

Healthy Families

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Introduction

The Early Learning and Literacy Resource Center at Dunbar Elementary School (ELLRC) is a non-profit early childhood education center boasting a mission “to serve working families with high quality, affordable child care and education and comprehensive support services, as well as to provide professional development for early childhood educators and community outreach,” (“Atlanta Child Care,” 2005). This Sheltering Arms facility serves 91 families and 176 children; 99% of the families are provided with some form of financial assistance.

The ELLRC belongs to Neighborhood Planning Unit-V (NPU-V), found in Fulton County. NPU-V consists of the following communities: Mechanicsville, Peoplestown, Capitol Gateway, Pittsburgh, Adair Park, and Summerhill. Of the residents in NPU-V, 92.34% are of African American descent and 44.20% of the families have income below the poverty level. Regarding educational levels, 52.47% have at least a high school diploma or equivalent GED.

Following the completion of the needs assessments, three key community health issues were defined and workshops were designed accordingly. The workshops catered to the following topics: illness management, healthy eating, and career information. According to the needs assessments, 60% of parents were very interested in learning more about symptoms to look for when their child is becoming sick. The Illness Management workshops addressed this interest as well as provided parents with information concerning when to take their children to the emergent

within the context of other influences (ie. other socioenvironmental factors, personal factors, and behavioral factors.” Finally, the Career Information workshops addressed two issues: loss of employment and educational levels. According to the 2009 State of Georgia data, 65.5% of parents/guardians had full-time jobs. Contrastingly, the Sheltering Arms needs assessment survey data revealed that 41% of parents/guardians had full-time jobs. Regarding education level, needs assessments data revealed that 30% and 20% of parents of Sheltering Arms had either high school diplomas or college degrees, respectively. Lack of education levels could have many implications in a community. For example, a study published in the journal of *Drug and Alcohol Dependence* showed that educational attainment was significantly related to adult drug use disorders. "Those who dropped out of high school were significantly more likely to report drug use disorders compared to those who obtained a college degree." (Fothergill, K.E. et al, 2008)

The workshops were designed to address health and social consequences based on various social determinants of health, which reflect social factors and physical conditions in the environment. According to Healthy People 2020, heart disease, diabetes mellitus, and cerebrovascular disease are among the leading causes of death in African Americans aged 25-34 years old (Healthy People 2020). All of these diseases can be prevented via health promotion interventions, similar to those aforementioned. Because our target community is composed of predominantly low-income African American families, the theme, “Healthy Families,” was derived. This theme encompassed many of the issues addressed in the needs assessments and community demographical data for NPU-V.

S.M.A.R.T. objectives were employed in describing the results the group aimed to achieve. These objectives were designed to be Specific, Measurable, Achievable, Realistic, and Time-Sensitive. The S.M.A.R.T. objectives are outlined in Table 1 below.

Illness Management

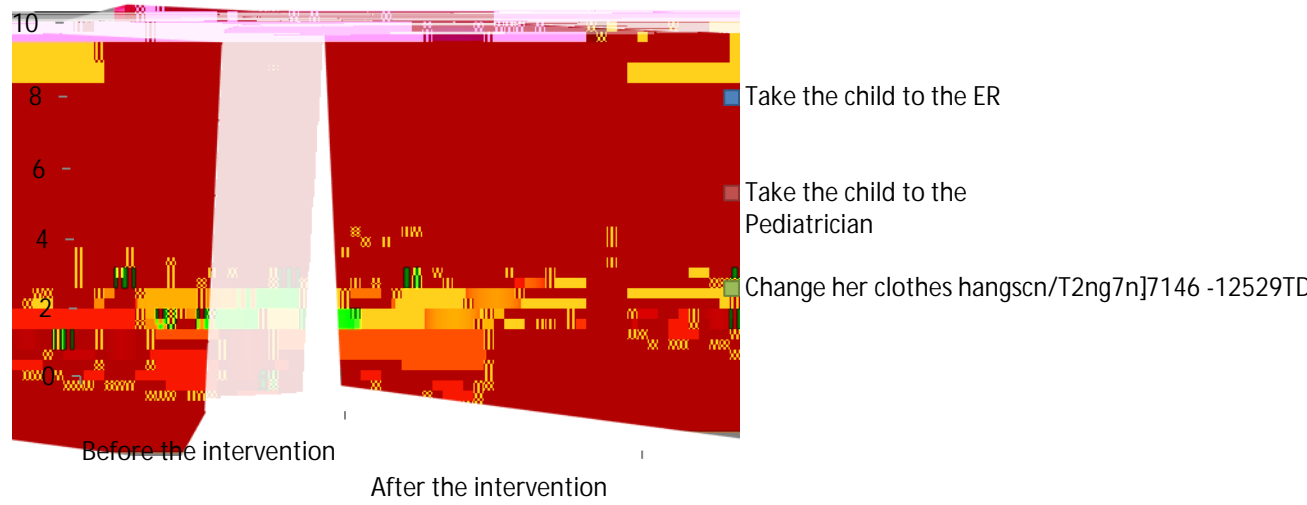
family medicine physician. Finally, parents completed a post-test consisting of questions identical to pre-test questions.

