

A Baseline Assessment of Community Representation and Health Indicators of the Copley-Price Family YMCA

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Executive Summary

The Copley-Price Family YMCA is the result of a partnership between the YMCA of San Diego County and Price Charities. The Copley-Price Family YMCA aims to mitigate health disparities and provide a facility that will allow for equitable access to resources in three neighboring communities of City Heights, Kensington, and Talmadge. The opening of the new YMCA on January 24, 2015 also closed the Copley Family YMCA which was located more centrally in the City Heights community. This research intends to provide insight into the impact the new Copley-Price Family YMCA has on the three specific bordering communities of City Heights, Kensington, and Talmadge. Specifically, this project is a baseline assessment of health and resource utilization of the current YMCA members. We focus on changes over time of the membership base, current community representation, and rates of resource utilization. Through analysis of surveys and interviews we gain insight into the current members' perception of the YMCA and their self-reported health.

Through the demographic assessment we found that across major key indicators there were significant differences among the three communities. For example, in terms of socioeconomic indicators, Kensington has higher median incomes and education levels than both Talmadge and City Heights. City Heights is more diverse and has higher rates of non-English speakers than the other two neighborhoods.

Analysis of the member databases shows an increase in memberships from Kensington and Talmadge relative to City Heights one month after the opening though City Heights continues to have the largest share of members. When comparing the membership share of these three communities to their populations at large, City Heights is underrepresented while Kensington and Talmadge are overrepresented. On average, active members from the three communities tend to use the facility at similar times and in similar rates.

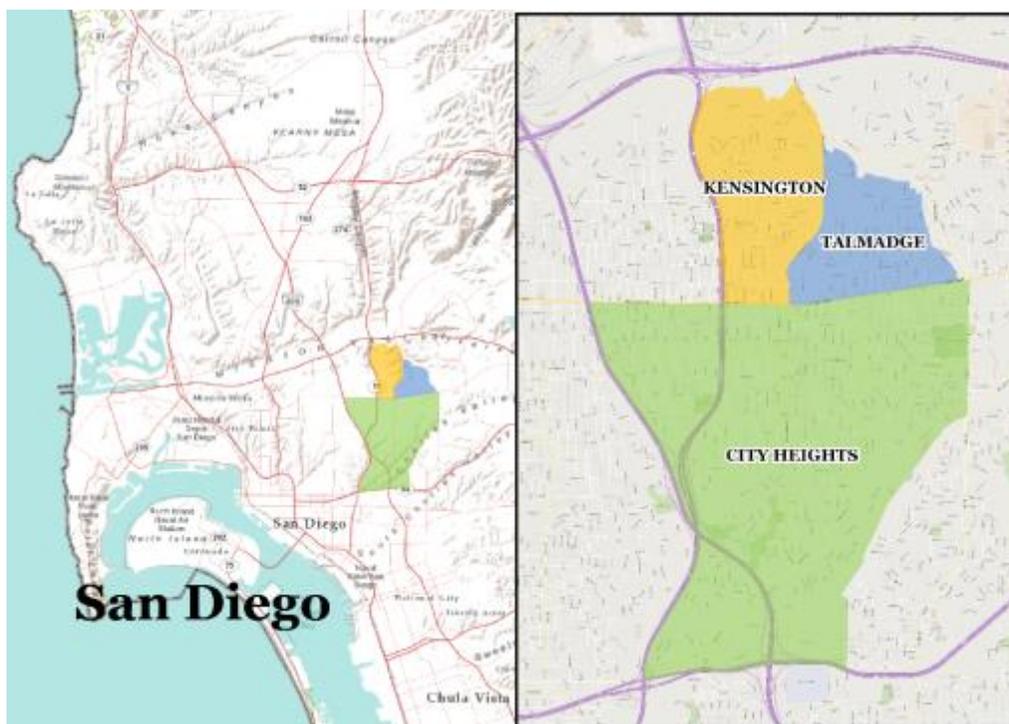
There is evidence of a positive impact on members' activity levels and perceived health benefits. Members report higher rates of healthy eating habits and activity levels than statistics from San Diego County and California. They also report perceiving a link between their health and their membership at the YMCA. Though members are reporting these positive behaviors, there are also negative indicators of health. A higher percentage of members report their health as fair or poor on a qualitative scale and 2 or less on a numerical scale than reported statistics of San Diego County. Members who reported their height and weight have higher results of being obese and overweight according to calculated BMI than averages from the county and state.

Through analyzing these findings and short-term trends in the membership, we have recommended a number of programs and management procedures that could aid in making the members healthier and more integrated.

Organizational and Community Context

Since 1994 Price Charities has worked towards creating lasting relationships with the community of City Heights through various partnerships with both public, private, and nonprofit entities, strategic community and economic development projects, and community engagement (City Heights Initiative, n.d.). Partnering with the YMCA to open the new Copley-Price Family YMCA in the Talmadge neighborhood, adjacent to City Heights, is the most recent strategic investment in the community that Price Charities has undertaken. The Copley-Price Family YMCA replaces the previous Copley Family YMCA located in the heart of City Heights, about one mile from the new location. Price Charities and the YMCA form a natural partnership. Their visions align in formalizing the intention of the new facility which is built on land donated by Price Charities and is to be used “as a vehicle through which people of diverse backgrounds will come together and participate in programs that emphasize youth development, healthy living and social responsibility” (Copley-Price Family YMCA, 2014).

Figure 1. San Diego Area and the Communities of Focus



Note: The community shapefile was from the San Diego Association of Governments (SANDAG) Regional GIS Data Warehouse. We added the boundary between Kensington and Talmadge (Fairmount Avenue) based on the neighborhood map used by the San Diego Police Department (SDPD, 2013).

The communities of City Heights, Kensington, and Talmadge border each other but each has important defining characteristics (Figure 1). City Heights is known for its diversity and high-density neighborhoods. Kensington, which is one quarter of the size geographically and one tenth of the size in population compared to City Heights, has a considerably higher median household income. Talmadge is in between City Heights and Kensington with regard to each of these indicators.

Considering these differences in social and economic characteristics, the nuances of the implementation of the project to realize the goals are less clear. Though YMCA organizations have been found to be successful in providing opportunities to families and youth in particular (Schwartz, et al. 2012), there is limited research-based evidence indicating this same success in a community with the type of diversity that is present in City Heights. Research conducted by Romero (2005) explored barriers and resources in low-income neighborhoods for youth to access physical activities. This study found that despite facilities being within close proximity and accessible by foot or public transportation, “more than half of the youth perceived that their parents would not be willing to pay for facility fees, which may be an important barrier to consider” (Romero, 2005, p. 257). To gain a better understanding of community member awareness of and interest in joining the new Copley-Price Family YMCA, Price Philanthropies conducted a total of 113 interviews.¹ Of the individuals interviewed by Price Philanthropies, 84% were not currently members of the YMCA and a majority of the respondents indicated that they were able to afford from \$0 to \$35 for a family pass, \$5 to \$15 for an individual pass, and \$5 to \$15 for a youth pass, all of which fall within the lowest choice of pay range. While the Copley-Price Family YMCA does offer financial assistance, for members to be considered they must have a 1040 tax return form, two current pay stubs, a disability document, and a Supplemental Security Income (SSI) document (Copley-Price Family YMCA, 2014). This might indicate a strong barrier to reach part of the intended community.

Problem Definition

There are documented health disparities between residents of City Heights and the greater San Diego County population (California Endowment, 2011). One reason for this might be a lack of resources or utilization of existing resources that contribute to healthier outcomes. Another central concern is a pattern of isolated social networks among the communities of City Heights, Talmadge, and Kensington, despite their geographic proximity. Research findings indicate that migrants tend to build their social networks within their ethnic communities, which increases the likelihood of individuals not engaging in building networks with members of other communities (Hagan, 1998). In addition, studies indicate that individuals with lower socioeconomic status are more likely to experience “undesirable life events” like poor health and low wages, while also not having access to resources that assist them in dealing with those events (McLeod & Kessler, 1990). We have adopted this model – that health disparities are intertwined with inequitable distribution of resources and isolated networks – in the development of this assessment.

Research Questions

The following research questions were developed based on the organizational context, problem statement, theory of change and logic model (Appendix A).

Is there evidence of a change in membership demographics? The location move of the YMCA raised concerns that there would be changes in the share of membership from the three target communities. For example, it was hypothesized that the move towards the more affluent areas of

¹ Interviews were conducted with residents from City Heights Square and Village Town Homes as well as staff from schools and nonprofits within City Heights.

Kensington and Talmadge would encourage these communities to join at a higher rate than the residents of City Heights who might have walked to the old YMCA. Through this question, analysis of the membership database pre- and post-opening of the YMCA has been conducted. If patterns are quantifiable, we explore whether the shift correlates with plausible geographic barriers. Through this question we hope to get at whether the above concerns regarding community share due to inequitable resource utilization and access is occurring.

How are the residents of City Heights, Kensington, and Talmadge represented in the current YMCA membership? This question focuses on the community representation defined by geographic boundaries of the three targeted communities. Sub-questions include analyzing the trends in the visit time and activity by these members. The research provides insight into whether there is evidence of positive integration of the communities. This research also provides a foundation for looking at health disparities in the three communities. Health disparities in a community can grow if an intervention is influencing the communities in poor health disproportionately less compared to those better off. The YMCA and Price Charities want to provide services equitably in the communities. This research question aims to provide a baseline measure of who is using the services and facilities, keeping in mind these important underlying relationships between representation, equity, and health.

What is the current health status of YMCA members? Establishing a health baseline of the YMCA members is a primary goal of this evaluation. Imbedded in this question is the correlation between the current self-reported health and the program and facility use for the YMCA. The YMCA and Price Charities have the joint goal of positive health impacts: the YMCA's vision positions itself as a catalyst for improved health and social connections, a bridge for the communities immediately next to the new YMCA, and improved health of the community as a whole. This research provides insight into the link between facility use, health status, and community trends.

Methods

According to Burch & Heinrich (2015), "Integrated mixed method research is deliberately undertaken to best address research questions and problems where processes and outcome measures will be used by diverse stakeholders and where enhancing learning and communication is an important part of the research process" (p. 23). This explanation of mixed methods research addresses our team's goal of aligning the interests of Price Charities, provision of services by the Copley-Price Family YMCA, and feedback from YMCA members, as outlined in the research questions. The mixed method approach developed by our team is comprised of five tools. The quantitative methods include a demographic analysis using American Community Survey (ACS) data, an analysis of the membership base using two date-specific membership databases, and an analysis of the YMCA facility use, by community, using time coded check-in data. Qualitative tools developed for this study include a self-administered written survey for members as well as face-to-face interviews with members. In Table 1, each research question is linked to its supporting methodological tool.

Table 1. Research Question and Methodological Tool Matrix

Research Question	ACS	YMCA Membership	YMCA Use	Survey	Interview
1. Is there evidence of a change in membership demographics?	X	X			
1a. If patterns are quantifiable, does the shift correlate with plausible geographic barriers?				X	X
2. How are the residents of City Heights, Kensington, and Talmadge represented in the current YMCA membership?	X	X	X		
2a. What are the trends of visits by members who reside in City Heights, Kensington, and Talmadge?			X		
2b. Is there evidence of positive integration of communities?			X	X	X
3. What is the current health status of YMCA members?				X	X
3a. Is YMCA programming being utilized?				X	X
3b. Is there evidence of a relationship between YMCA programs and health outcomes?	X			X	X

Criteria

Our team established criteria to define the use of each methodological tool with its coordinating research question.

Is there evidence of a change in membership demographics?

Criteria for this research question were established to calculate representative member share of residents within the YMCA as well as member share in the community at large. Tract-level variables from the membership databases were compared to ACS tract-level variables to determine the member share of the YMCA as well as the member share of the community population.

If patterns are quantifiable, does the shift correlate with plausible geographic barriers?

Member reported information from the surveys and interviews regarding reasons for joining, likelihood of recommendations, and opinions of facilities and programs of the YMCA informed this sub-question.

How are the residents of City Heights, Kensington, and Talmadge represented in the current YMCA membership?

Similar to the first research question, criteria were established through membership and ACS database information.

What are the trends of visits by members who reside in City Heights, Kensington, and Talmadge?

To develop how and when the facility was used by members, the magnitude of share from each community on a typical day was assessed using the YMCA frequency database. To calculate the average member share of facility use, our team made an assumption that members spend one hour at the facility after check-in. This assumption was applied to the frequency database to inform this sub-question.

Is there evidence of positive integration of communities?

Member reported interactions at the YMCA along with program and facility use from coordinating ZIP codes was compared to the frequency database to determine simultaneous facility visits.

What is the current health status of YMCA members?

Member reported height and weight to calculate BMI along with health behavior and nutrition habits for self and family generated the self-reported health indicators.

Is YMCA programming being utilized?

Member reported use of facilities and programming along with opinions of the quality of programming generated the criteria to establish member opinion, interest, and frequency of use of programming.

Is there evidence of a relationship between YMCA programs and health outcomes?

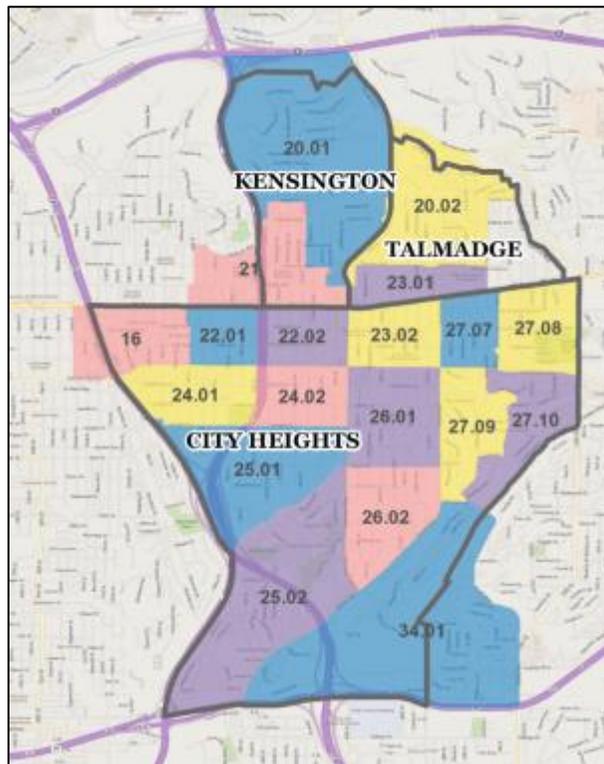
Member reported use of programs and facilities as well as self-reported health ratings and members' perception of the YMCA's influence on their health were the main criteria for this section. We also considered ACS socioeconomic data to understand the health of the community at large compared to the members.

Quantitative Tools

American Community Survey: Demographic Profile

We analyzed the overall resident community demographics of City Heights, Kensington, and Talmadge to better understand the communities and inform the assessment of community representation of members at the Copley-Price Family YMCA. We obtained census tract-level demographic data from the 2009-2013 American Community Survey (ACS) 5-year estimates. The ACS provides a comprehensive collection of information, and the small geographic areas allow for a more accurate match to communities. Variables of interest included residents' age, race and ethnicity, place of birth, language, and socioeconomic status indicators. Referring to the geographic correspondence map below (Figure 2), we aggregated frequencies to the community level and computed percentages and rates. Kensington and Talmadge each consist of two census tracts, while City Heights includes fifteen tracts.

