

KC FAITH Initiative

(Fostering Action and Improvements To Health)



Church-based and Community Health Needs Assessment Report

We would like to thank the KC FAITH Initiative Community Action Board for your commitment and diligence in developing the survey tool, reviewing the outcomes, and providing input on the final report.

We also extend a warm thank you to the following churches for their willingness to participate in the needs assessment process: Boone Tabernacle Church of God in Christ, Calvary Temple Baptist Church, First AME Church, Glory Baptist Fellowship International Church, Heaven Sent Outreach Ministries, New Bethel Church, New Seasons Christian Church, Second Baptist Church, St. John Missionary Baptist Church, Trinity Temple Church of God in Christ, and United Missionary Baptist Church.

This report was prepared by:
Community Health Research Group, Psychology Department, University of Missouri-Kansas City

Needs Assessment Survey: Background

The Needs Assessment survey was conducted with members from 11 African American churches and representatives from faith, community, health, and academic organizations in the Kansas City metropolitan area. The survey was completed by 463 respondents over a period of two months to identify respondents’:

- Demographic information
- Opinions and experiences related to health disparity issues
- Opinions on health promotion strategies that are important and feasible to implement in African American church and community settings to help reduce African Americans health disparities in KC

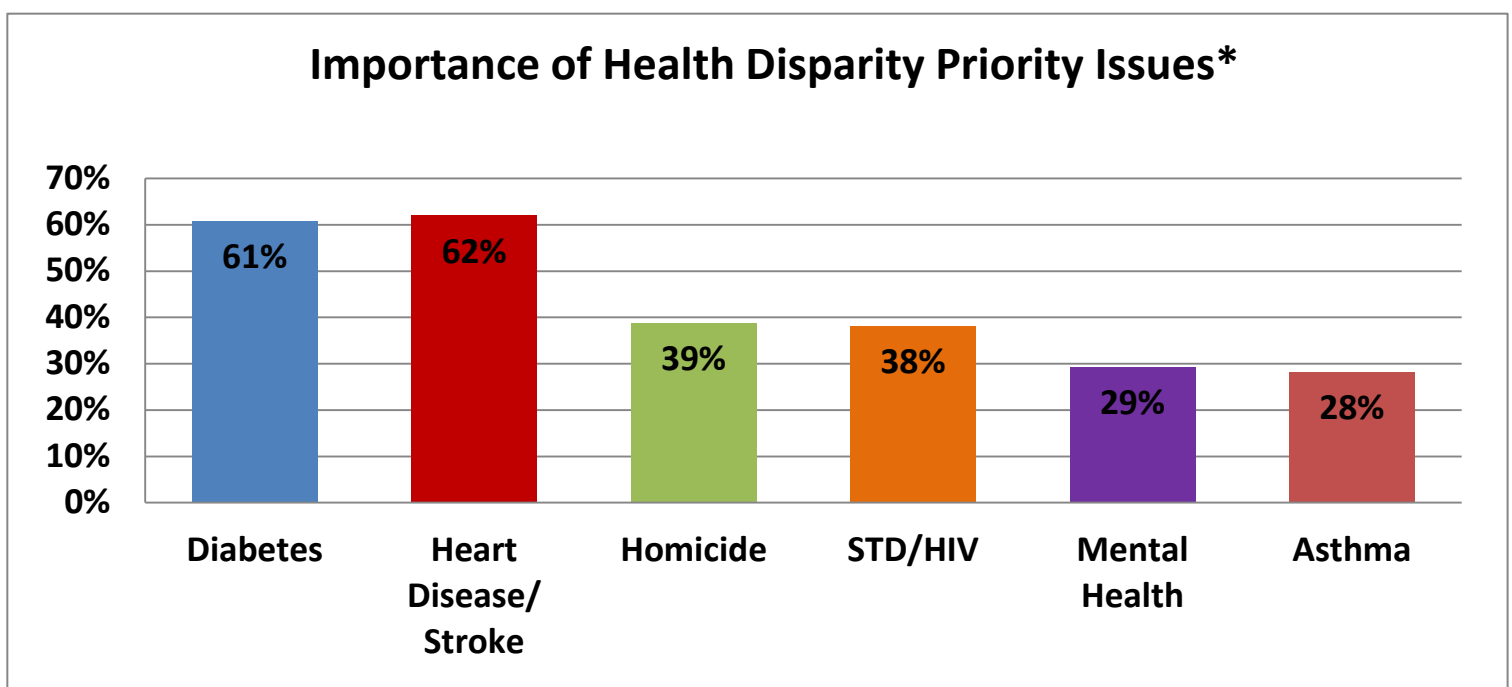
This is preliminary report highlights selective findings corresponding to the bullets above.

