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A Mixed-Methods, Multi-Level Framework to Evaluate Statewide Health Coalitions

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Learning Outcome: Describe the mixed-methods, multi-level evaluation framework for evaluating statewide health coalitions.

Background: The Indiana State Department of Health (ISDH) and the Indiana Clinical and Translational Sciences Institute (CTSI) have partnered to engage with communities for better health. The partnership, termed Connections IN Health (CINH), integrates three Translational Sciences Institute (CTSI) have partnered to engage with communities for better health. The partnership, termed Connections IN Health (CINH), integrates three

Methods: CINH was evaluated using a novel mixed-methods, multi-level evaluation framework that triangulates coalition functioning and effectiveness (F/E) surveys, social network analysis (SNA), and county-level health data. Longitudinal F/E and SNA surveys were distributed to active coalition members before and after implementation of CINH. F/E data was analyzed to detect significant changes in coalition members’ perceptions of coalition functioning. SNA data was analyzed to detect changes in partnership networks over time, such as membership growth and strength of connections.

Results: F/E results demonstrated significant increases in perceived leadership, satisfaction with coalition, outcome efficacy, and commitment to the coalition. SNA results demonstrated growth of coalition membership and strength of connections over time, including health information sharing, formal relationships, trust, and communication.

Conclusions: Our results provide evidence of CINH’s efficacy and identifies factors required to build effective and sustainable health coalitions.

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An Examination of the Impact of the COVID-19 Health Threat, Stress, and Social Isolation on Lifestyle Habits

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Learning Outcome: Describe the impact of COVID-19-generated stress, health threat, and social isolation on adults’ dietary, physical activity, and self-care habits.

The COVID-19 appeared in China in late 2019 and quickly spread throughout the world, leading to mandated lockdowns and social isolation. This cross-sectional study examined the impact of COVID-19-generated stress, health threat, and social isolation on adults’ dietary, physical activity, and self-care habits. Participants (n=478) completed online surveys about demographics, perceived stress, and changes in lifestyle habits during the pandemic. Respondents were between 18-64 years, and 52.6% were male. Significant positive changes were reported in cooking at home practices (p<.001), sweets (p<.001) and breakfast (p=.009) consumption, outdoors physical activity (p=.005), self-care (p<.001), relaxation (p<.001), and rest (p<.001) habits. Significant negative changes were reported in fast food (p=.004) and snack (p<.001) consumption. Perceived threat, stress, employment, household size, education level, and marital status were significant predictors of changes in dietary habits, sharing 26% of the variability (p<.05) in dietary changes scores. Stress, household size, perceived threat, education level, and age were significant predictors of changes in physical activity habits, sharing 17% of the variability (p<.05) in physical activity scores changes. Stress, perceived threat, household size, employment status, race/ethnicity, and perceived efficacy were significant predictors of changes in self-care habits, sharing 24% of the variability (p<.05) in self-care scores changes. Positive significant relationships among variables indicated that the higher the perceived threat, stress, and perceived efficacy, the greater the reported changes in lifestyle habits scores. Protection-motivation seems to influence behavior modification in times of distress and may support effective lifestyle change interventions.

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