Figure 2. Each Community's Geographic Correspondence with Census Tracts

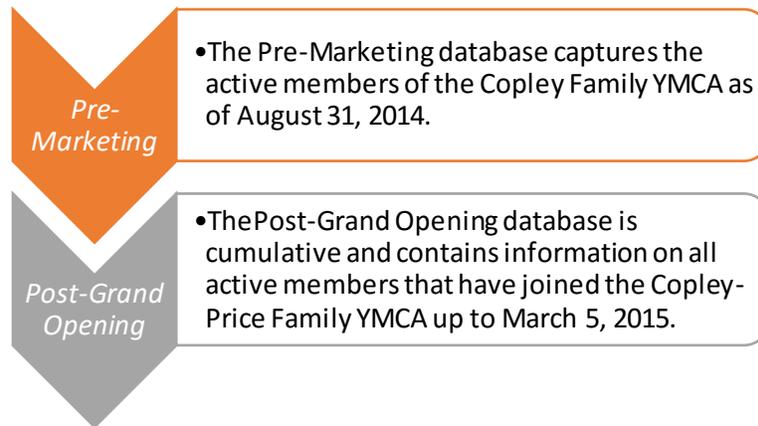


Note: The census tract shapefile was from the Census Bureau, and the community shapefile was from the San Diego Association of Governments (SANDAG) Regional GIS Data Warehouse. We added the boundary between Kensington and Talmadge (Fairmount Avenue) based on the neighborhood map used by the San Diego Police Department (SDPD, 2013). The tracts whose centroids are within each community were highlighted and used for data aggregation.

YMCA Database: Membership

Analyses of the membership databases inform the membership community demographic trends. We utilized two main databases, which were provided by the Copley-Price Family YMCA Executive Manager and cleaned by the research team. In total, the data encompasses active members from the now closed Copley Family YMCA to members who joined the Copley-Price Family YMCA up to March 4, 2015 (Figure 3).

Figure 3. Database Definitions



The Pre-Marketing database established a baseline of active members at the old Copley Family YMCA prior to any marketing or promotional incentives for the new facility. Analysis of this membership base provides insight into the demographics of the old facility.

The Post-Grand Opening database was created with the intention of capturing demographic trends of new members. With a different location and updated equipment, we believed it was important to consider that members from different areas and age groups would join the Copley-Price Family YMCA that would not have joined the Copley Family YMCA.

The following variables were included within the databases: individual ID number, YMCA member ID, billing member, ZIP code, age, gender, EEOC, joining date, member type code, financial assistance copay percentage, the number of visits, and expiration date. For the purposes of our study, we utilized ZIP codes, age, billing member, gender, membership type, joining date, and financial assistance (Appendix B).

Each variable was measured at the individual level except for the financial assistance copay and membership type variables. These variables were captured by editing the data to include only one data entry per YMCA member number (YMember#). Individuals in family memberships have the same YMember#, but their individual IDs vary.

When analyzing membership types, the Post-Grand Opening database had considerably more subtypes of categories than the Pre-Marketing database. To measure aggregate changes, we created seven discrete categories of memberships: adult, family, dual, senior, staff, student, and teen/young adult. These categories encompass over 99.5% of the data.

By March 4, 2015, the YMCA's total membership was 9,938. To look at these memberships on a more detailed level, Price Charities provided us with geocoded tract-level data of members' addresses (of which eight were excluded due to unsuccessful geocoding). Using this data, our team connected the geocoded membership databases with ACS data to conduct aggregated

community-level analyses for the demographic variables included in our study. As touched upon in the ACS description above, there are fifteen census tracts affiliated with the neighborhood of City Heights, two for Kensington, and two for Talmadge (Table 2). Although the overlay of neighborhood boundaries and tracts is not perfect, as indicated in Figure 2, it should not cause significant errors to our analyses.

Table 2. Tract Levels for Neighborhoods of Focus

	Tract				
City Heights	16, 24.02, 27.07,	22.01, 25.01, 27.08,	22.02, 25.02, 27.09,	23.02, 26.01, 27.10,	24.01, 26.02, 34.01
Kensington	20.01,	21			
Talmadge	20.02,	23.01			

YMCA Database: Member Visits

We analyzed the dates and times of members' visits to the YMCA and examined the pattern of visits and how communities were represented. The YMCA keeps track of the member ID and the date and time of each check-in. We received records of all visits between January 15, 2015 and March 5, 2015 for a total of seven weeks of observations. There were 65,535 visits in total. We were able to identify members' community of residence by merging the record with the geocoded Post-Grand Opening membership information. We excluded 11,051 visits by 3,320 individuals, which accounted for 17% of the record, because there was no membership information for them. Those members either had ceased to be a member by March 5, 2015 or entered the YMCA on a temporary pass. Indeed, on average, each of them made only 3.3 visits during the seven-week period. After dropping the individuals with no membership information, the total number of unique member IDs who visited the YMCA during the seven weeks was 6,965. The average number of visits by the rest of individuals in the data set was 7.8. Because our analysis is focused on City Heights, Kensington, and Talmadge, we excluded members residing outside of those communities. We ended up using 41,025 visits, which were 63% of the original record. These visits were made by 5,048 unique member IDs with addresses in the three target communities.

We examined visits by day of week as well as time of day. For each community, we first investigated the distribution of visits over a typical week. We then explored the clustering of members over each day in a week. The YMCA does not track when a member exits the facility. We thus assumed that each visit lasted for one hour. The interval of the simulative observation was ten minutes. To account for the difference in membership size across communities, we also adjusted the raw numbers for number of visits.²

² For each community, the formula was given by: adjusted number of members present= raw number×100/ number of visits on this particular day of week.

Limitations of Quantitative Methods

The membership databases provided by the YMCA do not include an ethnic/racial background variable. Therefore, our research team is unable to investigate the ethnic and racial composition changes of the YMCA membership. The YMCA did provide Equal Employment Opportunity Codes (EEOC), however, fewer than 15% of the data entries in the databases have a code. Therefore, we have opted out of using these codes for our analyses. Given that the neighborhoods surrounding the YMCA are incredibly diverse, there could be under-representation of different ethnic groups due to factors such as language barriers.

Financial assistance data had rare instances of conflicting percentages of discounts the family members obtain. In these cases, our team decided to enter the highest percentage of financial assistance given to the membership unit by the YMCA.

The Pre-Marketing database had fifty-four membership types while the Post-Grand Opening database had ninety membership types. While our research team grouped similar membership types to the best of our ability, there was still a lack of information regarding the degree of similarity among some of the categories.

The membership databases provided by the YMCA only included active members. This means individuals who joined and left the YMCA (thus becoming inactive members) are not captured in the data set. Between the Pre-Marketing database and the Post-Grand Opening database, we found that roughly 600 members were no longer active. Information on individuals who chose to discontinue their membership could provide additional trends in the member demographics and changes overtime that this research was not able to capture.

Due to the steps included in the conversion process (Appendix C), there was potential for incorrect entry of addresses or a lack of alignment to a census code when an address was entered. Our team was unable to directly work with the member addresses due to confidentiality, and we do acknowledge that due to this indirect task completion, there are potential inconsistencies.

There were weaknesses in the methods for analyzing the frequency and overlap of member visits. The check-in data did not include two important components: the length of time each member was using the YMCA and what the member was doing. We computed number of members present at the YMCA based on our assumption of the one-hour length of visit and use it to inform the assessment of community representation and possible impact on community integration.

Qualitative Tools

Both the survey and interview instruments were created to better understand member perception of health along with utilization of the Copley-Price Family YMCA programs and facilities. Staff from Price Charities and the YMCA provided input toward the development of each instrument. The team took this feedback into consideration while prioritizing the needs of the research project, the ability to replicate, and clarity for the intended respondents at the Copley-Price Family YMCA. The instruments were aligned with the survey capturing structured feedback from members and the interview generating more detailed responses. The Institutional Review Board at The University of Southern California approved both instruments.

Survey: YMCA Membership

Survey Development and Content

The survey instrument (Appendix H) was developed to capture and better understand the impact the YMCA has on member health as well as the ways members interact with the YMCA programs and equipment. The survey was created to be brief and elicit standardized answers. The final instrument was four pages and took about ten minutes to complete. After approval, the survey was translated into Spanish (Appendix I) and Vietnamese (Appendix J). Questions in the survey elicited information about membership and financial assistance, opinions of staff and the facility, use of programs and equipment and frequency, exercise patterns and nutrition patterns and health status behaviors. The survey also asked for the respondents' height, weight, age, and demographic information. Response options on the survey were either multiple choice or fill in the blank. No names or personal identifiers were used on the survey.

Survey Implementation and Sample Size

YMCA front desk staff were trained in proper protocols (Appendix D) by the YMCA Executive Manager. Throughout a two-week timeframe (February 12, 2015 – February 26, 2015), members were asked by YMCA staff whether they would be willing to complete a 10-minute survey. All members were asked at check-in and YMCA staff also carried the survey with them as they walked through the facility and offered the survey to members. Protocols were established and reviewed by the IRB regarding storage and access to the completed tool prior to implementation. The survey collection process was overseen by the YMCA Executive Manager.

Members were required to be at least eighteen years old to take the survey. In total, 311 surveys were completed during the implementation period. Of those, nineteen were removed because the respondent was either under the age of eighteen or did not report an age, resulting in 292 as a final sample size.

Response Rate

As of February 26, 2015, the last day of the survey distribution, there were 9,481 members at the YMCA of which 5,930 were eighteen years of age or older. Given the frequency data, 4,576 adult members visited over the two-week period from February 12, 2015 to February 26, 2015. The response rate for the overall adult membership base is 5%; the response rate given the number of adult members visiting the Copley-Price Family YMCA is 6%.

Survey Demographics

The survey included demographic information about the member including age, gender, home ZIP code, language spoken at home, and race/ethnicity.

Age: The age distribution was eighteen to ninety-two with average age of respondents being forty-one and the median age thirty-seven.

Gender: Fifty-one percent of respondents were male and 49% were female (98% response rate).

ZIP Code: Ninety-five percent of survey responses included a ZIP code. Eighty-one percent of those respondents were from the five ZIP codes that we identified as correlating to the

communities of City Heights, Talmadge, and Kensington. Forty-eight percent of the survey respondents reported ZIP codes within City Heights with 1% from 92102, 14% from 92104, and 33% from 92105. Talmadge (92115) had 15% representation and Kensington (92116) had 18% representation.

Race/Ethnicity: The overall response rate of members who shared their race/ethnicity was 98%. Respondents could choose more than one category and the majority of survey respondents identified as either Hispanic (41%) or White (Non-Hispanic) (40%). Following these categories were Black (15%), Other (6%), American Indian (5%), and Asian (4%) and Pacific Islander (2%).

Language Spoken at Home: Like the “Race and Ethnicity” question, respondents could choose more than one response for the language spoken at home. The response rate was very high (99%) with 92% percent reporting English, 37% Spanish, 1% Vietnamese, 3% French, and 3% identifying some other language spoken at home.

Length of Membership: The majority of survey respondents (71%) had been a member of the YMCA for less than six months. Five percent reported being a member between six months and one year, 7% between one and two years, 7% between two and five years, and 11% of respondents identified as being a member for more than five years.

Interview: YMCA Membership

Interview Development and Sampling

The interview instrument (Appendix N) was implemented on February 26, 2015, from 12:00 PM until 7:00 PM. A convenience sampling of members of the Copley-Price Family YMCA age eighteen and older comprised survey respondents. Respondents received a \$5 gift certificate to Café Shiraz, located inside of the Copley-Price Family YMCA, as an incentive to participate in the interview. Interpreters were available for respondents who spoke Spanish and Vietnamese. Informational flyers (Appendices K, L, and M) were posted in English, Spanish, and Vietnamese for two weeks leading up to the interview date. The flyers included the date, time, and eligibility requirements as well as interpreter and incentive details.

Interview Content, Implementation, and Coding

Members of the research team conducted sixty-two interviews, with each interview taking ten to twenty minutes to administer. The interview instrument included the following sections: Member Information, YMCA Use and Perception, Health, and Demographic Information. The instrument included both structured and semi-structured questions in each section. To capture information from members that was not available from the survey results, the interview database was primarily developed from inductive coding. Deductive coding was used for interview questions that directly mirrored questions from the survey instrument, such as demographic information. The “Member Information” section of the interview included three questions with the possibility of four to six responses, which were coded into four separate sections. “YMCA Use and Perception” included ten primary questions with follow-up questions for four questions, resulting in the possibility of fifteen to twenty-four responses, which resulted in twenty-six coded sections. There were five questions within the “Health” section, with follow-up questions for two questions, resulting in the possibility of six to ten responses, coded into nine sections.

Response Rate

On Thursday, February 26, 2015, the date interviews occurred, there were 9,481 members enrolled at the Copley-Price Family YMCA, with 5,930 of those members age eighteen or older. There were 1,735 members who checked in to the Copley-Price Family YMCA on the interview day, with 1,319 of those members being eighteen years of age or older. Of the members that visited the Copley-Price Family YMCA on February 26, 2015, 674 members checked in between the hours of 12:00 PM and 6:00 PM, with 451 of those members being age eighteen or older. The response rates based on this data are presented in Table 3.

Table 3. Interview Response Rates

Response rates:	All members	Members 18 and older
Based on overall membership on Thursday, February 26, 2015	0.7%	1.0%
Based on total check-ins on Thursday, February 26, 2015	3.6%	4.7%
Based on check-ins between 12:00 PM – 6:00 PM on Thursday, February 26, 2015	9.2%	13.7%

Source: Gateway Activity Data 011515 to 030515

Interview Respondent Demographics

Age: The average age of respondents was 39.5 and the median age was 38.

Gender: Sixty percent of the respondents were female and 40% of respondents were male.

Race/Ethnicity: A majority of respondents identified as Hispanic or Latino with a response rate of 42%. Thirty-two percent of respondents identified as White, 16% identified as Asian, 15% identified as Other, 8% identified as Black or African American, and 2% identified as Native Hawaiian or Other Pacific Islander. Thirteen percent of respondents identified with more than one race/ethnicity. The respondents who identified as “Other” included the following responses: Portuguese, Caucasian, Anglo European, Puerto Rican, mixed, or did not specify.

ZIP Code: Interview respondents identified ZIP codes to define their area of residence, resulting in twelve different ZIP codes. Of those twelve ZIP codes, the five primary ZIP codes that represent the area of study were reported by 88% of respondents, with 34% of respondents residing within 92105, 31% in 92115, 18% in 92116, 3% in 92104, and 2% of respondents in 92102.

Language: Respondents reported four languages as being spoken at home. The language reported most frequently, by 76% of respondents, was English, with the next most popular language as Spanish with 27% respondents reporting its use at home. Vietnamese was reported as being spoken in the home by 6% of respondents and Hindi was reported by 2% of respondents. Eleven percent of respondents reported that they spoke multiple languages at home.

Limitations of Qualitative Methods

Each survey question had an individual response rate that may have been less than 100%, which was taken into consideration during the analysis of the responses. The sampling method is inherently biased for both the survey instrument and interview instrument as a convenience sample is not necessarily representative of the member population of the Copley-Price Family YMCA. Additionally, due to constraints with conducting research with minors, the exclusion of Copley-Price Family YMCA members under age eighteen creates additional bias.

Findings

The communities of City Heights, Kensington, and Talmadge are distinct in their socioeconomic and demographic indicators. This community assessment provided the basis of our analysis of the membership core and the change in the membership that coincided with the location change and the opening of the Copley-Price Family YMCA. We found that though YMCA members report high levels of activity and fruit and vegetable consumption, by other measures they are not significantly healthier than the general population and by some measures they are actually unhealthier.

Community Demographics

Using the ACS data, we found evidence to suggest City Heights, Kensington, and Talmadge are very different communities. City Heights has a significantly younger population as well as greater diversity in terms of race and ethnicity, nativity, and the primary language spoken at home. In terms of socioeconomic indicators, Kensington and Talmadge are more advantaged with higher household incomes and higher rates of high school graduates.

Change in Overall Membership by Community

Through analysis of the Pre-Marketing and Post-Grand Opening membership databases, we find evidence pointing to a change in the membership base since the opening of the Copley-Price Family YMCA. Overall, the membership base grew by over three times, from 2,930 members to 9,938 members. These new members are predominantly from City Heights, Kensington, or Talmadge though there are members who are from other parts of San Diego. Within the net increase of new members, almost half were from City Heights. Though the raw number of members from City Heights increased, their share of the membership decreased. Meanwhile, during this time, the share of members from Kensington and Talmadge increased.

Significance of Location

The interview and the survey both asked variations of the question “Why did you join the YMCA?” Results indicate the location was an important contributing factor: 30% of interview respondents and 65% of survey respondents cited the location being important. While we assume the new location is a draw for members, we also acknowledge that this could be the cause behind some members withdrawing their membership.