Findings on Rankings of Health Disparity Issues

Survey respondents ranked the six health disparity issues in order of importance, as shown below.

	Diabetes	Heart Disease/ Stroke	Homicide	STD/HIV	Mental Health	Asthma
Most Important	29%	28%	19%	16%	11%	9%
Second Important	19%	21%	10%	11%	8%	6%
Third Important	13%	14%	10%	11%	10%	13%
Fourth Important	13%	12%	11%	14%	11%	7%
Fifth Important	8%	5%	14%	10%	17%	13%
Least Important	2%	1%	10%	9%	17%	29%
Missing	16%	21%	26%	29%	25%	22%
Total:	100%	100%	100%	100%	100%	100%

In summing the top three rankings (most, second and third important) for each health disparity issue, Diabetes and Heart Disease/Stroke remained as the two highest ranked health issues of importance to address.



*Sum of top three rankings for each health disparity issue

Demographics

1. What is the zip code where you live? (Respondents zip code categorized by state)

Missouri

Zip Code	Respondents	Percent
64130	34	7.4%
64128	10	2.2%
64132	20	4.3%
64109	12	2.6%
64134	34	7.4%
64147	1	0.2%
64106	5	1.1%
64110	11	2.4%
64131	11	2.4%
64138	26	5.7%
64034	2	0.4%
64129	12	2.6%
64030	28	6.1%
64136	1	0.2%
64137	15	3.3%
64133	14	3.0%
64108	5	1.1%

Zip Code	Respondents	Percent
64082	1	0.2%
64151	2	0.4%
64118	2	0.4%
64116	3	0.7%
64081	7	1.5%
64063	2	0.4%
64083	7	1.5%
64014	1	0.2%
64056	2	0.4%
64155	2	0.4%
64057	3	0.7%
64119	1	0.2%
64012	2	0.4%
64055	3	0.7%
64156	3	0.7%
64068	1	0.2%
64112	1	0.2%

Kansas

Zip Code	Respondents	Percent
66104	36	7.8%
66112	16	3.5%
66101	13	2.8%
66102	14	3.0%
66109	13	2.8%
66043	1	0.2%
66103	1	0.2%
66210	1	0.2%
66214	1	0.2%
66801	1	0.2%
66061	1	0.2%
66215	1	0.2%
66202	2	0.4%

Zip Code	Respondents	Percent
66212	2	0.4%
66203	3	0.7%
66204	4	0.9%
66062	4	0.9%
66216	5	1.1%
66049	1	0.2%
66224	2	0.4%
66223	1	0.2%
66226	2	0.4%
66213	4	0.9%
66209	2	0.4%
66219	3	0.7%

2. Gender at birth.

Gender	Respondents	Percent
Female	334	73%
Male	122	27%
Total:	456	100%

3. How old are you?

Age Range	Respondents	Percent
18 - 25	69	15%
26 - 35	71	16%
36 - 45	78	17%
46 - 55	102	23%
55 - 65	87	19%
66 & Up	46	10%
Total:	453	100%

4. Do you consider yourself African American, Black American, or mixed race with African American?

	Respondents	Percent
Yes	436	97%
No	15	3%
Total:	451	100%

6. Do you have any kind of health care coverage that helps pay for part of your medical bills?

Health Care Coverage	Respondents	Percentage
Medicare	83	18%
Medicaid	49	11%
Private Insurance	227	50%
Other Health Care	47	10%
No Insurance	105	23%
Don't Know	11	2%
Refuse to Answer	2	0%

*Responses are not mutually exclusive

7. What is the monthly income of your household?

Income Range	Respondents	Percent
0-1000	83	18%
1,001-2,000	100	22%
2,001-3,000	111	25%
More than 3,000	133	30%
Don't Know	22	5%
Total:	449	100%

Opinions/Experiences Related to Health

10. About how long has it been since you last visited a doctor for a routine checkup? (A routine checkup is a general physical exam, not an exam for a specific injury, illness, or condition.)

