a sample of menu for a week to inspire participants to prepare healthy food at home.
- During the program, two field trips will be offered. One of them will be a field trip to the local store, to show participants how to pick healthier and nutritious

food items while shopping. At this time, there will be also time to practice the knowledge about food labels that were explained in the previous seminar. Another field trip will be a trip to a local Farmer`s Market to see what seasonal fresh foods are sold there.

Part 4- Evaluation: There are several types of evaluations that we have discussed and learned in class. You will need to choose one evaluation method and describe how you will evaluate/ measure whether you/ your organization has reached the goal.

The evaluation that my organization would use is a formative evaluation. At the end of each seminar there will be an interactive practice test based on the information the participants gained that day. It would evaluate if the information provided was understood, how much participants retained, and if they could apply the knowledge to real-life situations.

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