Individuals Who Discontinued Their Membership

Between the Pre-Marketing and Post-Grand Opening datasets, 608 members from the Pre-Marketing database dropped out of the membership. Of those, 425 were from City Heights. When attrition rates were calculated, 22% of City Heights members, 14% of Kensington members, and 29% of Talmadge members from the Copley Family YMCA withdrew their memberships. This might indicate a change in member demographics based on indicators we are not able to capture in this analysis. Based on the ACS community demographics analysis, we know the community of Talmadge has socioeconomic indicators that fall between the relatively higher income community of Kensington and relatively lower income community of City Heights.

Current Membership Shares by Community

In the current membership, residents from the communities of City Heights, Kensington, and Talmadge make up approximately 70% of the total membership of the Copley-Price Family YMCA. Of this group, members from City Heights make up the majority at 54%. When the share is compared to the overall population share of the three communities, Kensington and Talmadge are overrepresented in the YMCA membership. Additionally, women are more represented than men and minors are more represented than any other age group.

Current Financial Aid Status

Twenty-five percent of the current membership units received financial assistance according to analysis of the member data. Zeroing in on just the shares from the communities of interest, 33% of member units from City Heights, 10% of member units from Kensington, and 10% of member units from Talmadge are receiving financial assistance for the cost of membership. Of those receiving financial aid, City Heights members receive larger discounted memberships.

Time and Rate of Visits by Community

Analyzing member check-in times over seven weeks provided evidence that members of different communities were visiting the YMCA at the same time. During non-peak hours, which were early morning and mid-day, communities were most equally represented. However, the largest magnitude in overlap in community representation occurred when the YMCA was busiest.

Integration of Communities

Fifty percent of members interviewed said they had formed friendships with other members of the YMCA. Of those who responded “Yes,” 33% reported the other member lived in a different neighborhood from them. Furthermore, in both the survey and the interview, the majority of members reported participating in individual exercise (either cardio machines or weights) more than any other activity.

Self-Reported Health Rating

The majority of respondents for the survey and interview rated their health as “Good” or better and “3” or better, respectively. Twenty-four percent of survey respondents rated their health as “Fair” or “Poor,” which is higher than the statistics reported for San Diego County (12%) and California (16%). The interview provided space for open-ended answers to these questions,

which allowed us to better understand why members were rating their health as they were. However, we found that the explanations provided for number ratings varied greatly among respondents who rated themselves the same number rating.

Nutrition Habits

Eighty-seven percent of survey respondents reported eating fresh fruits and vegetables regularly and the majority reported eating three or more servings of fruits and vegetables two or more days a week. Members also report high levels of exercise and having overall active lifestyles.

BMI

Compared to members from City Heights and Kensington, members from Talmadge have the highest rate of individuals that qualify as overweight and obese based on guidelines from the CDC. All three target communities have higher rates of individuals that qualify as obese and overweight compared to statistics for San Diego County and California (California Endowment, 2011).

Analysis

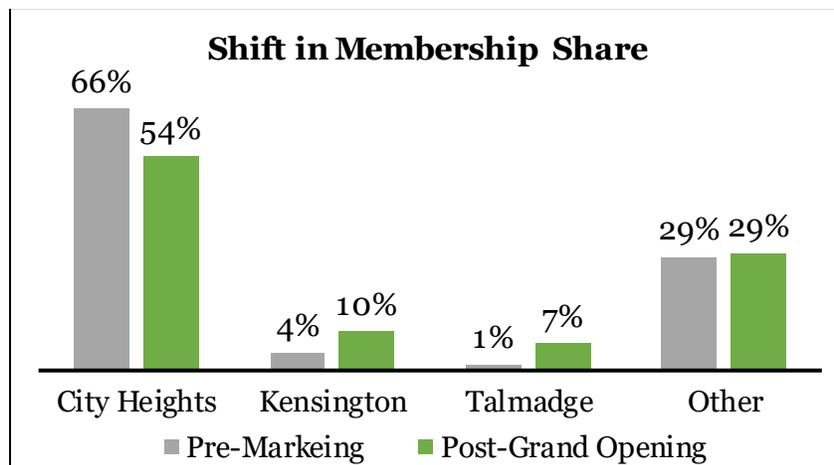
Is there evidence of a change in membership demographics?

Change in Membership Share by Community

Since the advertising of the new YMCA, the overall membership has grown three times as large from 2,930 to 9,938. Of the 7,000 new members, approximately 50% are from City Heights, 12% are from Kensington, and 9% are from Talmadge. Between the start of the pre-marketing period until the grand opening, approximately 600 YMCA members from the Pre-Marketing database dropped their membership due to unknown reasons.

While the overall share of the three target communities combined has not changed significantly (Figure 4), trends emerge when looking at the share for each community in isolation. City Heights' membership share has decreased while the shares of Kensington and Talmadge have both increased. This change could be due to the location shift of the YMCA from the inner part of City Heights to the nexus between City Heights, Kensington, and Talmadge.

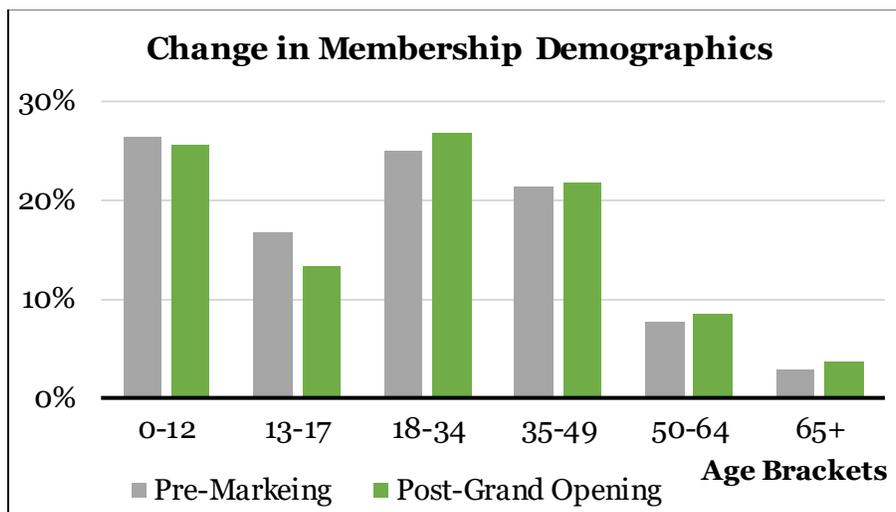
Figure 4. Shift in Membership Share



Change in Membership Demographics

We analyzed the change in age demographics in aggregated form for all three target communities. Overall we did not see large changes among age in members.

Figure 5. Change in Membership Demographics



By comparing median age in the community via the ACS data with median age of YMCA members broken down by community, we were able to provide insight into the YMCA’s representativeness of the community. Table 4 compares the two YMCA databases to the American Community Survey (ACS) data. The increase in older adult members reflects a more representative profile of the communities when using age as an indicator.

Table 4. Average Age of Members Compared to Average Age of Communities

	Pre-Marketing	Post-Grand Opening	ACS Data (2013)
City Heights	20	21	29
Kensington	29	35	42
Talmadge	30	32	34

Note: The ACS median ages were computed with linear interpolation.

Change in Financial Share by Community

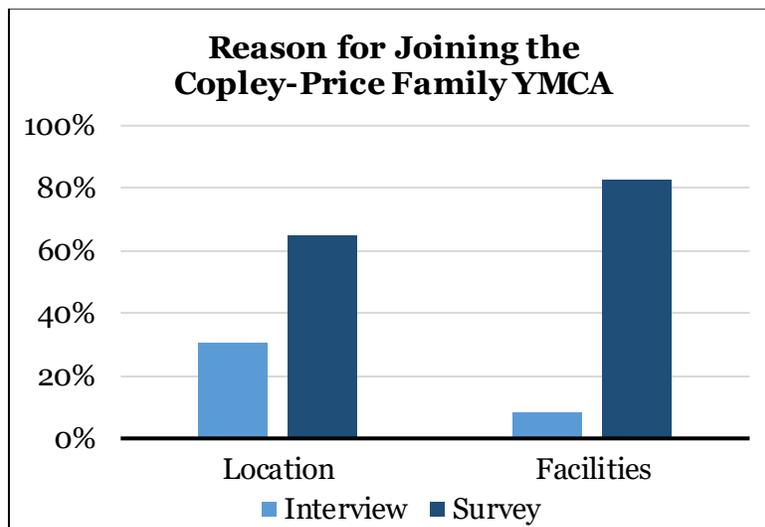
The overall share of those who receive financial assistance has decreased between the Pre-Marketing database and the Post-Grand Opening database. In the Pre-Marketing database, 41% of membership units received financial assistance, which decreased to 25% of membership units in the Post-Grand Opening database. All communities have seen a reduction in the share of members receiving financial aid. However, when analyzing just the raw numbers more membership units (approximately 300) receive financial assistance. In both databases, City Heights has the majority of financial aid recipients.

If patterns are quantifiable, does the shift correlate with plausible geographic barriers?

Significance of Location

Using our qualitative research tools, we assessed if the shift in membership demographics was due to a geographic barrier. In our surveys and interviews, we asked members their motivations for joining the new YMCA facility. Analysis of both instruments revealed that location and facilities were the two most common answers (Figure 6). This finding indicates that location is a factor in current members' decision to join a YMCA.

Figure 6. Reasons for Joining the YMCA



How are the residents of City Heights, Kensington, and Talmadge represented in the current YMCA membership?

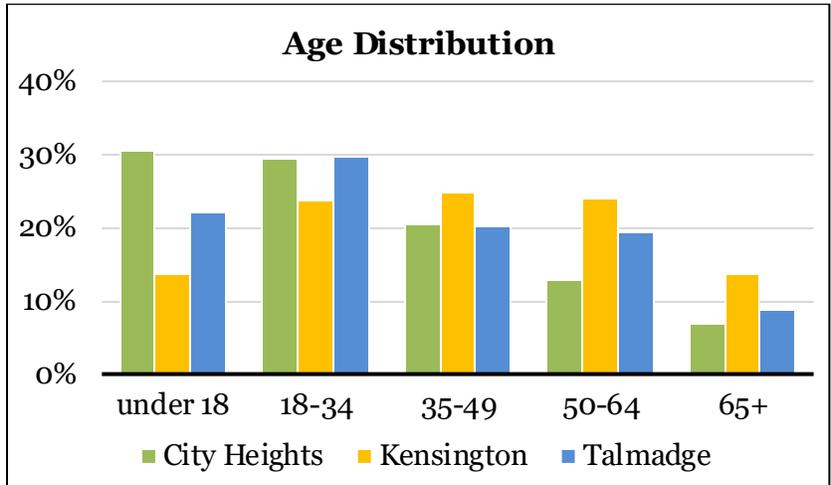
Profiles of the Communities

The community demographic analysis showed that City Heights has the youngest population and is the most diverse and economically disadvantaged among the three. Kensington has an older population than the other two and was the most affluent, and Talmadge was in-between. City Heights has the largest population, and women made up roughly half of the population for each community (Table 5). As illustrated in Figure 7, residents in City Heights skewed younger while those in Kensington and Talmadge skewed older. Indeed, more than 40% of City Heights residents were younger than twenty-five, while individuals forty-five years and older accounted for 46% and 34% of the population in Kensington and Talmadge, respectively.

Table 5. Overview of Communities

	City Heights	Kensington	Talmadge
Population	78,657	7,749	5,600
Female	50%	52%	50%

Figure 7. Community Age Distribution



City Heights was the most diverse in terms of race and ethnicity, nativity, and languages spoken at home. In City Heights, residents were primarily Hispanic (56%), with significant percentages of Black (Non-Hispanic) and Asian (Non-Hispanic) populations. Minorities made up a total of 88% of the population (Figure 8). Yet, in the other two communities, the majority of the populations in Kensington (61%) and Talmadge (45%) were White (Non-Hispanic). Fifty-nine percent of City Heights residents were native-born, while the percentages for Kensington and Talmadge were 85% and 77%. About 31% of the population in City Heights did not speak English very well, while the percentages were much lower in the other two communities. Spanish was the language primarily spoken at home for half of City Heights residents with Asian and Pacific Islander languages also widely spoken, while the majority of Kensington and Talmadge residents mainly spoke English (Table 6).

Figure 8. Community Racial/Ethnic Composition

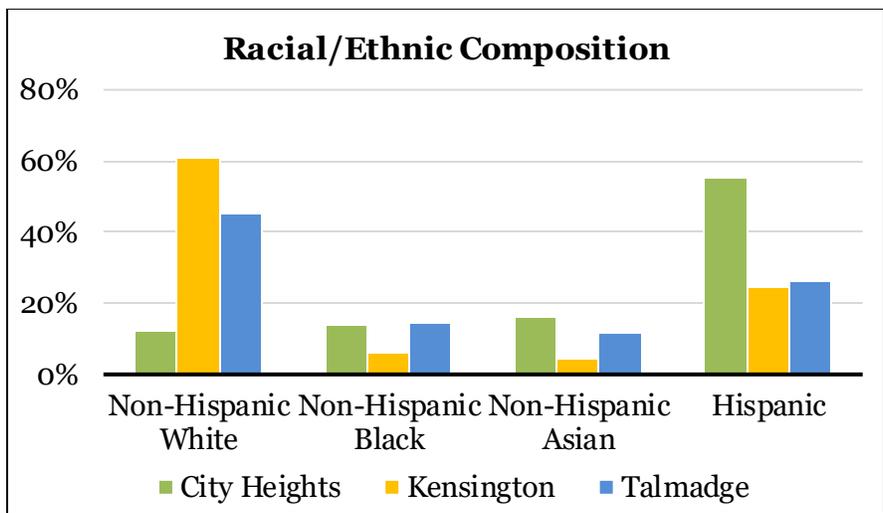


Table 6. Residents' English Ability and Languages Spoken at Home

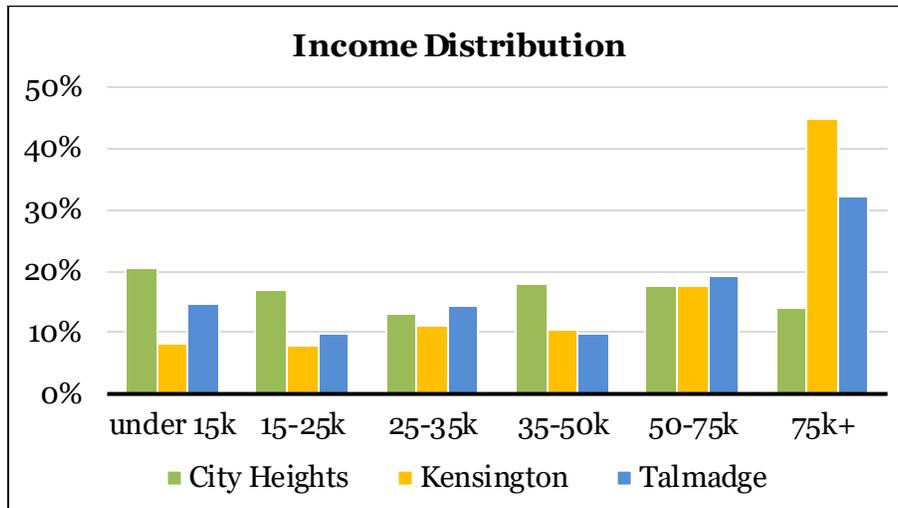
	City Heights	Kensington	Talmadge
Speak English less than "very well"	31%	10%	16%
Top 3 languages primarily spoken at home	-Spanish (49%) -English (29%) -Asian/PI languages (15%)	-English (76%) -Spanish (17%) -Asian/PI languages (3%)	-English (68%) -Spanish (16%) -Asian/PI languages (11%)

Kensington and Talmadge were more economically advantaged in terms of a number of socioeconomic indicators. One third of the population twenty-five years and over in City Heights did not graduate from high school, while the percentages were 9% and 17% in Kensington and Talmadge, respectively (Table 7). Regarding household income, we can see that households in Kensington and Talmadge had higher incomes (Figure 9). Indeed, one fifth of the households in City Heights had an annual income below \$15,000, and half of them did not earn higher than \$35,000. The households earning over \$75,000 in Kensington and Talmadge were 45% and 32% of households, respectively. Moreover, the latter two had higher health insurance coverage and homeownership rates along with lower poverty rates.

