

Evaluation of the Steps to a Healthier San Antonio Program (Steps-SA)

Project Summary & Goals

The Steps to a Healthier San Antonio Program was part of the Centers for Disease Control and Prevention's (CDC) nationwide program- Steps to a Healthier U.S. In San Antonio, the program encouraged good nutrition, increased physical activity, and smoking prevention or cessation to help reduce diabetes, obesity, and asthma. The program was dedicated to serving people who live, work, or attend school in the geographic area of San Antonio Independent School District (SAISD). A total of eleven organizations worked together to offer a variety of programs to children and adults. In 2006, the San Antonio Metropolitan Health District contracted with the Center for Community Health Development (CCHD) to develop and implement a multi-phase evaluation project. CCHD assisted Steps-SA in strategic planning, developing program logic models, defining objectives and activities, and developing an evaluation plan to measure targeted program results. CCHD developed a standardized set of questions to be utilized by the Steps-SA partners implementing evidence-based programs. These questions assisted in measuring changes in knowledge and intentions across all programs. Additionally, a database was designed to capture evaluation data and quarterly reporting items from partnering organizations. CCHD also implemented measures to capture changes in community capacity, coalition building, and other outcomes at the organizational, community, and system levels among the Steps-SA partnering organizations.

The project goal was:

- To evaluate the effectiveness of the Steps to a Healthier San Antonio Program on improving healthy diet, increasing physical activity, reducing obesity, improving diabetes self-management, reducing tobacco use, and reducing complications from asthma.

Principal Investigator

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Project Dates

2006-2010

Communities Involved

San Antonio, Texas

Funders

Centers for Disease Control and Prevention
San Antonio Metropolitan Health District

Outcomes

- Increased collaboration among partners, evidenced by new collaborative efforts growing out of Steps-SA activities
- Establishment of the Worksite Wellness Taskforce and development of a worksite wellness toolkit
- Development and distribution of a professional toolkit for health care providers targeting the prevention, management, and treatment of asthma, obesity, and diabetes
- Creation of Bathroom Banter as a tool for providing environmental cues for healthy behaviors
- Distribution of over 23,000 Asthma Action Plans among 16 school districts annually
- Training of school nurses, childcare workers, and parents in asthma management