

# IFN COMMUNITY HEALTH ASSESSMENT HEALTH AND WELLBEING SURVEY

## Islamic Foundation North

Dear IFN Member,

Asalamu alaikum & Eid Mubarak!

Thank you very much for your time and interest in building a Healthy Mosque community!

This survey of 23 questions is being conducted as part of my Capstone Internship project through Benedictine University Masters of Public Health program. The information will be combined with other data and used to plan and implement evidence-based, preventative care health programs at IFN which are tailored to meet the cultural and religious needs of our IFN community members.

Your participation is your consent to participate. There are no risks to participation. If you decide not to complete the survey, you may stop at any time.

Your participation is voluntary, but you are strongly encouraged to participate since this survey will provide important information about the health needs at IFN, and regarding what programs would be of greatest interest to you and your family.

The results will be presented to the IFN community inshAllah, and at the Health Ministries Association (HMA) conference in October to teach other Mosques and Churches about how to perform a comprehensive Faith Community Health Assessment.

InshAllah, this survey will take you approximately 10 – 15 minutes to complete.

**PLEASE DO NOT PUT YOUR NAME ON THIS SURVEY. The survey does NOT request your name, email address or postal address. All information collected will be treated as private and confidential, in accordance with privacy practices.**

Please complete the survey and drop it in the mail in the white, pre-addressed, stamped envelope by August 17th. Thank you again.

Salaams,

Nancy Romanchek, BSN, RN, CHPN  
Mosque Community Nurse  
Graduate student, MPH, Benedictine University

# IFN HEALTH AND WELLBEING SURVEY

## GENERAL

---

Age: \_\_\_\_\_ years

Height (estimate): \_\_\_\_\_ cms *or* \_\_\_\_\_ foot & inches

Gender:  Male  Female

Weight (estimate): \_\_\_\_\_ kgs *or* \_\_\_\_\_ pounds

1. What is your zip code? \_\_\_\_\_

2. What is your Ethnicity?

Asian Indian  Pakistani  Arabic  African American  Caucasian  Other \_\_\_\_\_

3. Do you speak another Language besides English at home? If so, what language?

Urdu  Arabic  Farsi  Spanish  Bengali  Other \_\_\_\_\_

4. Are you the first generation in your family to live in America?

Yes  No

5. Have you or someone in your family experienced being bullied because you are Muslim?

Yes  No

## HEALTH BEHAVIOURS

---

6. Are you currently trying to lose weight?

Yes  No

7. Please estimate the number of hours that you spend sitting, on a typical day. (Please circle)

0 1 2 3 4 5 6 7+ times

8. How many times a week are you active enough to sweat or to puff and pant (such as digging or jogging)?

0 1 2 3 4 5 6 7+ times

9. How many times a week do you spend 30 minutes or more of walking? (such as walking for exercise or recreation)?

0 1 2 3 4 5 6 7+ times

10. Have you participated in “Jogging With The Imam” at least once this summer?

Yes  No

11. How often do you use seatbelts when you drive in a car?

Always  Almost always  Sometimes  Seldom  Never

12. During the past 12 months, have you received a Flu Shot?

Yes  No

## HEALTH SCREENINGS

---

13. How long has it been that you have had your blood checked for diabetes?

- Within the last year       Within the 5 years       Never

14. How long has it been since you have had your blood cholesterol level checked?

- Within the last year       Within the 5 years       Never

15. How long has it been since your last mammogram for breast cancer?

- Within the last year       Within the 5 years       Never       Not applicable since I am a man

16. How long has it been since your last pap smear for female-related cancers?

- Within the last year       Within the 5 years       Never       Not applicable since I am a man

17. How long has it been since you had an exam or a screening for colon cancer?

- Within the last year       Within the 5 years       Never

18. How long has it been since you had an exam or a screening for prostate cancer?

- Within the last year       Within the 5 years       Never       Not applicable since I am a woman

## WELLBEING

---

19. The next ten questions are about how you have been feeling in the past four weeks.

	None of the time	Little of the time	Some of the time	Most of the time	All of the time
In the past four weeks, about how often did you feel tired for no good reason?					
In the past four weeks, about how often did you feel nervous?					
In the past four weeks, about how often did you feel so nervous that nothing could calm you down?					
In the past four weeks, about how often did you feel hopeless?					
In the past four weeks, about how often did you feel restless or fidgety?					
In the past four weeks, about how often did you feel so restless you could not sit still?					
In the past four weeks, about how often did you feel depressed?					
In the past four weeks, about how often did you feel that everything was an effort?					
In the past four weeks, about how often did you feel so sad that nothing could cheer you up?					
In the past four weeks, about how often did you feel worthless?					

