

December 17th, 2015

MSAC Advisory Council Training about Results Based Accountability:

NOTES FROM RBA Exercise re: MSAC Movement Programming

How much did we do?

- How many classes
- How many participants
- # class registrations per movement type
- Frequency- # hours per week
- Age - youngest/oldest
- Intensity
- Instructor based vs. self-guided
- # instructors, paid and volunteer
- Contributions, Class fees paid
- Staff hours, Instructor hours
- Payment to instructors – total, per class, etc.
- Vendor Contracts – ie First in Fitness
- How much space / areas used daily - % space used for movement classes
- # classes on-site vs. off-site
- # classes morning, mid-day, evening, weekend
- # scholarships granted
- Program supplies

How well did we do it?

- Efficiency of space use - % space used for movement classes?
- % classes in evening/weekend to reach working members etc.
- % of desired programs offered
- How well did Program Committee respond to requests?
- How many classes completed / continued (Retention/attrition of participants from quarter to quarter)...
- % likely to take class again (via evaluation)
- Participation rates (attended/registered)
- Cancellation rate (classes lacking sufficient interest)
- % members who believe we are doing well, based on class evaluations:

- Overall rating, instructor rating, value for cost, pace of class
- % financial aid/scholarships requests granted
- % members requesting scholarships
- % needed program supplies provided by MSAC
- Meeting demand: % full/waiting list classes
- % participants in various age brackets

Is anyone better off?

- Health Outcomes reported by medical community... blood pressure, med reduction, needed weight change
- Mortality rate of members vs. general population (difficult to track!)
- % people with greater flexibility / balance / confidence/attitude/mental health
- % rate of falls / injuries
- % that feel healthier compared with a year ago as result of MSAC movement class participation
- % exercise in a given day, including outside MSAC activities
- % improvements in eating habits / appetites
- \$\$ saved in movement classes compared with private market
- \$\$ saved in health care expenses for individuals – insurance - communities