Time Span	Respondents	Percent
In the past 12 months	351	77%
In the past 13-24 months	38	8%
More than 2 years ago	54	12%
Never	1	0%
Don't Know	11	2%
Refuse to answer	2	1%
Total:	457	100%

19. Have you (or someone in your family) been a victim of a violent act, such as a gunshot, physical fight, or assault?

	Respondents	Percent
Yes	155	49%
No	153	49%
Don't Know	7	2%
Total:	315	100%

20. Have you lost a family member or friend to homicide/violence?

	Respondents	Percent
Yes	154	49%
No	149	48%
Don't Know	8	3%
Refuse to answer	1	0%
Total:	312	100%

21. a. Have you or a family member ever visited with a mental health professional, such as a therapist, counselor, or a psychiatrist?

	Respondents	Percent
Yes	177	56%
No	124	39%
Don't Know	12	4%
Refuse to answer	2	1%
Total:	315	100%

21. b. If "Yes", how many times have you or a family member visited with a mental health professional?

# of Visits	Respondents	Percent
1 to 10	102	85%
11 to 20	10	8%
21-100	7	6%
101 and up	1	1%
Total:	120	100%

22. Have you ever received counseling services from your pastor or some other religious leader?

	Respondents	Percent
Yes	144	46%
No	166	53%
Don't Know	2	1%
Refuse to answer	2	1%
Total:	314	100%

23. Have you had any of the following health screenings in the past 12 months?

Screenings Received	Percent
Blood Pressure	78%
Cholesterol	62%
Blood Glucose	57%
HIV/STIs	23%
Asthma	14%
Heart Disease/Stroke	20%
Colon Cancer (\geq age 50)	24%
Prostate Cancer (males, \geq age 40)	37%
Mammography (females, \geq age 40)	54%
Pap Test (females, \geq age 21)	33%
Depression/Other Mental Illness	9%
Don't Know	5%

24. Have you ever been diagnosed with any of the health conditions below?

Diagnosed Health Conditions	Percentage
High Blood Pressure	44%
High Cholesterol	26%
Diabetes	19%
HIV/STI's	3%
Asthma	15%
Heart Disease	5%
Stroke	2%
Colon Cancer (\geq age 50)	2%
Prostate Cancer (males, \geq age 40)	5%
Breast Cancer (females, \geq age 40)	5%
Cervical Cancer (females, \geq age 21)	8%
Depression/Other Mental Illness	12%
Don't Know	6%
Refuse to Answer	2%

25. Have you taken medication(s) for any of the health conditions below?

Medications Taken For:	Percentage
High Blood Pressure	42%
High Cholesterol	21%
Diabetes	19%
HIV/STIs	3%
Asthma	15%
Heart Disease	5%
Stroke	2%
Colon Cancer (\geq age 50)	2%
Prostate Cancer (males, \geq age 40)	2%
Breast Cancer (females, \geq age 40)	4%
Cervical Cancer (females, \geq age 21)	1%
Depression/Other Mental Illness	12%
Don't Know	6%
Refuse to Answer	2%

	Importance	Feasibility	Feasibility
	1 = Very unimportant	1 = Very unfeasible	1-8 = Unimportant/Unfeasible
	2 = Unimportant	2 = Unfeasible	
	3 = Neutral	3 = Neutral	9-16 = Neutral
	4 = Important	4 = Feasible	
	5 = Very important	5 = Very feasible	17-25 = Important/Feasible
Proposed Health Promotion Strategies	Importance (Average)	Feasibility (Average)	Importance (Average) x Feasibility (Average)
Asthma			
1. Provide education on asthma prevention and management with community groups (schools, daycares, housing projects).	3.8	3.7	14.1
2. Provide education on how to make informed decisions when purchasing allergen-free and low-allergen products.	3.6	3.6	13.1
3. Offer a parent education workshop on asthma management and medications.	3.9	3.7	14.1
4. Train church health workers to do home visits to spot and reduce home asthma/allergy triggers.	3.6	3.4	12.2
5. Create a youth ministry group to highlight asthma/allergy triggers and provide buddy programs for kids with asthma.	3.6	3.5	12.7
6. Host free monthly asthma clinics and asthma-related services for church and community members in local churches.	3.7	3.6	13.2
7. Promote genetics testing to church and community members to provide personalized asthma treatment.	3.6	3.3	12.0
8. Host annual National Asthma Month activities for church and community members.	3.6	3.5	12.6
9. Work with the Environment Protection Agency to measure pollution in Kansas City urban neighborhoods.	3.7	3.4	12.5
10. Send phone/text/email ozone alerts and allergen reminders to church and community members.	3.6	3.5	12.4

