

Rural Learning Collaborative Curriculum

Purpose: In a report conducted by the National Center for Health Statistics, rural residents report higher rates of having multiple chronic conditions than urban and suburban communities. 22.6% of residents in rural communities have 2-3 chronic conditions compared to 18.9% of urban residents. Rural communities have a higher prevalence of chronic diseases in comparison to urban communities such as heart disease (8.6% vs 6.5%), high cholesterol (42.4% vs. 38.8%), hypertension (38.1% vs. 32.6%), and diabetes (12% vs. 10.4%). According to the Centers for Disease Control and Prevention (CDC), one-third of adults in rural America have arthritis.

Local park and recreation agencies all face challenges offering a variety of programs and services in their communities. This is especially true for rural agencies where there might be limited access to quality healthcare services, lack of transportation, among others. As part of the Rural Learning Collaborative (RLC), a group of rural agencies will work together to create a network of support focused on assessing, exploring and establishing partnerships in their communities to leverage assets that will help them overcome the various challenges faced when offering evidence-based programs and services. Over a period of six months (March 2019-August 2019) NRPA, a group of rural agencies and occasional guest speakers will meet virtually to help each agency build internal and external capacity to offer and sustain their programs. This is your opportunity to work collaboratively with other rural agencies across the country to identify sustainable solutions to the variety of challenges faced by local park and recreation agencies in rural America.

Topics: Mapping assessment, SWOT (Strength, Weaknesses, Opportunities, Threats) Analysis, capacity assessment, community outreach, partnerships, fundraising

Goals:

- Create a network of rural agencies implementing evidence-based programs
- Increase the capacity of rural agencies to sustainably deliver evidence-based programs
- Guide the development of an action plan that outlines steps to overcome barriers to sustainably deliver evidence-based programs
- Development of summary report to be used as guide by other rural agencies

Objectives:

By the end of the collaborative, agencies will be able to

- Establish a peer-peer support network
- Identify internal strengths and weaknesses as well as opportunities and threats
- Outline the tools necessary to successfully implement an evidence-based program
- Identify partners in the community to overcome barriers such as transportation and weather

Summary Report- This report will outline agency activities throughout the collaborative such as capacity assessment, S.W.O.T Analysis and asset mapping. It will also include an overview of agency action plans as well as common challenges faced, and solutions identified, and case

studies of agencies that have already seen success.

Overall Structure

- Webinar format
- 1.0-1.5 hours (depending on the content)
- February, March, April, May
- Guest speakers for each topic
- PowerPoint presentations
- Agency-led discussions based on agency and community assessments
- Post follow-up interview/survey (August 2020)

Sample Call Overview

Call One

Date:

Overview: This call will kick-off the collaborative with introductions of the National Recreation and Park Association's staff as well as agency staff members. We will introduce the collaborative and go through the structure, goals, objectives, and curriculum. Michael Meit from NORC Walsh Center for Rural Health Analysis will give a presentation on current rural health data, rural disparities, rural strengths and assets, as well as resources available. The guest speaker will be followed by a presentation to prepare agencies to complete the "Prior to the next call" assignments.

Call facilitator: Tori Decea, Program Specialist, National Recreation and Park Association

Guest Speaker: Michael Meit, Senior Public Health Systems Researcher, NORC Walsh Center for Rural Health Analysis

Call One Agenda:

- Introductions- 15 minutes
 - Agencies should prepare a 2-3-minute description of the community and vision for the Evidence-Based Program delivery
- Overview of structure, goals, objectives, and curriculum- 15 minutes
- Presentation from Michael Meit- 30 minutes
- Internal capacity and SMART goals discussion- 15 minutes
- Next steps / Questions- 10 minutes

Prior to next call: Before next call, rural agencies will complete the internal capacity assessment worksheet and setting SMART goals template. Come prepared next session to discuss these findings. Follow the provided documents in the above resources section to complete this assignment.