Table 7. Community Socioeconomic Indicators

	City Heights	Kensington	Talmadge
Without a high school diploma	36%	9%	17%
Health insurance coverage	70%	87%	85%
Homeownership rate	24%	49%	37%
Poverty rate	31%	15%	24%

Figure 9. Community Household Income Distribution



Community Representation in the Current Membership

In this section we addressed our research question on how residents of City Heights, Kensington, and Talmadge were represented in the current YMCA membership. Two sub-questions were on the trends of visits by members from different communities and whether there was evidence of community integration.

Community Representation

We examined community representation in terms of membership size, membership type, gender, age, financial assistance, and use of facilities. Members from City Heights, Kensington, and Talmadge accounted for 71% of the total membership (Figure 10). In addition, among the three communities, City Heights was less represented than the other two, with a membership share lower than its population share. Table 8 presents the distribution of membership type within each community. The shares were computed based on membership unit. The majority of units were family for each of City Heights, Kensington, and Talmadge. Compared to Kensington and Talmadge, City Heights had a higher share of teen and young adult units and a lower share of senior units, which reflected our above findings of community age distribution.

Figure 10. Overall Membership Representativeness

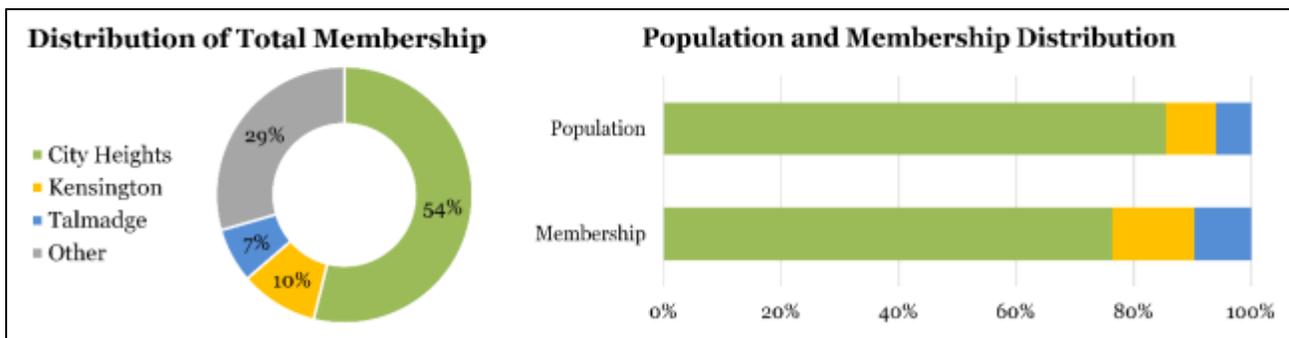
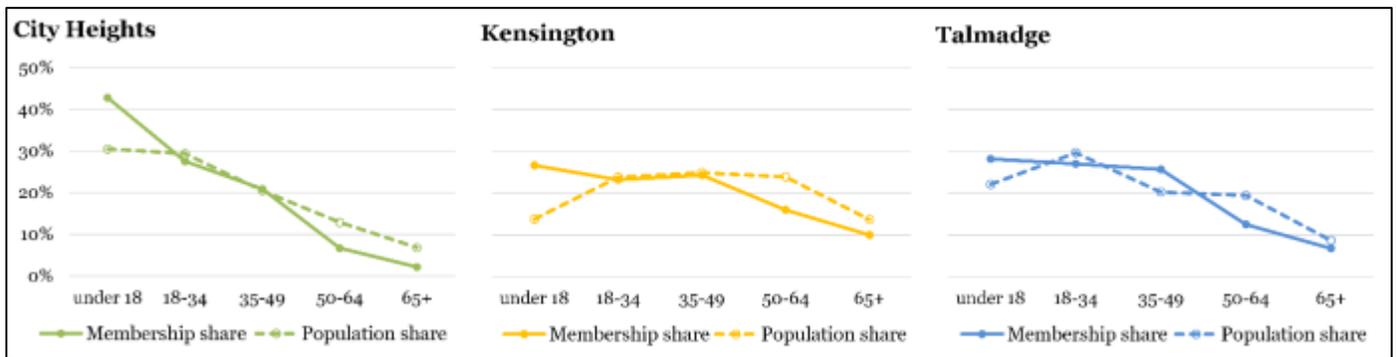


Table 8. Distribution of Membership Type within Each Community

	City Heights	Kensington	Talmadge
Adult	12.5%	16.2%	15.3%
Dual	2.5%	4.2%	2.2%
Family	65.8%	64.6%	68.7%
Senior	3.4%	8.1%	6.7%
Staff	0.1%	0.3%	0.8%
Student	1.3%	0.3%	0
Teen/Young Adult	14.2%	6.4%	6.3%

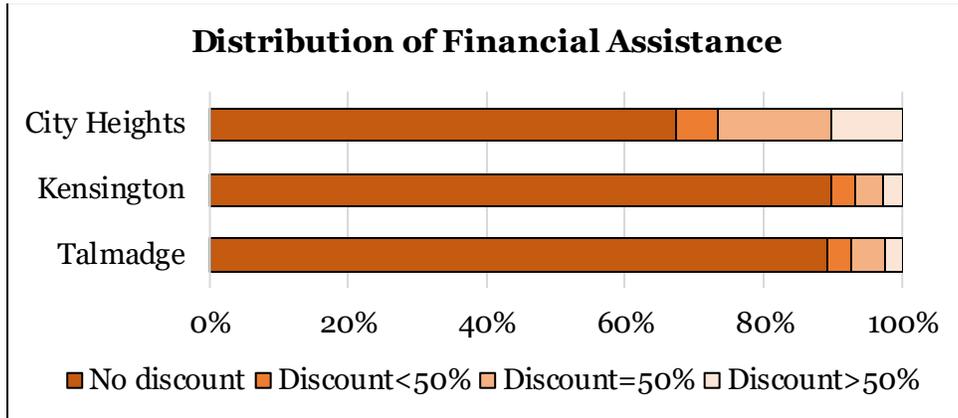
Female members made up the majority of membership within each community, and women had a slightly higher membership share than their population share. Turning to age, Figure 11 illustrates each age group’s membership share and population share for each community. Residents under 18 years always had a higher membership share compared to their population share, while those 50 years and over had a lower membership share. The two shares were similar for adults under 50.

Figure 11. Age Representation within Each Community



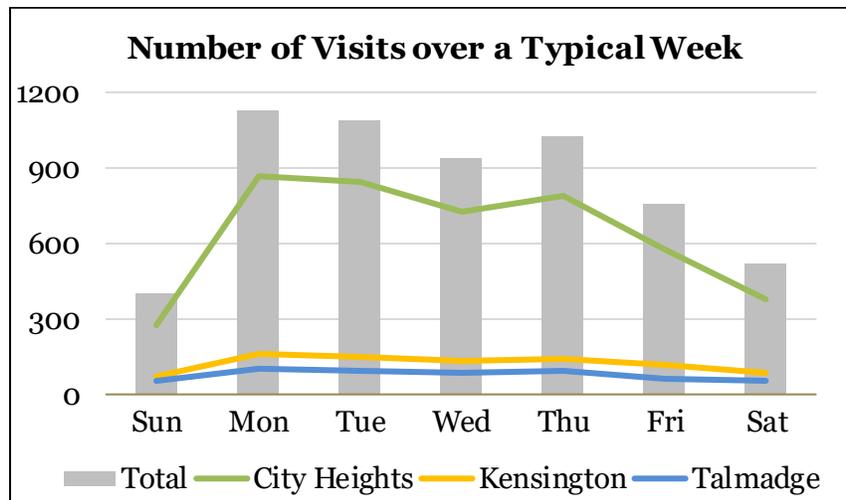
More members from City Heights received financial assistance, and they generally had higher discounts. A quarter of all 3,656 units received the aid. Zooming in to individual communities, we could see that the rate of financial aid was 33% for City Heights, much higher than the 10% rate for each of Kensington and Talmadge (Figure 12). Moreover, City Heights had a significantly higher percentage of units receiving a discount of 50% and over than the other two communities. The findings were consistent with the relative community socioeconomic status obtained from our ACS demographic analysis, where Kensington was the most affluent among the three and City Heights was more economically disadvantaged. In the survey, we asked whether members would recommend the Copley-Price Family YMCA and if so why. Ninety-six percent of respondents reported yes, they would recommend it. Out of ten potential reasons (they could pick as many as applied), 67% reported affordable rates as one reason.

Figure 12. Distribution of Financial Assistance within Each Community



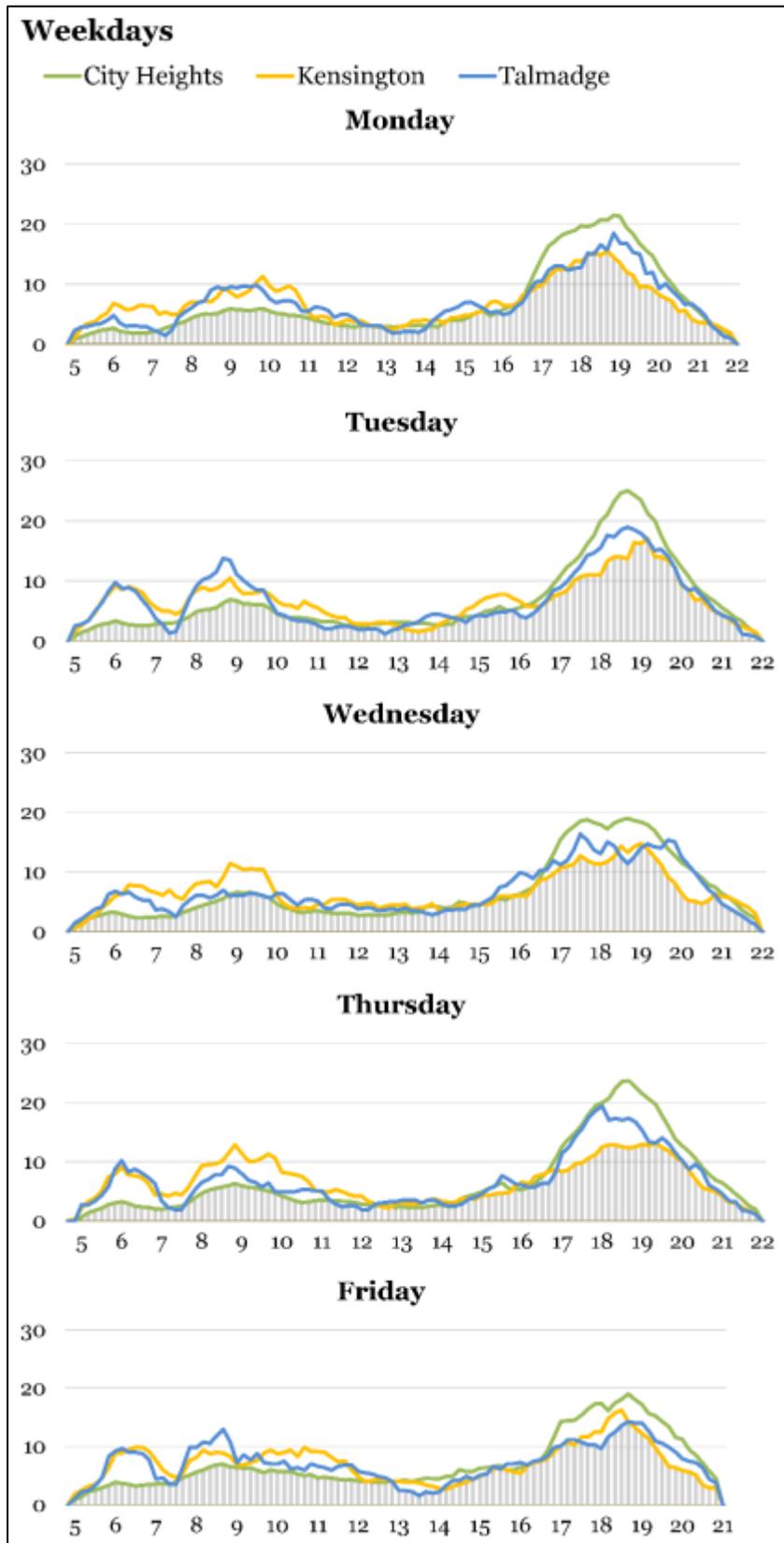
Analysis of YMCA visit data provided another perspective of representativeness. There were more visits on weekdays than on weekends, and not surprisingly, City Heights members accounted for the majority of daily visits (Figure 13). Yet members from the three communities came to the YMCA at a similar frequency. The median frequency of visits was 1.1 per week for both City Heights and Kensington, and was 0.9 for Talmadge.³ Turning to the adjusted number of members at the YMCA over a day of week, we could see that communities were more equally represented during non-peak hour, especially on weekdays (Figure 14). On typical weekdays, there were comparable numbers of members from City Heights, Kensington, and Talmadge early in the morning, from 11:00 AM to 5:00 PM, and late at night after 8:00 PM (Monday to Thursday). On weekends, the communities were roughly equally represented between noon and 2:00 PM.

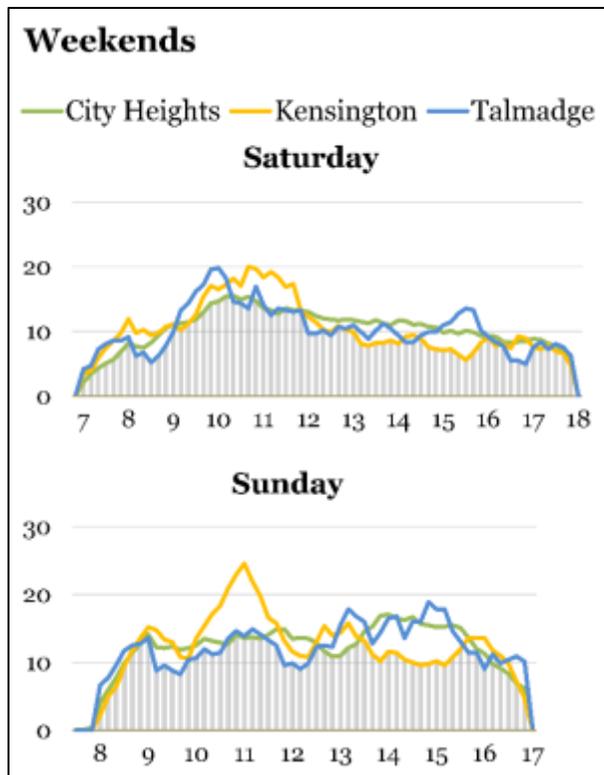
Figure 13. Number of Visits over a Typical Week by Community



³ The first few days of membership might be a transitional period and the frequency might not represent the normal. Taking that into account, our computation of median frequency was based on members who joined on or before February 26.

Figure 14. Members Present over a Typical Day (Adjusted for Number of Visits)



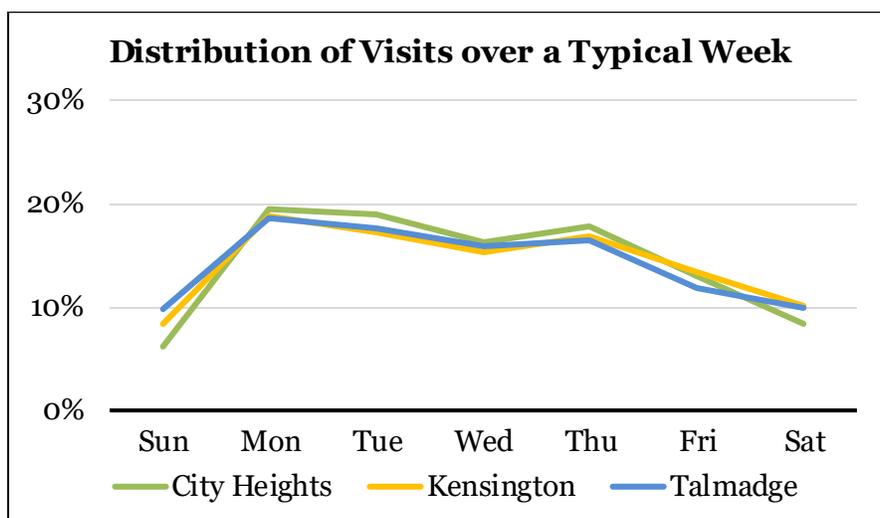


Note: Strictly speaking, it would be more appropriate to adjust for membership size for representativeness assessment. We created another set of graphs with that adjustment. They were almost the same as the above ones.

