Communities In Balance: Online Community Project Management Software
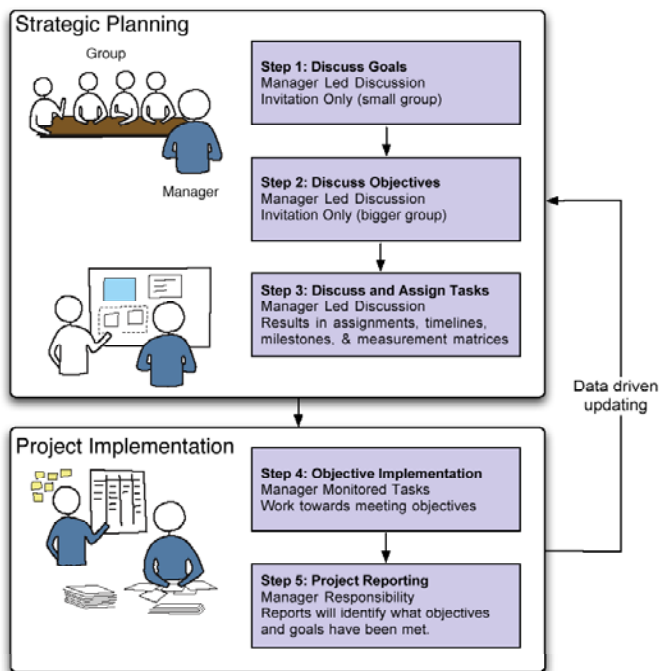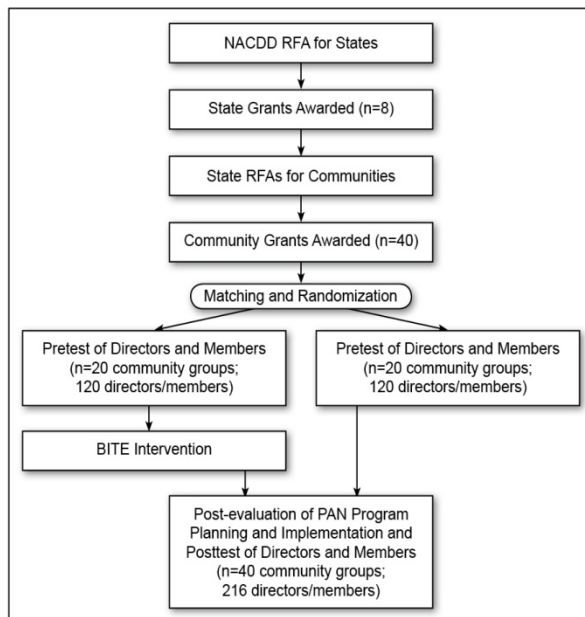
A Product of the Balancing InTake and Expenditure SBIR Research Project
Authors: Walter 'Snip' Young, PhD, (PI); Nicki Fauble, MPA, Project Manager

Logic Model

Strategic Planning

Group

Step 1: Discuss Goals
Manager Led Discussion
Invitation Only (small group)

Manager

Step 2: Discuss Objectives
Manager Led Discussion
Invitation Only (bigger group)

Step 3: Discuss and Assign Tasks
Manager Led Discussion
Results in assignments, timelines, milestones, & measurement matrices

Data driven updating

Project Implementation

Step 4: Objective Implementation
Manager Monitored Tasks
Work towards meeting objectives

Step 5: Project Reporting
Manager Responsibility
Reports will identify what objectives and goals have been met.

Research Design

NACDD RFA for States

State Grants Awarded (n=8)

State RFAs for Communities

Community Grants Awarded (n=40)

Matching and Randomization

Pretest of Directors and Members
(n=20 community groups;
120 directors/members)

Pretest of Directors and Members
(n=20 community groups;
120 directors/members)

BITE Intervention

Post-evaluation of PAN Program
Planning and Implementation and
Posttest of Directors and Members
(n=40 community groups;
216 directors/members)

Methods

Website Feasibility Testing- Phase I

1. Nationwide survey of physical activity & nutrition practitioners for concept development
2. Focus groups – for user input on design, content & wireframe testing
3. Usability testing of prototypes
4. Design of CIB Website for Phase II, NIDDK SBIR application

Building and Testing *CIB* Website –Phase II

1. Built website using design from Phase I
2. Usability testing
3. 13 month test of website with 40 communities in 8 states

Preliminary Results:

A. Qualitative Data

<u>Quotes from interviews:</u> (N=20 Project Coordinators)

<u>Benefits</u> to using ***Communities in Balance*** website

- Helped Coalition define goals & objectives & keep track progress
- Kept information in one place
- Assured accountability/Timelines
- Documented plan and goals and objectives
- Better organization due to putting plan in writing
- Helped coalition members communicate

<u>Barriers</u> to using ***Communities in Balance*** website:

- Hard to change work habits
- Too time-consuming
- Technology was hard to learn since it was unfamiliar
- Difficulty in navigating system
- Difficult to respond to emails compared to just using email
- Duplicative to what they were already doing on paper

B. Communities In Balance Website Utilization Data

Total Users = 329

Total Logins for Study= 1375

Average number of logins <u>per user</u> = 4.1

Range of n of logins <u>per coalition</u> = 6 logons to 337 logons

Drafting of SMART Objectives: 8 <u>of 18 coalitions</u> developed SMART Objectives

12 replied that they would use the CIB Website again