Proposed Health Promotion Strategies	Importance (Average)	Feasibility (Average)	Importance (Average) x Feasibility (Average)
<u>Diabetes</u>			
1. Coordinate diabetes prevention and management seminars in African American churches in collaboration with local diabetes organizations.	4.1	4.0	16.1
2. Promote/create church and community sports leagues for church and community youth and adults to encourage regular exercise.	4.1	3.9	16.0
3. Develop church-community gardens and mobile gardens to increase availability of fruits and vegetables in inner-city communities.	4.0	3.7	14.8
4. Develop diabetes buddy programs to provide one-on-one support for persons living with diabetes.	4.0	3.8	15.1
5. Provide outreach and home visits by community health workers to screen for diabetes and complications including wound care.	4.0	3.7	14.6
6. Offer church-based diabetes health screenings, including pastors modeling receipt of diabetes screening (blood sugar testing, foot checks).	4.1	3.9	16.0
7. Have pastor or a church member model active movement during praise and worship.	3.7	3.7	13.8
8. Encourage church members to sign physical activity and healthy eating commitment cards.	3.8	3.7	13.9
9. Provide seminars on proper physical activity techniques and form (weight training, jogging, yoga).	4.1	3.9	15.6
10. Provide educational games in church settings that promote physical activity, healthy eating, and diabetes care.	4.0	3.9	15.7
11. Prepare samples of healthy foods and complete meals featuring vegetables and fruits during church and community events.	4.0	3.9	15.8
12. Provide healthy cooking classes for church and community members.	4.0	3.8	15.1
13. Encourage churches to adopt policies to serve healthy foods at church events.	4.0	3.9	15.4
14. Send text/email/twitter prompts to encourage church and community members to eat healthy and do daily exercise activities (walking, gardening, weight training).	3.7	3.8	14.0

Proposed Health Promotion Strategies	Importance (Average)	Feasibility (Average)	Importance (Average) x Feasibility (Average)
<u>Heart Disease and Stroke</u>			
1. Provide free counseling services to help church and community members quit smoking.	4.2	3.9	16.2
2. Promote Tobacco Quitline services that provide free phone coaching for persons who want to quit smoking.	3.9	3.7	14.3
3. Hold church-based health screening events with pastors modeling receipt of blood pressure, cholesterol, and body mass index screenings.	4.0	3.8	15.4
4. Show videos on health eating outcomes and unhealthy eating outcomes during bible study, Sunday School, and ministry group meetings.	3.8	3.7	14.1
5. Offer church-based weight loss programs for church and community members.	4.1	4.0	16.4
6. Encourage 10 minutes of active movement and stretching during Sunday school and ministry classes.	3.8	3.7	14.2
7. Coordinate church-based and neighborhood walking groups.	4.1	3.9	16.0
8. Promote and coordinate price-reduced memberships to YMCA, local gyms, and other exercise facilities.	4.2	3.9	16.3
9. Advocate for safer streets, trails, and parks for walking, bicycling, and other physical activities.	4.2	3.9	16.1
10. Have fruits and vegetables available during church meetings and after church services.	4.1	3.9	15.8
11. Train families to incorporate healthy eating into their home meals and family exercise in their daily lives.	4.2	3.9	16.5
12. Provide simple instructional guides on how to use smart phone apps to self-monitor and promote fitness and healthy eating goals.	3.9	3.9	15.2
13. Collaborate with schools to serve healthy cafeteria foods and vending machine snacks and to provide opportunities for physical activity for students.	4.1	3.8	15.4
14. Create grocery stores in underserved Kansas City communities.	4.2	3.6	15.3