What are the trends of visits by members who reside in City Heights, Kensington, and Talmadge?

The time pattern of visits varies little across communities, as suggested by Figures 14 and 15. The lines overlap considerably in Figure 15 and daily visits were highest for each community on Monday and Tuesday in a typical week. The grey bars in Figure 14 indicate the magnitude of time pattern overlap. On typical weekdays, members at the YMCA peaked early in the morning, late in the morning, and in the evening from 6:00 to 8:00 (Figure 14). Peak hours were late in the morning on Saturday and there was not a significant spike except for Kensington members. Hence, members from City Heights, Kensington, and Talmadge had a similar schedule of visiting the YMCA, which could have positive implications for community integration. Although as noted above, communities were more equally represented during non-peak hours, the larger magnitude of overlap (Figure 14) during peak hours could potentially provide more opportunities for members from different communities to interact with each other.

Figure 15. Distribution of Visits over a Typical Week



Is there evidence of positive integration of communities?

Our interviews did not offer strong support for the development in community integration thus far. We asked whether respondents had made friends with other members and whether their new friends lived in their own neighborhood. Half of our interview respondents said they had formed a new friendship with a fellow YMCA member. Among those respondents, half said their new friends were from their own neighborhood, while one third, which was 18% of the total respondents, had formed friendship with members from outside their neighborhoods. The 18% rate itself was not high. But given that the new facility had been open for a month by the time we did our interviews, there is potential for an increase.

What is the current health status of YMCA members?

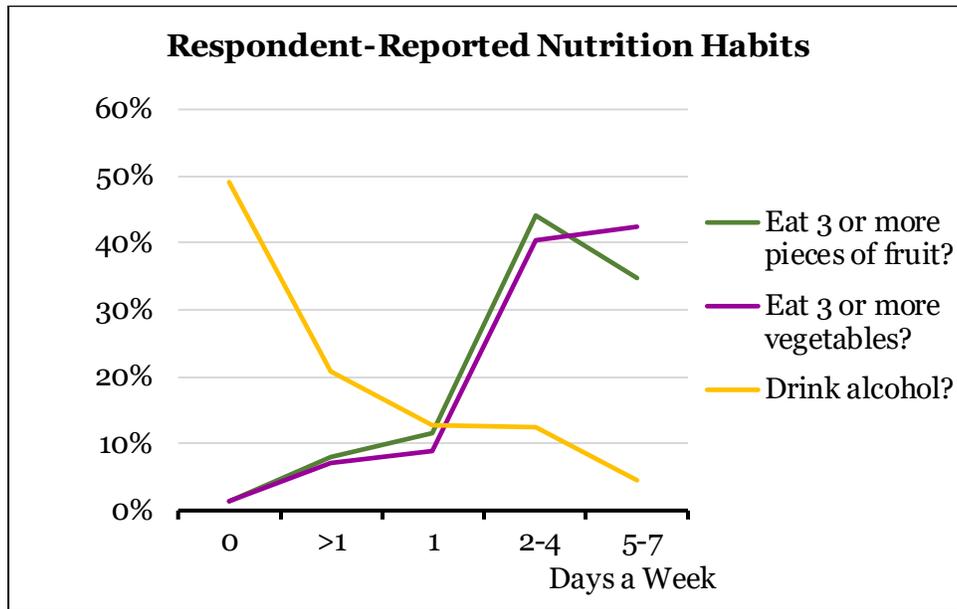
Health Behaviors

Members who responded to the survey overwhelmingly report that they exercise regularly. The average number of hours of exercise per week was 6.7 hours.

Members also report healthy dietary behaviors with the 87% of respondents reporting they eat fruits and vegetables regularly and the majority reporting they consume fruits and vegetables two or more days a week (Figure 16). Seventy-five percent of respondents do not eat fast food regularly.

We also analyzed these results by community and found Kensington had the highest rate of affirmative responses to the question “do you eat fresh fruits and vegetables regularly” and members from Talmadge reported higher rates of fast food consumption than the either City Heights or Kensington.

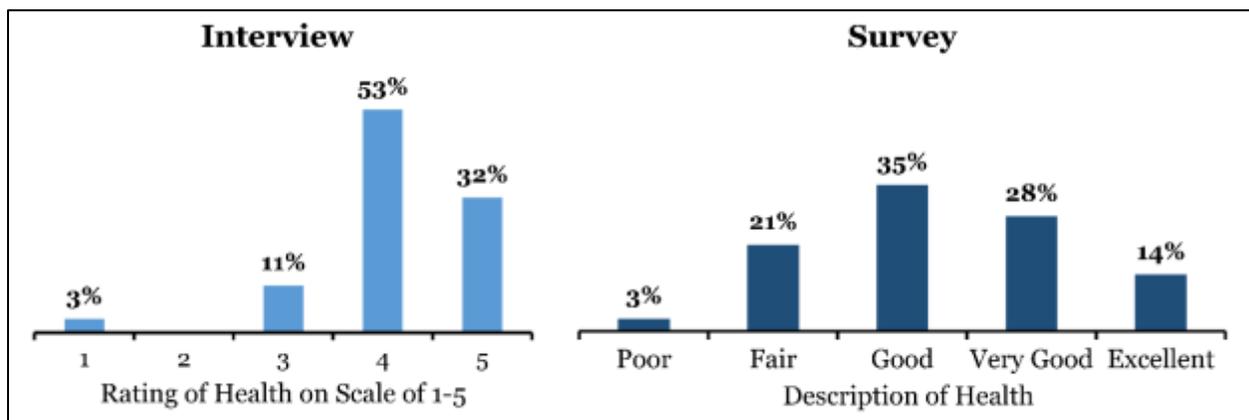
Figure 16. Respondent-Reported Nutrition Habits



Overall Health Rating

Members were asked in various forms to rate their health. On the survey, they were given a ranking system that had descriptors of poor, fair, good, very good, and excellent. They were also asked to rank themselves and their family. In the interview they were asked to rank their health on a numerical scale of one to five with one being poor and five being excellent.

Figure 17. Member Reported Health Ratings



The survey responses were a normal distribution with members gravitating towards the middle (good) more when rating their family than rating their personal health (Figure 17). Thirty-five percent of respondents rated their personal health as “good” and 45% of respondents rated their family’s health as “good.” However, the rate that respondents rated their health as fair or worse was high; with almost a quarter of survey respondents rating their health below good.

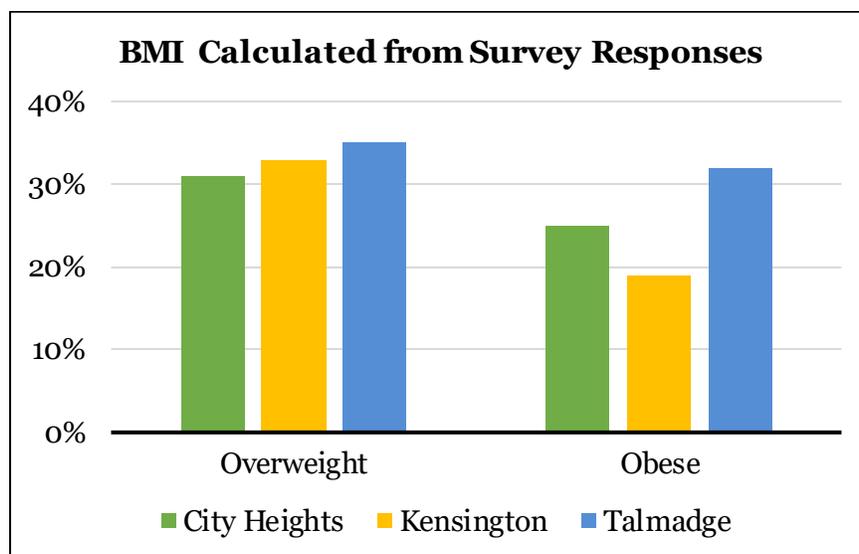
Interview respondents similarly reported their health as survey respondents, with majority of members rating their health as a 3 or higher on a scale of 1-5. When asked for reasons as to their ranking choice, members gave both positive and negative comments about their health status and behaviors.

"I think I'm not super healthy or anything, I don't think I eat healthy and I don't really watch what I eat, but I try to work out more with my membership and I try to watch what I eat. It just motivates me to be more healthy." – Copley-Price Family YMCA member with self-reported health rating of "3"

To compare health measures between the three target communities, we chose to compare their percentages of overweight and obese members. These distributions were calculated by our team from BMI measures. In Figure 18, Talmadge had the highest combined overweight and obese percentages, while Kensington had the lowest combined percentage. All of the three communities' overweight and obesity rates were above the county average despite members reporting healthy nutrition habits.

We compared these results from the survey and interview with statistics from the California Endowment's analysis of the California Health Interview Survey (Appendix O). The California Endowment documented health indicators for the City Heights neighborhood in comparison to San Diego County and California State. The California Endowment utilized the California Health Interview Survey (CHIS) to interview 296 adult residents of City Heights in 2010 (Building Healthy Communities City Heights Profile, 2011). Using those indicators compared with the survey responses shows evidence that though YMCA members are much more active and report higher levels of fruit and vegetable consumption in comparison, but by other measures, they are not significantly healthier.

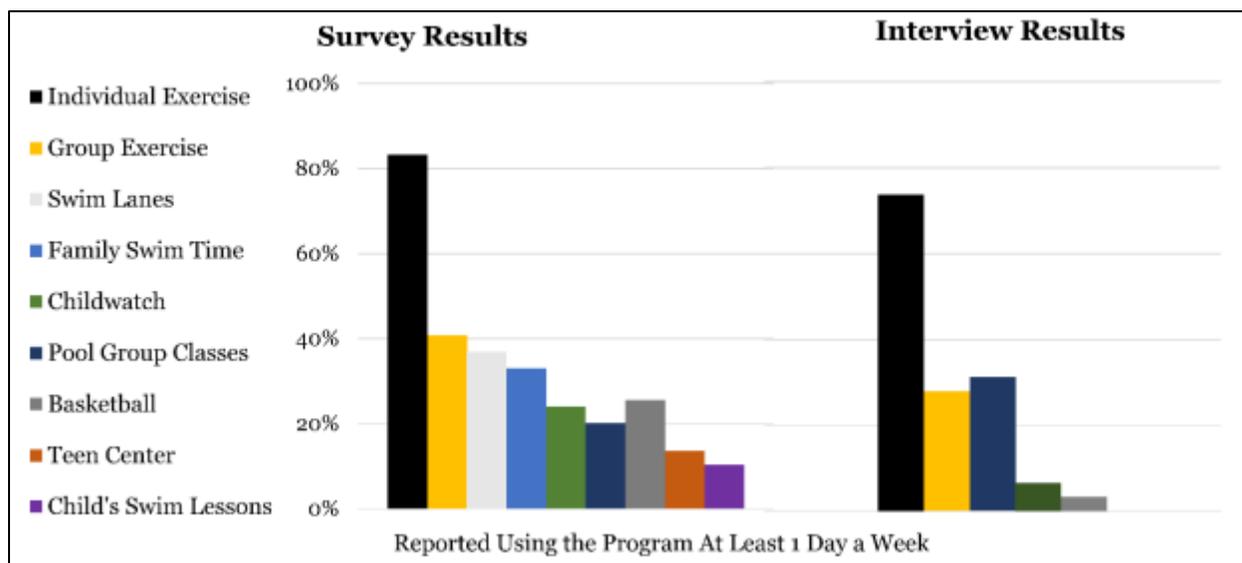
Figure 18. Member-Reported BMI



Is YMCA programming being utilized?

The survey and interview tools provide insight into the member use of the programs and facilities the YMCA offers. A summary of the data collected through the use of these instruments is found below (Figure 19). Individual Exercise was reported by both survey and interview respondents as by far the most popular use of the YMCA.

Figure 19. Member Reported Use of YMCA Programs and Facilities



Is there evidence of a relationship between YMCA programs and health outcomes?

Many members of the YMCA report a relationship between the YMCA and their health. Eighty-six percent of survey respondents reported their reason for joining the YMCA was to “get in shape or improve their health.” Furthermore, to the question, “Is the YMCA an important part of your exercise or health maintenance” 97% said yes.

Recommendations

This project has predominately focused on the perceptions of adult members due to the inherent limitations of the design. As such, many of these recommendations are also focused on adult programs and do not include programming for youth.

More Robust Data Collection, Analysis, and Internal Evaluation

Considering the YMCA’s and Price Charities’ focus on improving the community through impacting health, social integration, and equitable access to resources, we recommend the implementation of more systematic data collection, analysis, and evaluation to make sure programs and outreach efforts are aligned with the needs of the community. Examples of this recommendation might include program monitoring and a voluntary exit survey for members. Monitoring programs would allow the management to better track attendance and member

thoughts about the various offerings the YMCA has. Voluntary exit surveys for members who have withdrawn, cancelled or not renewed their membership would allow management to understand the reasons individuals are leaving the YMCA family.

Finally, we recommend the YMCA implement the use of the surveys and interviews in regular intervals (two to five years) to gather data and analyze the member perceptions and health status. Over time, this data will be useful in understanding gaps in programming and whether the members are sustaining a level of health and activity level.

More Group Programming During Peak Hours

We recommend offering more group programs including team sports, exercise classes, and lessons during times when there is the highest equitable overlap of communities. From our frequency analysis we found most members who go to the YMCA after 6:00 PM. Many members interviewed reported utilizing individual exercise because of the convenience and lack of open classes when they normally were at the YMCA. Group exercise classes and structured team sports inherently allow for more interaction than going to the gym and working out solo. We think that by adding more classes, it could spur higher social interaction from members of diverse backgrounds.

Institute Health & Wellness Programming

We recommend the YMCA create dynamic, health-focused programming open to individual members and their families (regardless of membership status). The research collected shows a significant share of members do not rate their health as very high. During the interviews members talked about the health of their family members also being a concern. When calculating the BMI of members, we found members had higher rates of being overweight and obese than the county and state averages. But, members see the YMCA as a positive influence on their health and overall lifestyle. We believe the YMCA has an opportunity to create health and wellness programming to positively impact member and family health.

Community-Focused Marketing and Outreach

We recommend implementing marketing and outreach efforts that are targeted to specific communities in City Heights, Kensington, and Talmadge. Though the current membership data does not provide information on member's language, race/ethnicity, or nativity, using the survey and interview tools regularly can provide a snapshot of the member demographics. The YMCA has already made strides in this area with the implementation of the Y Ambassador program as well as outreach to the local public schools. The cultural needs of the communities will probably continue to change so continuing to be mindful and proactive about understanding the target communities is recommended.

Implementation

The development of replicable instruments was a large component of this baseline assessment. As the instruments were created, there was input and feedback provided to our research team by stakeholders at both Price Charities and the Copley-Price Family YMCA. The survey and interview instruments provide the Copley-Price Family YMCA and Price Charities multiple methods for assessing the health of the members of the YMCA. While both tools are used for

members to provide self-reported health, the survey is structured while the interviews have the opportunity to build upon areas through the semi-structured format. When used in conjunction, the survey and instrument can provide even more useful feedback regarding members' use of facilities and programs as well as health.

The geocoding guide (Appendix C) was created to convert member addresses to tract-level data with the intent of giving a more detailed snapshot when comparing member data from the YMCA with community data from the ACS. This instrument can be used for future assessment to replicate summary statistics for variables such as age, gender, and socioeconomic profiles.

