

Senior Corps Work Plan SAMPLE

Work Plan Name: Health Education – Sample 1 (RSVP)	Work Plan ID: KSE07010
Issue Area: Health/ Nutrition	Total # Stations: 2
Service Category: Health Education	Total # Volunteers: 20
<p>Community Need: Reflecting nationwide trends, cancer is the second most common cause of death in Boswell County. In 2001, cancer accounted for 23 percent of total deaths from cancer in the county, and the age-adjusted death rate for all cancers was 196 per 100,000. According to the American Cancer Society, one-third of cancer deaths are due to cigarette smoking, while another two-thirds of cancer deaths are related to nutrition, physical inactivity, obesity, and other lifestyle factors. Early detection and changes in lifestyle can reduce the prevalence of cancer; and virtually all tobacco-related cancers can be prevented. Because these measures can save lives, the local cancer association sponsors events and distributes information to educate local residents about cancer risk factors and screenings. Due to limited funding and personnel, however, the local cancer association is limited in the numbers of residents it is able to reach. Volunteers are needed to work closely with the local association to provide educational material and training to a larger number of people. Volunteers are also needed to assess whether community members have understood and applied this information in their daily lives.</p>	
<p>Service Activity: Twenty RSVP volunteers will assist the local cancer association (out of two sites) to provide assistance with cancer-related educational material (booklets, brochures, flyers, etc.). Activities include designing, preparing, and distributing educational material for specific workshops, conferences, and community events. The RSVP volunteers will also present prepared material to various audiences.</p>	
<p>Anticipated Input: Twenty RSVP volunteers will each serve at least five hours/month through the entire year for a total of 1,200 hours of service. RSVP will provide pre-service orientation and training (four hours) as well as ongoing in-service training. RSVP will also coordinate scheduling of volunteers at both workstations, provide mileage reimbursements, and recognition for volunteers. The local cancer association will provide coordination of the community events, event supervision, and educational material for distribution.</p>	
<p>Anticipated Accomplishments/Outputs: Cancer-related educational material will be distributed to community residents at various events.</p>	
<p>Indicator: Pieces of cancer-related educational material distributed</p>	
<p>Target: 20,000 pieces of cancer-related educational material will be distributed to community members at various events.</p>	
<p>How Measured? <i>Material Distribution Log</i></p>	

Anticipated Intermediate Impact/Outcome: Community residents know about protective behavior and screening measures to help prevent cancer.

Indicator: Percent of surveyed community residents who are able to correctly identify at least one protective behavior (i.e., smoking cessation or changes in diet and physical activity), and at least one screening measure, such as breast, cervical, prostate, and colorectal cancer screenings, to help prevent cancer

Target: Seventy percent of community residents surveyed are able to correctly identify at least one protective behavior and at least one screening measure to help prevent cancer.

How Measured? Telephone interview of a sample of information recipients

Anticipated End Impact/Outcome: Community residents adopt at least one new measure to protect against their getting cancer (i.e., smoking cessation, dietary or physical activity changes).

Indicator: Percent of surveyed community residents who report that they have adopted at least one new measure to protect against their getting cancer.

Target: Seventy percent of surveyed community residents report that they have adopted at least one new measure to protect against their getting cancer.

How Measured? Telephone interview of a sample of information recipients.