

## Community Leadership Institute of Kentucky

### Frequently Asked Questions (FAQs)

#### 1. What are some common reasons individuals might want to participate in the Community Leadership Institute of Kentucky (CLIK)?

- To learn or improve their grant writing skills
- To better understand ways to show measurable outcomes (i.e. what types of measures should be used, who should complete/collect them, when should they be administered/collected, how should they be reported, etc.)
- To learn how to design surveys that can help demonstrate program impact and improvement
- To learn/ improve data analysis skills
- To learn how to find local and national data that can be used in grant applications
- To build capacity for program evaluation/ research within the organization

#### 2. What are some examples of projects?

- Development, implementation, and evaluation of a media campaign to promote community awareness about the effects of secondhand smoke exposure
- Construction of walking trails to increase physical activity among community members and evaluation of the impact of trail construction through phone surveys with community residents
- Implementation and evaluation of an evidenced-based diabetes intervention program among health department patients
- Development, implementation, and evaluation of a patient navigator intervention to promote colorectal cancer screening among patients in a primary care clinic
- Assessment of attitudes towards clinical trials among community members before and after an educational intervention

	<b>Example 1</b>
Title of Project:	<i>Using Telemedicine to Deliver a Smoking Cessation Intervention: Is it Feasible?</i>
Target Population:	St. Claire Family Medicine patients in Morehead (Rowan County) and Olive Hill (Carter County) who are smokers will be recruited for a smoking cessation intervention program.
Project Aims:	The aim of this project is to demonstrate the efficacy and participant satisfaction in using telemedicine as part of a smoking cessation intervention. The 13-week Cooper/Clayton Method to Stop Smoking will be delivered to patients in-person (St. Claire Regional Medical Center, Morehead) and via telehealth (St. Claire Family Medicine, Olive Hill).
Evaluation Plan:	The effectiveness of the program will be assessed by comparing smoking cessation rates (measured via self-report as well as pre- and post-study breath samples using carbon monoxide monitors) and participant satisfaction between the two groups.
Budget :	The budget will include administrative support for the project, incentives for participation, educational materials, nicotine replacement products, and travel.

	<b>Example 2</b>
Title of Project:	<i>Diabetes Prevention for the Appalachian Population in Hart County, Kentucky</i>
Target Population:	Hart County Health Department and Cumberland Family Medical (FQHC) patients will be recruited for a diabetes prevention program combined with a smoking cessation program.
Project Aims:	The overall aim of this project is to implement a CDC-based Diabetes Prevention Program (DPP) and the 13-week Cooper/Clayton Method to Stop Smoking in Hart County to reduce smoking, reduce weight, and increase physical activity among participants. Hart County Health Department staff will be trained on the CDC-based program and then provide three 12-week DPP sessions in conjunction with smoking cessation sessions (Weeks 1-3: smoking cessation; Weeks 4-12: smoking cessation and DPP; Weeks 13-15 DPP).
Evaluation Plan:	The effectiveness of the program will be assessed by comparing baseline and post-program smoking cessation rates, physical activity levels, as well as the following measures: weight, weight circumference, fasting blood sugar, HbA1C, blood pressure, and lipid profile.
Budget :	The budget will include administrative support for the project, advertisements for participant recruitment, educational materials, and training costs for staff.

**3. How specific do I need to be with the project description particularly the budget and evaluation plan?**

The most competitive applications will provide a description of the evaluation plan that includes what outcomes are being measured (e.g. grades, program satisfaction, etc.), how they will be measured (e.g. report cards, survey, etc.), what surveys/ data will be used to measure the outcomes (e.g. items from the child well-being survey).

Most of these applications also provide a budget that includes a list of items and the corresponding cost (e.g. \$400 for surveys) and any in-kind contributions.

**4. What are UK CCTS's Community Engagement Core areas of interest?**

- Cancer prevention (e.g., nutrition, physical activity, smoking cessation)
- Reducing obesity and sedentary lifestyle
- Chronic disease (diabetes, cardiovascular disease) prevention or management
- Substance abuse prevention and reduction

**5. Should I type my responses and what about space limitations?**

Yes, type-written responses are much easier to read than hand-written responses. It is fine to respond to the questions on an additional sheet and refer back to the questions.

**6. If I am selected for CLIK, what are the attendance commitments?**

To successfully complete the Institute, applicants must attend all of the training days, plus attend the graduation event during which she or he will make a project presentation. Trainings will be held during regular business hours at the UK Center of Excellence in Rural Health, Hazard, KY. Graduation and project presentations will be at the UK CCTS 2018 Spring Conference (date to be announced) in Lexington, KY. CLIK participants are eligible for reimbursement of mileage expenses associated with

travel to the CLIK training and graduation session. In addition, if the distance from the traveler's workstation or residence to the training and/or graduation location is 40 miles or greater, lodging and meals will be eligible for reimbursement.