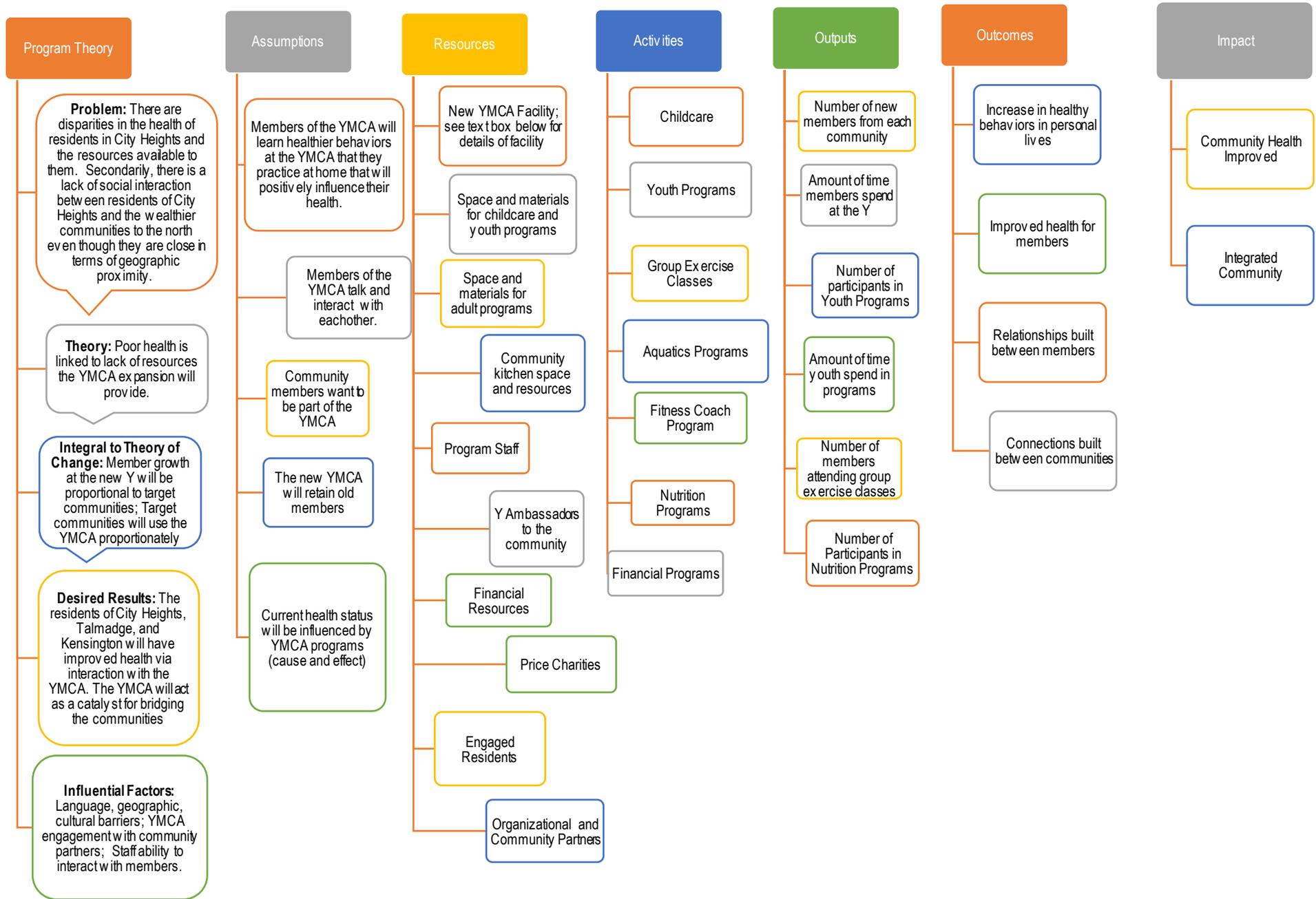
Conclusion

The Copley-Price Family YMCA intends to impact the health disparities present in City Heights compared to the greater San Diego area by providing equitable access to a state of the art fitness and community center. With the opening of the Copley-Price Family YMCA on January 24, 2015, the Copley Family YMCA was closed. Relocating the Copley Family YMCA from the heart of City Heights to the Talmadge area bordering the Kensington and City Heights neighborhoods may have unintended consequences with regard to community access. This research documents any changes in membership as a result of the move as well as provides a baseline assessment of member health. The methods used were comprehensive: from analyzing the membership base in comparison to American Community Survey data to creating rigorous qualitative data from surveys and interviews, best practices were utilized.

Preliminary findings show evidence of more diversity in the membership base with the increase in membership of residents from Kensington and Talmadge at the Copley-Price Family YMCA. The proportion of members receiving financial aid has decreased between August 31, 2014 and March 4, 2015. An analysis of frequency use showed members of City Heights, Kensington, and Talmadge are present at the facility at the same time, which may support an environment for increased social interaction. However, with a growing membership base including residents from Kensington and Talmadge, there could be unintended increased health disparities as these members also use the YMCA to improve their health.

Finally, preliminary health indicators are mixed; members report higher levels of activity and fitness compared to San Diego County data, but average BMI and the rate of members reporting their health as poor or fair is not significantly different from the community at large. At this time, our research and analyses indicate that the goal of increasing diversity at the Copley-Price Family YMCA compared to the Copley Family YMCA is being achieved with the increase in memberships from neighboring communities.

Appendix A: Copley-Price Family YMCA Logic Model



Appendix B: Membership Database Variables

Variable	Example Entry	Meaning	Used for Research?	Reason for Exclusion
Individual ID number	“T00000”	Unique Individual ID number	Yes	N/A
YMCA Member ID	“16042100”	Each family’s unique ID	Yes	N/A
Billing Member	“Y”	Denotes whether this member is charged the membership fees.	Yes	N/A
Zip Code	“92105”	Marks the member’s home address zip code.	Yes	N/A
Age	“17”	Notes the age of the member at the time of joining the YMCA.	Yes	N/A
Gender	“M”	Indicates the member’s gender.	Yes	N/A
EEOC Code	“H”	Known as Equal Employment Opportunity Code.	No	Substantial missing data. (<15% representation)
Joining Date	“3/4/2015”	Date the member joined the Copley-Family Price YMCA	Yes	N/A
Membership Type	“16CPFAM1 C”	Notes the specific membership type the member falls into, as well as the payment type used for membership fees.	Yes	N/A
Financial Assistance Copay Percentage	“50”	Shows the percentage of fee assistance the member receives.	Yes	N/A
Number of Visits	“4”	Shows how many times the member has gone to the YMCA and checked in.	No	Using a separate database given to us from the YMCA with specific “check-in” times
Expiration Date	“9/1/15”	Indicates the time the membership is no longer valid.	No	Not relevant to our research objectives.

Appendix C: Geocoding Guide

1. Format the data to include the following columns: Member ID (not the 8-digit member number), Street Address, City, State, and ZIP.

Member ID	Street Address	City	State	ZIP
-----------	----------------	------	-------	-----

2. Separate data using the above columns into spreadsheets with no more than 1,000 addresses per spreadsheet.

3. Save the spreadsheets as CSV files.

4. Upload one spreadsheet at a time to the following website:

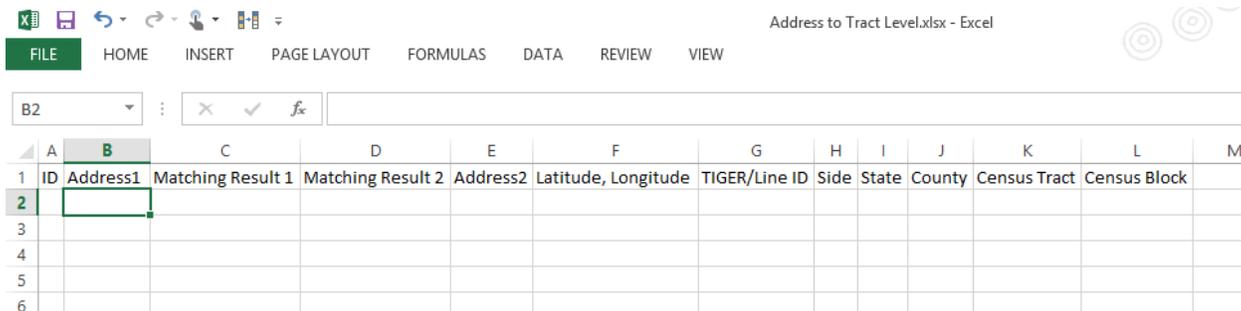
<http://geocoding.geo.census.gov/geocoder/geographies/addressbatch?form>

****Please note that this process may take a few minutes and can look like the page is frozen. Please wait and do not close the page.****

5. The following image is a list of the output columns.

Column	Column Name	Column Description
1	ID	ID from original address list
2	Address1	Address from original address list
3	Matching Result 1	Results indicating whether or not there was a match for the address (Match, tie, no match)
4	Matching Result 2	Results indicating if the match is exact or not (Exact, non-exact)
5	Address2	Address the original address matches to
6	Latitude, Longitude	Interpolated latitude and longitude for the address
7	TIGER/Line ID	Unique ID for the edge the address falls on in the MAF/TIGER database
8	Side	Side of the street address in on (L for left and R for right)
9	State	State FIPS Code
10	County	County FIPS Code
11	Census Tract	Census Tract Code
12	Census Block	Census Block Code

6. Remove columns B (Address1), E (Address2), and F (Latitude, Longitude) prior to sending us the new data.



7. We will work with you to troubleshoot any addresses that are not converted. Based on Frank’s test run, there is a significant chance that there will be addresses that the program will not read. Before attempting to re-run the spreadsheet, please send us the results based on the steps above.

Appendix D: Front Desk Protocol

Script for YMCA Front Desk Members:

University of Southern California students are conducting a research project on the impact the Copley-Price YMCA has on Y member's health. They are asking members to volunteer to take a brief survey. The survey is not required as part of your membership. Survey answers are not linked to individual members; member answers will be kept confidential. If you have any questions, we have the research team contact information.

Instructions:

1. Front desk staff will ask every YMCA adult member if they would like to participate in a research project with USC by taking a brief survey.
2. Individuals who take the survey must be:
 - a. Member of a YMCA
 - b. 18 years of age or older
3. If a member agrees to participate, front desk staff will hand out survey in the member's language of preference.
4. If a member has a question about the research project, front desk staff will give the member Gary Painter's email. If the member does not have access to email, his phone number will be provided.
5. If a member has a question about the survey instrument- for example a question about a specific question, front desk staff can only read out loud the survey instrument. Beyond that, front desk staff will refer the member to the research team's contact information.
5. Front desk staff will file completed surveys in locked drawer as agreed upon by the YMCA Executive Director.

University of Southern California
(Sol Price of Public Policy; University Park Campus, Los Angeles, CA 90089)

**INFORMATION/FACTS SHEET FOR EXEMPT
NON-MEDICAL RESEARCH**

Price Charities and Copley-Price Family YMCA Community Health Project

You are invited to participate in a research study conducted by Dr. Gary Painter at the University of Southern California in partnership with Price Charities and the Copley-Price Family YMCA, because you are a member of the Copley-Price Family YMCA and are aged 18 or up. Research studies include only people who voluntarily choose to take part. This document explains information about this study. You should ask questions about anything that is unclear to you.

PURPOSE OF THE STUDY

This research study aims to understand how the YMCA is used by its members, and the ways in which membership improves health.

PARTICIPANT INVOLVEMENT

If you agree to take part in this study, you will be asked to complete a paper-and-pencil survey, which is anticipated to take about 15 minutes. You do not have to answer any questions you do not want to.

You will also have the opportunity to participate in an in-person interview. This interview is anticipated to take about 30 minutes. If you are in need of a translator fluent in Spanish or Vietnamese, one will be provided for you. You do not have to answer any questions you do not want to. You can sign up for the interview by putting your name and phone number on the sign-up sheet at the front desk of the Copley-Price Family YMCA.

PAYMENT/COMPENSATION FOR PARTICIPATION

You will receive a \$5 gift card if you participate in the interview portion of the research. The gift card is for Shiraz Café inside the Copley-Price Family YMCA. To get the gift card, you must complete the interview; however, all of the answers do not have to be answered in order to receive the gift card. The gift card will be given at the end of the interview.

ALTERNATIVES TO PARTICIPATION

Your alternative is to not participate. Your relationship with the Copley-Price Family YMCA will not be affected whether you participate or not in this study.

CONFIDENTIALITY

There will be no identifiable information obtained in connection with this study. Your name and phone number will only be collected for purposes of setting up the interview, but will not be linked to your responses, and will be destroyed once the interview is complete.

Data will be stored on password protected computers and in the researchers' locked offices until the completion of the study. The information will be destroyed by the Price Charities Practicum Team on or before May 31, 2015. Aggregate, anonymous reports of the study findings will be shared with Price Charities and the Copley-Price YMCA.

The members of the research team and the University of Southern California's Human Subjects Protection Program (HSPP) may access the data. The HSPP reviews and monitors research studies to protect the rights and welfare of research subjects.

INVESTIGATOR CONTACT INFORMATION

If you have any questions or concerns about the research, please feel free to contact Principal Investigator, Gary Dean Painter, via email at gpainter@usc.edu or phone at (213) 740-8754.

IRB CONTACT INFORMATION

If you have questions, concerns, or complaints about your rights as a research participant or the research in general and are unable to contact the research team, or if you want to talk to someone independent of the research team, please contact the University Park Institutional Review Board (UPIRB), 3720 South Flower Street #301, Los Angeles, CA 90089-0702, (213) 821-5272 or upirb@usc.edu

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**INFORMACIÓN/FICHA TÉCNICA PARA
INVESTIGACIÓN NO MÉDICA EXENTA**

Proyecto de Salud Comunitaria de Price Charities y Copley-Price Family YMCA

Está invitado a participar en un estudio de investigación realizado por el Dr. Gary Painter en la University of Southern California en conjunto con Price Charities y la Copley-Price Family YMCA, debido a que es miembro de la Copley-Price Family YMCA y tiene 18 años de edad o más. Los estudios de investigación incluyen solamente a personas que deciden participar de manera voluntaria. Este documento explica información sobre este estudio. Debería preguntar sobre cualquier cosa que no le quede clara.

PROPÓSITO DEL ESTUDIO

La intención de este estudio de investigación es entender cómo los miembros utilizan la YMCA, y las maneras en que la membresía mejora la salud.

PARTICIPACIÓN DEL PARTICIPANTE

Si acepta participar en este estudio, le pediremos que complete una encuesta en lápiz y papel, que estimamos le llevará unos 15 minutos. No es necesario que responda a ninguna pregunta que no quiere responder.

También tendrá la oportunidad de participar en una entrevista en persona. Estimamos que esta entrevista llevará alrededor de 30 minutos. Si necesita un traductor que hable español o vietnamita, le proporcionaremos uno. No es necesario que responda a ninguna pregunta que no quiere responder. Puede anotarse para la entrevista ingresando su nombre y número de teléfono en la hoja de inscripción en el mostrador de recepción de la Copley-Price Family YMCA.

PAGO/COMPENSACIÓN POR SU PARTICIPACIÓN

Recibirá una tarjeta de regalo por \$5 si participa en la parte de entrevista de la investigación. La tarjeta sirve para el Shiraz Café dentro de la Copley-Price Family YMCA. Para obtener su tarjeta de regalo, debe completar la entrevista; sin embargo, no es necesario que responda a todas las preguntas para recibir la tarjeta de regalo. Recibirá la tarjeta al final de la entrevista.

ALTERNATIVAS A LA PARTICIPACIÓN

Su alternativa es no participar. Su relación con la Copley-Price Family YMCA no se será afectada, ya sea que participe o no en este estudio.

CONFIDENCIALIDAD

No obtendremos información identificable en relación con este estudio. Solamente recolectaremos su nombre y número de teléfono para fines de programar la entrevista, pero no estarán vinculados a sus respuestas, y serán destruidos una vez complete la entrevista.