20. Have you attended a third Friday “GRIT Group” session at IFN to manage symptoms of anxiety and/or depression?

- Yes                       No

## IFN MEMBER NEEDS

---

21. Which of the following diseases/conditions do you or someone in your family experience?

- Severe Food Allergy
- Asthma
- COPD (Chronic Obstructive Pulmonary Disease)
- Skin Cancer/Some other type of Cancer
- Arthritis
- Kidney Disease
- Mental Health Disorder
- Heart disease (Any)/Heart Attack
- High Blood Pressure/Hypertension
- High Cholesterol
- Stroke
- Ever had Diabetes/Diabetes/Pre-Diabetes
- Overweight/Obesity

## IFN MOSQUE COMMUNITY NEEDS

---

22. What do you think are the most pressing health problems among IFN community members?

- Ability to pay for health care/lack of health insurance
- Access to health care services/Understanding how to navigate the US health care system
- Lack of transportation to medical appointments
- Paying for medication
- Lack of affordable dental care
- Lack of affordable vision care
- Legal counsel for understanding a person’s rights in the US
- Affordable housing
- Emergency preparation in case of gun violence or natural disaster
- Nutrition and Overweight/Obesity
- Diabetes
- Heart disease/Hypertension
- Alcohol use and abuse
- Tobacco use and abuse
- Drug use and abuse
- Domestic violence
- Child abuse
- Mental Health
- Managing discrimination and marginalization

Any other needs not mentioned above? \_\_\_\_\_

## WHAT DO YOU THINK?

---

23. Which of the following would you like **to see** included at IFN? Please check all that apply.

- Grief and Bereavement Support after the death of a loved one.
- Immigrant support workshop
- Financial planning support workshop
  
- IFN Bike Club for Men
- Expansion of the IFN Women's Walking Club
- Expanding organized sport teams to compete with other Mosques
- IFN Women's Power Volleyball Team
- Wii Bowling Night for Seniors
  
- More healthy food options available regularly at IFN
- Hands on cooking classes to learn how to prepare healthier versions of traditional recipes
- A variety of activities that promote good mental health & resiliency
- Building a positive Muslim identity
  
- Weight loss programs at IFN
- Smoking cessation programs (e.g. Quit smoking program) at IFN or off-site for privacy
- Fatigue management information sessions
  
- Individual health coaching to address physical activity or nutrition issues
- Individual health coaching for chronic conditions like diabetes and hypertension
- Diabetic Club to work on managing diabetes with other diabetics at IFN
- High Blood Pressure Club to work with other hypertensive members to reduce numbers
  
- IFN swimming pool and swimming lessons
- Green park area and a walking trail at IFN for leisure and 5K Events
- A dedicated Arts & Crafts Room
  
- Presentations to reducing stigma associated with mental health disorders
- More presentations about specific mental health disorders and resources
- Stress management programs and strategies
  
- Marriage Encounter workshops to strengthen marriages through education and skill building
- Guided Couples Dinner Parties to strengthen marriage bonds through modelling & social affirmations
- Chaperoned social events for young people to meet in preparation to marry
  
- Group family strengthening workshops
- New Parent classes for infants in the home
- Women & depression series
- Men & depression series
- Blended family support workshop
- Teen support for age-appropriate concerns
  
- Technology and managing screen time
- Anger Management discussion and skills development
- Skills for children to protect themselves from being bullied

Any other topics not mentioned that you would you like to see at IFN? \_\_\_\_\_

**Thank you for your time!**

*This survey has been adapted from the Department of Health and Human Services template.*