

Circle of Life Evaluation: Preliminary Report

Prepared by:

Ann Jacobson, PhD, RN, Associate Professor
Yun-Ying Hung, MPH, RN, Doctoral Student
Kent State University College of Nursing

An evaluation of outcomes from Circle of Life participation was undertaken in January 2007. Program facilitators were given instructions to distribute a health promoting lifestyle questionnaire to participants before beginning the Circle of Life Program, at the last session, and three months after the program ended (see Appendix 1 for copy of the questionnaire). Questionnaires are returned to the LCS office and sent unopened to Ann Jacobson, Associate Professor of Nursing at Kent State University, for data entry and analysis. This report is a summary of the first analysis of questionnaire data.

The Health-Promoting Lifestyle Profile II (HPLP II) is a measure of behaviors for personal health-promoting lifestyle. The HPLP II is a 52 item self-report questionnaire including six dimensions of health-promoting lifestyle, and which are: health responsibility (9 items), physical activity (8 items), nutrition (9 items), spiritual growth (9 items), interpersonal relations (9 items) and stress management (8 items) (Appendix 1). For each item, the participants respond on a four-point Likert-type scale, ranging from “1 = never” to “4 = routinely“. The higher the participants score on the subscale and the full scale, the greater use of health-promoting behaviors. A description of each of the 6 domains, and the reliability coefficients obtained from the baseline data are depicted in Table 1.