La información será almacenada en computadoras protegidas con contraseña y en las oficinas cerradas con llave de los investigadores hasta que finalice el estudio. El Equipo de Price Charities Practicum destruirá la información el 31 de mayo de 2015 o antes de esa fecha. Se compartirán informes agregados anónimos de los hallazgos del estudio con Price Charities y la Copley-Price YMCA.

Los miembros del equipo de investigación y el Programa de Protección de Sujetos Humanos (HSPP, por sus siglas en inglés) de la University of Southern California podrán acceder a los datos. El HSPP revisa y monitorea los estudios de investigación para proteger los derechos y el bienestar de los sujetos de investigación.

INFORMACIÓN DE CONTACTO DEL INVESTIGADOR

Si tiene alguna pregunta o preocupación sobre la investigación, no dude en contactar al Investigador Principal, Gary Dean Painter, por correo electrónico a gpainter@usc.edu o por teléfono al (213) 740-8754.

INFORMACIÓN DE CONTACTO DE LA JUNTA DE REVISIÓN INSTITUCIONAL (IRB)

Si tiene alguna pregunta, preocupación o queja relacionada con sus derechos como participante de la investigación o con la investigación en general y no puede contactarse con el equipo de investigación, o si quiere hablar con alguien independiente al equipo de investigación, por favor contacte a la University Park Institutional Review Board (UPIRB), 3720 South Flower Street #301, Los Angeles, CA 90089-0702, (213) 821-5272 o a upirb@usc.edu

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**TỜ THÔNG TIN/DỮ KIẾN VỀ NGHIÊN CỨU PHI
Y TẾ**

Dự Án Sức Khỏe Cộng Đồng Price Charities và Copley-Price Family YMCA

Kính mời quý vị tham gia cuộc nghiên cứu do Tiến sĩ Gary Painter thuộc Đại Học University of Southern California thực hiện với sự hợp tác của Price Charities và Copley-Price Family YMCA, bởi vì quý vị là hội viên của Copley-Price Family YMCA và 18 tuổi trở lên. Cuộc nghiên cứu chỉ gồm những người tình nguyện tham gia. Nội dung của văn bản này giải thích về cuộc nghiên cứu này. Quý vị nên đặt câu hỏi về bất cứ điều nào mà quý vị không hiểu rõ.

MỤC ĐÍCH CỦA CUỘC NGHIÊN CỨU

Nghiên cứu này được thực hiện để tìm hiểu xem các hội viên sử dụng YMCA như thế nào, và cách thức mà sức khỏe của họ được cải thiện như sao với tư cách là hội viên.

THAM GIA

Nếu quý vị đồng ý tham gia cuộc nghiên cứu này, quý vị sẽ được yêu cầu hoàn tất một bản khảo sát giấy, dự liệu mất khoảng 15 phút. Quý vị không bị bắt buộc trả lời bất cứ câu hỏi nào quý vị không muốn trả lời.

Quý vị cũng sẽ có cơ hội tham gia một cuộc phỏng vấn trực tiếp. Cuộc phỏng vấn này dự liệu sẽ mất khoảng 30 phút. Nếu quý vị cần thông dịch viên thành thạo Tiếng Tây Ban Nha hoặc Tiếng Việt, thì sẽ có cho quý vị. Quý vị không bị bắt buộc trả lời bất cứ câu hỏi nào quý vị không muốn trả lời. Quý vị có thể ghi danh tham gia phỏng vấn bằng cách viết tên và số điện thoại vào giấy ghi danh tại bàn tiếp tân của Copley-Price Family YMCA.

TRẢ TIỀN/ĐÈN BÙ CHO VIỆC THAM GIA

Quý vị sẽ nhận một thẻ quà tặng (gift card) trị giá \$5 nếu quý vị tham gia phần phỏng vấn của cuộc nghiên cứu. Thẻ quà tặng là để dùng tại Shiraz Café ở trong Copley-Price Family YMCA. Để nhận thẻ quà tặng, quý vị phải hoàn tất cuộc phỏng vấn; tuy nhiên không cần phải trả lời tất cả câu hỏi để nhận thẻ quà tặng. Thẻ quà tặng sẽ được trao vào cuối buổi phỏng vấn.

LỰA CHỌN KHÁC ĐỐI VỚI VIỆC THAM GIA

Quý vị còn có lựa chọn khác là không tham gia. Quan hệ của quý vị với Copley-Price Family YMCA sẽ không bị ảnh hưởng bất kể là quý vị có tham gia hoặc không tham gia cuộc nghiên cứu này.

TÍNH BẢO MẬT

Cuộc nghiên cứu này sẽ không thu thập thông tin nào có thể nhận dạng được. Tên và số điện thoại của quý vị chỉ được thu thập cho mục đích sắp xếp buổi phỏng vấn, nhưng sẽ không được kết nối với những câu trả lời của quý vị, và sẽ được hủy bỏ sau khi hoàn tất buổi phỏng vấn.

Dữ liệu sẽ được lưu trữ trong các máy tính được bảo vệ bởi mật khẩu và cất trong văn phòng có khóa của các nhà nghiên cứu cho đến khi hoàn tất cuộc nghiên cứu. Thông tin sẽ được nhóm Price Charities Practicum hủy bỏ vào ngày hoặc trước ngày 31 tháng 5, 2015. Kết quả tổng hợp, ấn danh sẽ được chia sẻ với Price Charities và Copley-Price YMCA.

Thành viên thuộc nhóm nghiên cứu và Chương Trình Bảo Vệ Đối Tượng Nghiên Cứu (HSPP) của Đại Học University of Southern California có thể tiếp cận dữ liệu này. HSPP xem xét và giám sát các cuộc nghiên cứu để bảo vệ quyền và sự an lành của các đối tượng nghiên cứu.

THÔNG TIN LIÊN LẠC CỦA ĐIỀU TRA VIÊN

Nếu quý vị có bất cứ thắc mắc hoặc quan tâm nào về cuộc nghiên cứu, xin đừng ngần ngại liên lạc với Giám Đốc Điều Tra, Gary Dean Painter, qua địa chỉ điện thư gpainter@usc.edu hoặc qua điện thoại tại số (213) 740-8754.

THÔNG TIN LIÊN LẠC CỦA HỘI ĐỒNG XÉT DUYỆT

Nếu quý vị có thắc mắc, quan tâm, hoặc than phiền nào về quyền của mình với tư cách là đối tượng nghiên cứu hoặc về cuộc nghiên cứu nói chung và không liên lạc được với nhóm nghiên cứu, hoặc nếu quý vị muốn nói chuyện với người nào không thuộc nhóm nghiên cứu, xin vui lòng liên lạc với Hội Đồng Xét Duyệt University Park Institutional Review Board (UPIRB), 3720 South Flower Street #301, Los Angeles, CA 90089-0702, (213) 821-5272 hoặc upirb@usc.edu

Appendix H: Survey Instrument, English

Thank you for volunteering to take this survey. It should take 5-10 minutes to complete. The information you provide is anonymous and will be used collectively to inform a research project about the Copley-Price Family YMCA. The survey and research are being conducted by Master of Public Policy Candidates at the University of Southern California.

YMCA Membership Information

1. How long have you been a member at the Copley Family or Copley-Price Family YMCA?

- A. less than 6 months (Since August 2014 or after)
- B. 6 months-1 year (since January 2014)
- C. 1-2 years
- D. 2-5 years
- E. more than 5 years

2. Are you or have you been a member of any other YMCA

- a. In San Diego County? **Yes** **No**
- b. Anywhere in the United States? **Yes** **No**

3. How many members of your household are YMCA members? (list number) _____

Membership Type:

4. What type of membership do you have?

- Copley- Price Regional Membership Plus

5. Do you receive financial assistance for your YMCA membership? Yes No

YMCA Program Use and Experience:

6. How often do you go to the YMCA?

- A. less than once a week
- B. once a week
- C. 2-4 times a week
- D. 5-7 times a week
- E. more than 7 times a week

7. Does the YMCA staff know your name? Yes No

8. Would you recommend the Copley-Price Family YMCA to a friend, coworker, or relative?

Yes No If yes, why? (Check all that apply)

- Health benefits
- Quality and availability of fitness equipment
- Affordable rates
- Quality and availability of the pool
- Convenient location
- Quality and availability of the group exercise classes

Friendliness of YMCA staff

Quality of the childcare or teen programs

Friendliness of YMCA members

N/A; I wouldn't recommend it

9. What was your reason for joining the Copley-Price Family YMCA? (Check all that apply)

To get in shape or improve health

Affordable rates

Availability of fitness equipment

Convenient location

Availability of the pool

Availability of childcare

Availability of group exercise classes

The YMCA was recommended to me by a friend, family member or community resource

10. How often do you and/or your family members utilize the following programs and services at the YMCA?

(Please check one box per row)

Program	Never	Less than once per week	1 day per week	2-4 days per week	5-7 days per week
Individual Exercise (weights, cardio equipment, etc.)	<input type="checkbox"/>				
Wellness Coach	<input type="checkbox"/>				
Group Exercise (Zumba, Aerobics, Spin Classes)	<input type="checkbox"/>				
Pool- family swim time	<input type="checkbox"/>				
Pool- swim lanes	<input type="checkbox"/>				
Pool- group classes	<input type="checkbox"/>				
Pool- child's swim lessons	<input type="checkbox"/>				
Basketball court	<input type="checkbox"/>				
Soccer Field	<input type="checkbox"/>				
Child Watch or Kid's Club	<input type="checkbox"/>				
Teen Center	<input type="checkbox"/>				
Cooking Classes	<input type="checkbox"/>				

Personal and Family Health Information

11. Is the YMCA an important part of your exercise or health maintenance? Yes No

12. Do you or your family participate in other exercise activities not at the YMCA?
(for example, walking or running in your neighborhood, bike riding, and school sports) Yes No

13. Do you exercise regularly? Yes No
a. If so, how many hours per week? _____

Please rate the following:

	<i>Poor</i>	<i>Fair</i>	<i>Good</i>	<i>Very Good</i>	<i>Excellent</i>
14. How would you describe your health?	<input type="checkbox"/>				
15. How would you describe your family's health?	<input type="checkbox"/>				

Please describe the following information about your diet:

16. Do you eat fresh fruits and vegetables regularly? Yes No

17. Do you eat fast food regularly? Yes No

If yes, what restaurant(s): _____

18. Do you smoke? Yes No

19. Do you drink alcohol? Yes No

How many times a week do you:

	Never	Less than once per week	1 day per week	2-4 days per week	5-7 days per week
20. Eat 3 or more pieces of fruit?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
21. Eat 3 or more vegetables?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
22. Smoke cigarettes?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
23. Drink Alcohol?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

24. What is your current height? _____ feet/inches or _____ centimeters

25. What is your current weight? _____ pounds or _____ kilograms

26. Do you think you are at a healthy weight? Yes No

27. Would you like to lose weight? Yes No

Demographic Information:

Age: _____

Gender: Male Female

Home Zip Code: _____

Language(s) Spoken at Home (Check all that apply):

English

Spanish

Vietnamese

Farsi

French

Tagalog

Somali

Other: _____

Race/Ethnicity (Check all that apply):

American Indian/Alaskan Native

Asian

Black/African American

Native Hawaiian or Other Pacific

White (Not Hispanic/Latino)

Hispanic/Latino

Islander

Other: _____

Appendix I: Survey Instrument, Spanish

Muchas gracias por ofrecerse a completar esta encuesta. Debería llevarle entre 5 y 10 minutos completarla. La información que proporcione es anónima y se utilizará de manera colectiva para informar a un proyecto de investigación sobre la Copley-Price Family YMCA. La encuesta e investigación las conduce el Master of Public Policy Candidates (Maestro de Candidatos de Política Pública) de la University of Southern California.

Información de membresía de YMCA

1. ¿Hace cuánto que es miembro de la Copley Family o de la Copley-Price Family YMCA?

- F. menos de 6 meses (desde agosto de 2014 o después)
- G. 6 meses-1 año (desde enero de 2014)
- H. 1-2 años
- I. 2-5 años
- J. más de 5 años

2. ¿Es o fue miembro de alguna otra YMCA...

- a. ...en el Condado de San Diego? Sí No
- b. ...en cualquier parte de los Estados Unidos? Sí No

3. ¿Cuántos miembros de su vivienda son miembros de YMCA? (escribir el número) _____

Tipo de membresía:

4. ¿Qué tipo de membresía tiene?

- Copley- Price Regional Membresía Plus

5. ¿Recibe asistencia financiera para su membresía de YMCA? Sí No

Uso y experiencia con el programa de YMCA:

6. ¿Con qué frecuencia va a la YMCA?

- F. menos de una vez por semana
- G. una vez por semana
- H. 2-4 veces por semana
- I. 5-7 veces por semana
- J. más de 7 veces por semana

7. ¿El personal de la YMCA sabe su nombre? Sí No

8. ¿Le recomendaría la Copley-Price Family YMCA a un amigo, colega o pariente?

Sí No Si la respuesta es sí, ¿por qué? (Marcar todo lo que corresponda)

Beneficios de salud

Calidad y disponibilidad de equipos de gimnasia

Tarifas accesibles

Calidad y disponibilidad de la piscina

- Ubicación conveniente
- El personal de YMCA es amistoso
- Los miembros de YMCA es amistoso
- Calidad y disponibilidad de clases de ejercicio en grupo
- Calidad de los programas de cuidado de niños o adolescentes
- N/A; no lo recomendaría

9. ¿Por qué razón se unió a la Copley-Price Family YMCA? (Marcar todo lo que corresponda)

- Para ponerme en forma o mejorar mi salud
- Disponibilidad de equipos de gimnasia
- Disponibilidad de la piscina
- Disponibilidad de clases de ejercicio en grupo
- Tarifas accesibles
- Ubicación conveniente
- Disponibilidad de servicio de guardería
- Un amigo, familia o recurso comunitario me recomendó la YMCA

10. ¿Con qué frecuencia usted o sus familias utilizan los siguientes programas y servicios de la YMCA? (Por favor marcar un casillero por fila)

Programa	Nunca	Menos de una vez por semana	1 día por semana	2-4 días por semana	5-7 días por semana
Ejercicio individual (pesas, equipos de cardio, etc.)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Entrenador de bienestar	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Ejercicio en grupo (Zumba, Aeróbicos, Clases de Spinning)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Piscina- tiempo para nadar en familia	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Piscina- andariveles de natación	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Piscina- clases grupales	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Piscina- clases de natación para niños	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Cancha de básquetbol	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Cancha de fútbol	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Guardería o club de niños	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Centro para adolescentes	<input type="checkbox"/>				
Clases de cocina	<input type="checkbox"/>				

Información personal y de salud familiar

11. ¿La YMCA es parte importante de su ejercicio o para mantenerse saludable? Sí No

12. ¿Usted o su familia participan en otras actividades de ejercicio en algún lugar que no sea la YMCA?
(por ejemplo, caminar o correr por el barrio, andar en bicicleta, deportes en la escuela) Sí No

13. ¿Hace ejercicio regularmente? Sí No
a. Si la respuesta es sí, ¿cuántas horas por semana? _____

Por favor califique los siguientes:

	<i>Mala</i>	<i>Reg ular</i>	<i>Buena</i>	<i>Muy buena</i>	<i>Excelente</i>
14. ¿Cómo describiría su salud?	<input type="checkbox"/>				
15. ¿Cómo describiría la salud de su familia?	<input type="checkbox"/>				

Por favor describa la siguiente información sobre su dieta:

16. ¿Come frutas y vegetales frescos regularmente? Sí No

17. ¿Come comida rápida regularmente? Sí No

Si la respuesta es sí, ¿en qué restaurantes?

18. ¿Fuma? Sí No

19. ¿Bebe alcohol? Sí No

¿Cuántas veces por semana...

