

CFI: Lexington - NEEDS ASSESSMENT

	Education	Behavior	Facilities
Family/Infant	<p>WIC program commodities high fat(different populations require different needs and individual differences exist even within populations but there is no formal precise accurate method to evaluate and advise)</p> <p>-nutrition counseling minimal in healthcare setting</p> <p>Have 1:1 federally funded program (est 90% involvement could serve as a channel for sharing fitness initiatives including nutrition-? Possible expansion to include annual evaluation of high risk population)</p> <p>Immunization clinic widely used could serve as a channel for nutritional education</p> <p>Hospital will begin a home visit program which will include two visits; nutrition and general health info based on needs assessment would be a part of program objectives</p>	<p>Hispanic population eat high fat food use tortilla as utensil so get extra calories (repeating for all age groups)</p> <p>Low literacy</p>	<p>Parks</p> <p>Open Gym (walking only)</p> <p>No community center</p>
Pre-School	<p>Education lacking/no formal process by any entity</p> <p>Could use preschool to share info with parents (still wouldn't reach low literacy or uninvolved populations)</p>	<p>Healthy snacks promoted by all pre-schools</p> <p>Gymnastics</p> <p>Dance</p> <p>Play time</p>	<p>Parks but all need updated equipment</p> <p>No fitness center</p>

<p>School Programs</p>	<p>Education and promotion of existing programs are most effectively handled by the school; information placed in children's Interest Notebook (elementary) Communication is a problem because of diversity and education level of parents in Hispanic and African populations. Recommendations included using illustrations to better communicate with these populations Currently use newspaper but not very effective for any population-again suggest using creative communication/promotion through school and by encouraging children to engage other children to increase enthusiasm and interest.</p>	<p>Hispanic population doesn't participate in many programs-Children are not allowed to do much by themselves and sometimes have responsibilities at home precluding them from participating in after-school programming</p>	<p>Skate park for school age</p>
<p>After School Programs</p>		<p>Youth soccer (grades 1-8; 235 kids), youth volleyball (grades 5-6; 24 kids), youth basketball (girls grades 3-6; boys grades 3-8), baseball (ages 5-12; 155 kids), softball (ages 5-12; 103 kids), tennis instruction (34 kids), Youth flag football (grades 5-6; 51 kids), club wrestling, swim team, youth tennis league, gymnastics/Dance, Football, fast pitch softball, baseball</p>	<p>DC fun (Rebecca to provide more info) minimal fee based on ability to pay but only able to accommodate small number of participants Not enough space: gyms all full Junior high hardly any space for activities All open areas in use for soccer</p>

		association, junior golf	
Community Wellness		Open gym 7-9, Walk for your Health, Vacation Gym, Red Cross Swimming Lessons	Any facility construction would need to consider staffing Hitting complex, Aquatic Center
Special Events		Lex Fundamental Sports Camp (6-8 grade), Plum Creek run.walk (July 4 th)	