Proposed Health Promotion Strategies	Importance (Average)	Feasibility (Average)	Importance (Average) x Feasibility (Average)
<u>HIV and Sexually Transmitted Infections (STIs)</u>			
1. Encourage churches to participate in citywide initiatives focused on HIV/STIs and African Americans.	4.2	4.0	16.7
2. Hold an annual church-community health ministry conference on HIV/STIs and sexual health.	4.1	3.9	16.2
3. Have churches to adopt a school to provide HIV/STI prevention seminars.	4.0	3.8	15.5
4. Train pastors to provide information on HIV/STIs and encourage HIV/STI screening during church services and premarital and couples counseling.	4.0	3.8	15.0
5. Have pastors experienced in addressing HIV/STIs provide sermons and discussions on these topics at inexperienced churches and housing projects.	4.0	3.7	14.7
6. Encourage pastors/pastor's spouse and church leaders to model receipt of an HIV test in front of church and community members.	3.8	3.6	13.6
7. Educate parents on how to effectively talk to their kids about sex and making healthy decisions.	4.3	4.1	17.5
8. Provide religious and age appropriate sex education for youth.	4.2	4.0	16.7
9. Provide sexual health seminars for women, men, and outreach groups during ministry meetings and outreach service events.	4.1	3.9	15.7
10. Include condom information in church-based HIV/STI education programs.	3.8	3.6	13.6
11. Train church and community members on how to encourage safer sex behaviors and HIV/STI screening among their friends and family members.	4.0	3.7	15.0
12. Deliver a social media series on sexual health and sex communication.	3.9	3.7	14.5
13. Help churches be more compassionate to men who have sex with men by providing bible study and prayer services for this group of men.	3.8	3.5	13.3

Proposed Health Promotion Strategies	Importance (Average)	Feasibility (Average)	Importance (Average) x Feasibility (Average)
<u>Homicide and Violence</u>			
1. Partner with anti-violence organizations to implement school-based programs on bullying, teen violence, dating violence, and conflict resolution.	4.2	4.1	17.1
2. Adopt schools to support school-parent-child-church communication.	4.1	3.9	16.3
3. Provide youth tutoring & social skills programs after-school and in churches.	4.2	4.0	17.0
4. Identify at-risk youth and provide them with tutoring and social services.	4.2	4.0	17.0
5. Develop personal success plans with youth to support their academic success, character building, and exploration of future careers.	4.3	4.1	17.2
6. Provide parenting classes to improve child academic success and build family relationships.	4.3	4.0	17.2
7. Provide peer leadership and mentoring opportunities to connect youth and young adults with positive role models including elders.	4.2	4.0	16.9
8. Work with city officials to host ongoing youth social activities.	4.1	3.8	15.9
9. Partner with police departments and anti-violence organizations to host monthly gun turn-in campaigns and workshops/rallies to stop the violence.	4.1	3.8	15.3
10. Join in police "ride-alongs" to encourage past offenders to be crime-free.	3.9	3.6	13.7
11. Work with police to assist released offenders in becoming productive citizens.	4.0	3.7	15.0
12. Work with police to promote calling in tips when crimes are witnessed.	4.0	3.8	15.3
13. Partner with employers to hold job fairs, promote job training and placement assistance programs, and hiring of people with criminal histories.	4.2	3.9	16.5
14. Support policy changes that promote housing for people with convictions.	4.1	3.7	15.1
15. Hold educational seminars on violence prevention and conflict resolution.	4.2	4.0	16.6
16. Discuss domestic violence during premarital counseling and ministry groups.	4.2	4.1	17.2
17. Hold personal defense training classes in churches.	4.1	3.9	15.8
18. Send phone/text/email notifications about local violent acts and crime.	3.8	3.7	14.4

Proposed Health Promotion Strategies	Importance (Average)	Feasibility (Average)	Importance (Average) x Feasibility (Average)
<u>Mental Health</u>			
1. Host mental health education sessions during weekly bible studies.	3.7	3.6	13.2
2. Show educational videos on the impact of mental health on Black families.	3.9	3.9	15.1
3. Offer ongoing education seminars for church and community members on anxiety, depression, suicide, traumatic events, substance use, and eating disorders.	4.1	3.9	16.0
4. Provide education on coping and stress reduction skills for youth and adults.	4.1	4.0	16.4
5. Provide educational seminars on managing mental health medications and possible side effects.	4.0	3.8	15.4
6. Offer classes to reduce stress and express emotions like drawing, music, yoga, meditative prayer classes.	4.1	3.9	15.8
7. Work with appropriate city services to address disruptive or violent behaviors.	4.0	3.7	14.9
8. Provide church-based counseling services for individuals and families.	4.1	3.9	16.0
9. Assist families who are helping family and friends living with a mental illness.	4.1	3.9	15.9
10. Assist families with making legal decisions related to mental illness.	4.0	3.8	15.1
11. Promote/offer mental health and substance abuse treatment programs.	4.1	3.8	15.5
12. Offer classes on how to strengthen family relationships and communication.	4.2	4.0	17.0