	Nunca	Menos de una vez por semana	1 día por semana	2-4 días por semana	5-7 días por semana
20. ... come 3 frutas o más?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
21. ... come 3 vegetales o más?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
22. ... fuma cigarrillos?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
23. ... bebe alcohol?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

24. ¿Cuál es su altura actual? _____ pies/pulgadas o _____ centímetros

25. ¿Cuál es su peso actual? _____ libras o _____ kilogramos

26. ¿Cree que se encuentra en un peso saludable? Sí No

27. ¿Le gustaría perder peso? Sí No

Información demográfica:

Edad: _____ Género: Masculino Femenino

Código postal (o zip) de su hogar: _____

Idioma(s) hablado(s) en casa (marcar todos los que corresponden):

Inglés Español Vietnamita

Farsi Francés Tagalo

Somalí Otro: _____

Raza/Etnicidad (Marcar todo lo que corresponda):

Nativo americano o nativo de Alaska Asiático Negro/afroamericano

Nativo hawaiano o proveniente de otra isla del Pacífico Blanco (no hispano/latino) Hispano/Latino

Otro: _____

Appendix J: Survey Instrument, Vietnamese

Cảm ơn quý vị đã tự nguyện làm bản khảo sát này. Sẽ mất từ 5-10 phút để hoàn tất. Thông tin quý vị cung cấp là dạng ẩn danh và sẽ được dùng chung để báo kết quả cho dự án nghiên cứu về Copley-Price Family YMCA. Bản khảo sát và cuộc nghiên cứu được thực hiện bởi các ứng viên về Chính sách Công tại Đại Học University of Southern California.

Thông tin của Hội viên YMCA

1. Quý vị đã là hội viên của Copley Family hoặc Copley-Price Family YMCA từ bao lâu?

- K. dưới 6 tháng (Từ tháng 8 năm 2014 hoặc sau đó)
- L. 6 tháng - 1 năm (Từ tháng 1 năm 2014)
- M. 1-2 năm
- N. 2-5 năm
- O. trên 5 năm

2. Quý vị có là hội viên hoặc đã từng là hội viên của YMCA nào khác không?

- a. Tại Quận San Diego? **Có** **Không**
- b. Bất cứ nơi nào trong Hoa Kỳ? **Có** **Không**

3. Trong nhà quý vị có bao nhiêu người là hội viên YMCA? (ghi số) _____

Thể loại Hội viên:

4. Quý vị là hội viên loại nào?

- Copley- Price Regional Membership Plus

5. Quý vị có được trợ giúp tài chính để trả phí hội viên YMCA không? Có Không

Sử dụng Chương trình và Trải nghiệm về YMCA:

6. Quý vị thường đến YMCA bao nhiêu lần?

- K. ít hơn 1 lần một tuần
- L. một lần một tuần
- M. 2-4 lần một tuần
- N. 5-7 lần một tuần
- O. hơn 7 lần một tuần

7. Nhân viên YMCA có biết tên của quý vị không? Có Không

8. Quý vị sẽ giới thiệu Copley-Price Family YMCA với một người bạn, đồng nghiệp, hoặc thân nhân hay không? Có Không Nếu có, tại sao (Xin đánh dấu vào tất cả các ô phù hợp)

- | | |
|--|--|
| <input type="checkbox"/> Lợi ích sức khỏe | <input type="checkbox"/> Phẩm chất và có sẵn dụng cụ tập luyện thể hình |
| <input type="checkbox"/> Giá phải chăng | <input type="checkbox"/> Phẩm chất và có sẵn hồ bơi |
| <input type="checkbox"/> Địa điểm tiện lợi | <input type="checkbox"/> Phẩm chất và có sẵn các lớp tập thể dục tập thể |

Nhân viên YMCA thân thiện

Phẩm chất của các chương trình giữ trẻ hoặc dành cho thanh thiếu niên

Các hội viên YMCA thân thiện

Không phù hợp; Tôi sẽ không giới thiệu

9. Lý do quý vị gia nhập Copley-Price Family YMCA là gì? (Xin đánh dấu vào tất cả các ô phù hợp)

Để giữ thể hình hoặc cải thiện sức khỏe

Giá phải chăng

Có sẵn dụng cụ tập luyện thể hình

Địa điểm tiện lợi

Có sẵn hồ bơi

Có sẵn chương trình giữ trẻ

Có sẵn các lớp tập thể dục tập thể

Người bạn, người nhà hoặc nguồn trợ giúp cộng đồng đã giới thiệu YMCA cho tôi

10. Quý vị và/hoặc người nhà sử dụng các chương trình hoặc dịch vụ sau đây của YMCA bao nhiêu lần? (Xin vui lòng đánh dấu vào một ô trong mỗi hàng)

Chương trình	Không bao giờ	Ít hơn 1 ngày mỗi tuần	1 ngày mỗi tuần	2-4 ngày mỗi tuần	5-7 ngày mỗi tuần
Thể dục Cá nhân (tập tạ, dụng cụ tăng nhịp tim, w...)	<input type="checkbox"/>				
Huấn luyện viên khỏe mạnh	<input type="checkbox"/>				
Thể dục Tập thể (Các lớp Zumba, Aerobic, Spin)	<input type="checkbox"/>				
Hồ bơi- giờ bơi dành cho gia đình	<input type="checkbox"/>				
Hồ bơi- lần bơi	<input type="checkbox"/>				
Hồ bơi- các lớp tập thể	<input type="checkbox"/>				
Hồ bơi- dạy bơi cho trẻ em	<input type="checkbox"/>				
Sân bóng rổ	<input type="checkbox"/>				
Sân đá banh	<input type="checkbox"/>				
Giữ trẻ hoặc Câu lạc bộ Trẻ em	<input type="checkbox"/>				
Trung tâm dành cho Thanh thiếu niên	<input type="checkbox"/>				

Các lớp dạy nấu ăn	<input type="checkbox"/>				
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Thông tin về Sức khỏe Cá nhân và Gia đình

11. YMCA có là thành phần quan trọng đối với việc tập thể dục hoặc giữ gìn sức khỏe của quý vị không?

Có Không

12. Quý vị hoặc gia đình có tham gia các sinh hoạt thể dục khác ở ngoài YMCA không?

(ví dụ, đi bộ hoặc chạy bộ trong khu xóm của quý vị, đạp xe đạp, và thể thao ở trường) Có Không

13. Quý vị có tập thể dục thường xuyên không? Có Không

a. Nếu có, bao nhiêu tiếng trong một tuần? _____

Xin hãy đánh giá những mục sau đây:

	Xấu	Thường	Tốt	Rất tốt	Tuyệt vời
14. Quý vị sẽ mô tả sức khỏe của mình như sao?	<input type="checkbox"/>				
15. Quý vị sẽ mô tả sức khỏe của gia đình như sao?	<input type="checkbox"/>				

Xin cho biết chi tiết về chế độ ăn uống của quý vị sau đây:

16. Quý vị có ăn trái cây và rau cải tươi đều đặn không? Có Không

17. Quý vị có ăn thức ăn nhanh (fast food) đều đặn không? Có Không

Nếu có, thì ở (các) tiệm ăn nào: _____

18. Quý vị có hút thuốc không? Có Không

19. Quý vị có uống bia rượu không? Có Không

Quý vị làm những điều này bao nhiêu lần trong tuần:

	Không bao giờ	ít hơn 1 ngày mỗi tuần	1 ngày mỗi tuần	2-4 ngày mỗi tuần	5-7 ngày mỗi tuần
20. Ăn 3 hoặc nhiều hơn miếng trái cây?	<input type="checkbox"/>				
21. Ăn 3 hoặc nhiều hơn rau cải?	<input type="checkbox"/>				
22. Hút thuốc?	<input type="checkbox"/>				
23. Uống bia rượu?	<input type="checkbox"/>				

24. Chiều cao hiện nay của quý vị là bao nhiêu? _____ feet/inches hoặc _____ centimét

25. Quý vị hiện cân nặng bao nhiêu? _____ pounds hoặc _____ kilô

26. Quý vị có nghĩ rằng độ cân của mình là lành mạnh không? Có Không

27. Quý vị có muốn giảm cân không? Có Không

Thông tin về Nhân khẩu:

Tuổi: _____ Giới tính: Nam Nữ Mã Bưu chính (Zip code): _____

Ngôn ngữ nói ở nhà (Đánh dấu vào tất cả các ô phù hợp):

- | | | |
|---------------------------------------|--|-------------------------------------|
| <input type="checkbox"/> Tiếng Anh | <input type="checkbox"/> Tiếng Tây Ban Nha | <input type="checkbox"/> Tiếng Việt |
| <input type="checkbox"/> Tiếng Farsi | <input type="checkbox"/> Tiếng Pháp | <input type="checkbox"/> Tiếng Phi |
| <input type="checkbox"/> Tiếng Somali | <input type="checkbox"/> Tiếng khác: _____ | |

Chủng tộc/Sắc tộc (Đánh dấu vào tất cả các ô phù hợp):

- | | | |
|--|--|---|
| <input type="checkbox"/> Thổ dân Mỹ/Alaska | <input type="checkbox"/> Á Đông | <input type="checkbox"/> Da Màu/Mỹ gốc Châu Phi |
| <input type="checkbox"/> Thổ dân Haw aii hoặc Hải Đảo Thái Bình Dân khác | <input type="checkbox"/> Da Trắng (Không phải gốc Tây Ban Nha/La Tinh) | <input type="checkbox"/> Tây Ban Nha/La tinh |
| <input type="checkbox"/> Thứ khác: _____ | | |

Be Part of a Research Study Measuring the Impact of the Copley-Price Family YMCA

- **Are you a member of the Copley-Price Family YMCA?**
- **Are you 18 years of age or older?**

**If you answered YES to the above questions,
you are eligible to participate in a research study!**

Interviews will last approximately 15 minutes and will take place on

Thursday, February 26th

from

12 PM – 8 PM

at the Copley-Price Family YMCA.

Participants will receive a \$5 gift card to Shiraz Café, located inside the Copley-Price Family YMCA, for taking part in the research study.

Spanish and Vietnamese interpreters will be available.

The purpose of this study is to determine how the members of the Copley - Price Family YMCA use the facilities, how members measure their own health, and how members perceive the services and staff. This study is being conducted for Price Charities by Master of Public Policy candidates from the University of Southern California.

Sea parte de un estudio de investigación que mide el impacto de la Copley-Price Family YMCA

• ¿Es miembro de la Copley-Price Family YMCA?

• ¿Tiene 18 años o más?

Si respondió que SÍ a las preguntas anteriores, ¡es elegible para participar en un estudio de investigación!

Las entrevistas durarán aproximadamente 15 minutos y se realizarán el

Jueves 26 de febrero

de

12 PM – 8 PM

en la Copley-Price Family YMCA.

Los participantes recibirán una tarjeta de regalo por \$5 para usar en Shiraz Café, ubicado dentro de Copley-Price Family YMCA, por haber participado en el estudio de investigación.

Habrán intérpretes de español y vietnamita disponibles.

El propósito de este estudio es determinar cómo los miembros de la Copley-Price Family YMCA utilizan las instalaciones, cómo los miembros miden su propia salud, y cómo los miembros perciben los servicios y el personal. Este estudio lo realizan candidatos de Master of Public Policy de la University of Southern California para Price Charities.

Hãy tham gia cuộc Nghiên cứu Đo lường Ảnh hưởng của Copley-Price Family YMCA

- Quý vị có phải là hội viên của Copley Price Family YMCA?
- Quý vị có phải 18 tuổi hoặc lớn hơn?

**Nếu quý vị trả lời CÓ đối với các câu hỏi trên đây,
Thì quý vị hội đủ điều kiện để tham gia cuộc nghiên cứu!**

Các cuộc phỏng vấn sẽ mất khoảng 15 phút và sẽ được thực hiện vào ngày

Thứ Năm, 26 tháng 2

từ

12h trưa – 8h tối

tại Copley-Price Family YMCA.

Những người tham gia sẽ nhận thẻ quà tặng (gift card) trị giá \$5 để dùng ở Shiraz Café, tọa lạc trong Copley-Price Family YMCA, để bù cho việc tham gia cuộc nghiên cứu.

Sẽ có sẵn thông dịch viên Tiếng Tây Ban Nha và Tiếng Việt.

Mục đích của cuộc nghiên cứu này là để xác định cách thức những hội viên của Copley-Price Family YMCA sử dụng các cơ sở, cách họ đo lường sức khỏe của mình, và đánh giá các dịch vụ và nhân viên. Nghiên cứu này được thực hiện bởi các ứng viên của Master Public Policy thuộc Đại Học University of Southern California dành cho Price Charities.

Appendix N: Interview Instrument

Interview Tool

Thank you for your time for this interview. This interview should take between 15 and 30 minutes.

We are Master of Public Policy Candidates at the University of Southern California. We are working with Price Charities and the Copley-Price Family YMCA to evaluate the impact the YMCA has on member's health. The information you provide will be collected and used to inform our research. Your answers will be kept confidential and we will only share what we find in aggregate form. This means that we would say, for example, "5 out of 10 members interviewed reported using the pool during most visits." Do you have any questions?

Member Information: First we are going to ask you some basic information about your YMCA membership.

1. How long have you been a member of the Copley-Price Family YMCA?
2. Have you ever been a member of another YMCA or a different gym or exercise class?
3. How did you hear about the YMCA and why did you choose to be a member of the YMCA?

YMCA Use and Perception: Now we are going to ask you about your experience at the YMCA.

1. How often do you or your family members go to the YMCA?
2. Please walk me through a typical visit to the YMCA – what do you do while you are at the YMCA?
3. How would you describe your experiences at the YMCA?
4. Do you use group exercise classes or programs?
 - a. Which ones? How often?
 - b. In your opinion, what is the quality of these classes?
5. Do you utilize the YMCA's child care program? If yes, in your opinion, what is the quality of the child care services?
6. Have you ever sought fitness or wellness advice from a YMCA wellness coach?
 - a. If yes, how would you describe your experience?
 - b. If no, are you aware of the wellness coaches? Is that a service you are interested in using?
7. How would you describe the YMCA staff?
 - a. Are you greeted when you come to the YMCA?
 - b. Do they know your name?
 - c. Are they friendly? Helpful? Busy? Professional? Can you provide an example?

8. Do you come to the YMCA with friends?
 - a. Why do you choose to come to the YMCA with these friends?
 - b. Does coming with friends motivate you to come more often?
 - c. Have you formed friendships with other Copley-Price Family YMCA members?
 - d. Do the new friends you made live in your same neighborhood?
 - i. If not, which neighborhood do they live in?
9. Are there additional programs you would like to see?
10. Do you have suggestions for improving the YMCA?

Health: Finally, we would like to find out about how the YMCA has impacted your health and the health of you and your family.

1. On a scale of 1 to 5 (1 being poor and 5 being excellent) how would you rate your overall health?
 - a. How would you rate your family's health?
 - b. Why?
2. What are the barriers you and your family have to being healthier? (For example: time to exercise, insurance, access to healthy food, etc.)
3. Do you see a connection between the YMCA and your overall health?
 - a. How does the YMCA influence your health?
4. Has your health improved since you have started using the YMCA? Can you give an example of how? If not, why would you say it hasn't?
5. Is there anything else I should have asked? Is there anything relevant to our study that I should know?

Now that we have completed the interview, I just have a few demographic questions for you. Again, if you feel uncomfortable or would prefer to not answer, you do not have to.

Demographic Information:

Age: _____ Sex: _____ Home Zip Code: _____

Race/Ethnicity (Check all the apply):

- American Indian/Alaskan Native American
 Asian
 Black/African American
 Native Hawaiian or Other Pacific Islander
 White (Not Hispanic/Latino)
 Hispanic/Latino
 Other: _____

Language Spoken at Home:

What is the language you and your family predominantly speak at home? _____

Appendix O: California Health Interview Survey

	YMCA Survey	City Heights	San Diego County	CA
Overweight	28.73%	28%	19%	21%
Obese	29.48%	31%	32%	32%
Fair/Poor Health	24%	25%	12%	16%
Regular physical activity in the past week	88% *; 94% **	22%	26%	24%
Ate fruits and/or vegetables 3 or more times per day in the last week	91% ***	26%	26%	24%
Ate fast food 3 or more times in the last week	25%	16%	27%	24%

*Survey questioned differed: "Do you exercise regularly? **Percent of members who go to the YMCA 2 or more times a week

***Survey questioned differed: % of respondents who reported eating 3 or more fruits or vegetables at least one day a week

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