Proposed Health Promotion Strategies	Importance (Average)	Feasibility (Average)	Importance (Average) x Feasibility (Average)
Health Care Access			
1. Provide training/support for churches to develop/sustain health ministries.	4.1	3.9	15.9
2. Train church members to be community health workers to assist others with their health care needs (e.g., provide health referrals, coach on health behaviors, attend doctor appointments, provide emotional support).	4.0	3.8	15.3
3. Provide home consultations with ill members to assist in supporting health behaviors, medication adherence, and disease management.	4.0	3.7	14.9
4. Provide members with adequate transportation to health care services.	4.1	3.7	15.2
5. Link uninsured persons to low-cost health insurance and free health services.	4.2	3.9	16.5
6. Coordinate reviews of church and community members' medications and immunizations with nurses and pharmacists from local health institutions.	4.0	3.6	14.3
7. Hold workshops with health professionals to improve their communication with patients about immunizations and disease prevention and management.	4.0	3.7	15.1
8. Educate church and community members on preparing for medical visits (having list of questions, medications, and vitamins) to receive high quality care.	4.0	3.8	15.2
9. Create a city-wide health advisory board made up of African American pastors to advocate for health-related policies and address health disparities.	4.0	3.6	14.3
10. Provide churches with procedures and checklists to easily organize church-based health fairs, health screenings, and immunization events.	4.1	3.9	16.0
11. Provide church-based computer stations and computer access to health programs, resources, and information hosted by reliable web sources.	4.0	3.7	14.7
12. Provide church-based support groups to address each health disparity issue for persons experiencing and affected by these health issues.	4.0	3.7	15.0
13. Use social marketing to broadcast health promotion messages about health disparities through billboards, radio, social media, and church websites.	4.0	3.8	15.3
14. Use social media and other communication strategies (phone/text/email messages, church announcements) to encourage African Americans to seek regular health screenings, get immunizations, and engage in healthy behaviors.	4.0	3.9	15.5

Proposed Health Promotion Strategies	Importance (Average)	Feasibility (Average)	Importance (Average) x Feasibility (Average)
Strategies to address Health Disparity Issues during Church Services			
1. Have pastors deliver sermons promoting health prevention and health screenings related to health disparity issues, immunizations, and mental health.	3.8	3.7	13.8
2. Provide pastors with sermon guides to help support them in preaching about health issues that burden African Americans.	3.8	3.6	13.8
3. Have motivational messages from the pulpit and in church calendars to encourage members to seek regular health screenings and immunizations.	4.0	3.8	15.0
4. Provide free health screenings (e.g., blood pressure, cholesterol, blood glucose (sugar), HIV/STDs, BMI) and risk assessments in churches.	4.2	4.1	17.2
5. Have trained health workers who provide health screenings/immunizations to fully describe the screening/immunization process in church services.	4.1	3.8	15.6
6. Provide HPV (human papilloma virus) vaccinations for adolescents.	3.9	3.6	13.9
7. Provide vaccinations for flu, pneumonia, shingles, and other adult illnesses.	4.0	3.8	15.2
8. Show brief educational videos in church services on prevention and management of each health disparity issue.	3.8	3.6	13.8
9. Present in-person, printed and video testimonials of persons living with, affected by and managing health disparity issues during church services.	3.9	3.6	14.1
10. Distribute directories with lists of resources for each health disparity issue.	4.0	3.9	15.6
11. Distribute promotional items (church fans, t-shirts, ink pens) to increase awareness and education about African American health disparities.	3.9	3.8	14.9
12. Read responsive readings in church services that unify members to fight health disparities and advocate for health equality for African Americans.	3.8	3.6	13.9
13. Distribute church bulletins, brochures, fact sheets, and posters on each health disparity issue.	4.0	3.9	15.6
14. Distribute risk checklists to church and community members to determine their level of risk for each health issue that burdens African Americans.	4.1	3.9	15.8
15. Use church websites to host health disparity information and videos.	4.1	3.9	15.8