Scenario A Your little 5-year old daughter Katie has been having moderate diarrhea for the past 2 days. You have been administering an over the counter electrolyte solution to her, as recommended by the local pharmacist. The next morning you find that Katie has a fever of 102.5 F and is irritable! What do you do?

following meals: Breakfast Omelet, Turkey Tacos, Mapo Tofu, Garlic Chicken Pasta, and Sautéed Chicken. Participants were able to sample each meal, which was prepared by Community Health Group 3 members. Additionally, participants were provided with a handout containing preparation time, ingredients, preparation instructions, cost, and a local grocery store where all of the ingredients could be purchased. Finally, participants were guided to the seventh station where they completed a post-test composed of questions paralleling the pre-test.

The Career Information workshops occurred on April 6, 2011 at 2:30 and 4:30 p.m. Eight stations were set up in the Sheltering Arms atrium. Nine people participated. Participants were directed to the first station where they completed a pre-test. The following six stations provided information on varying career fields and educational opportunities including a certified nursing assistant, an aesthetician, and a medical assistant. Additionally,

they dine outside the home on a scale of one to eleven or more days. This data was converted



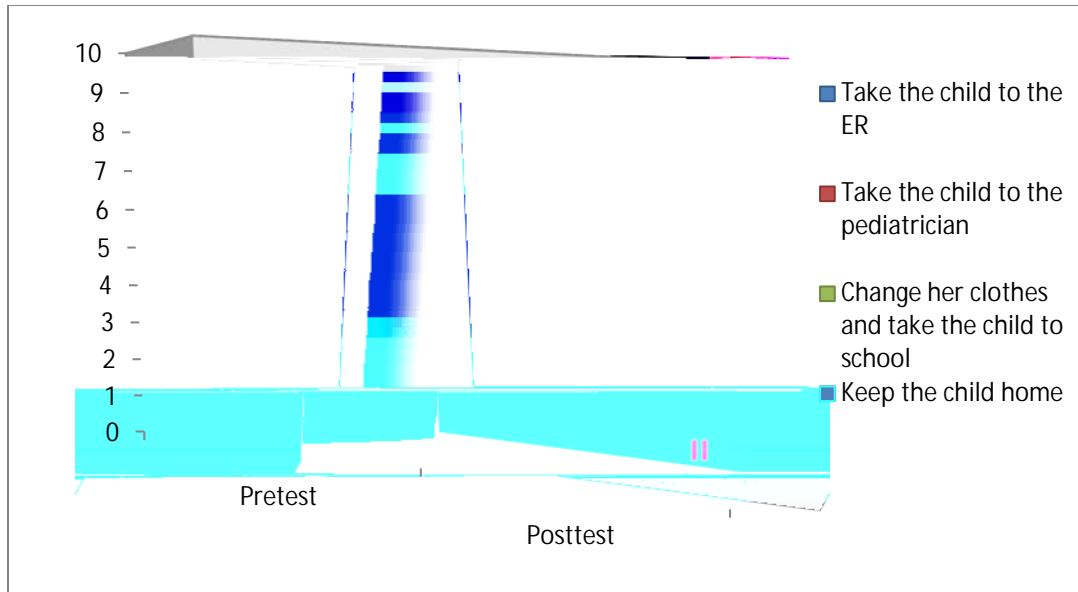


Figure 3: Responses to knowing when to keep child at home

Figure (4) demonstrates the responses to scenario-D. The figure shows that 3 out of 10 participants chose the correct response following the workshop.

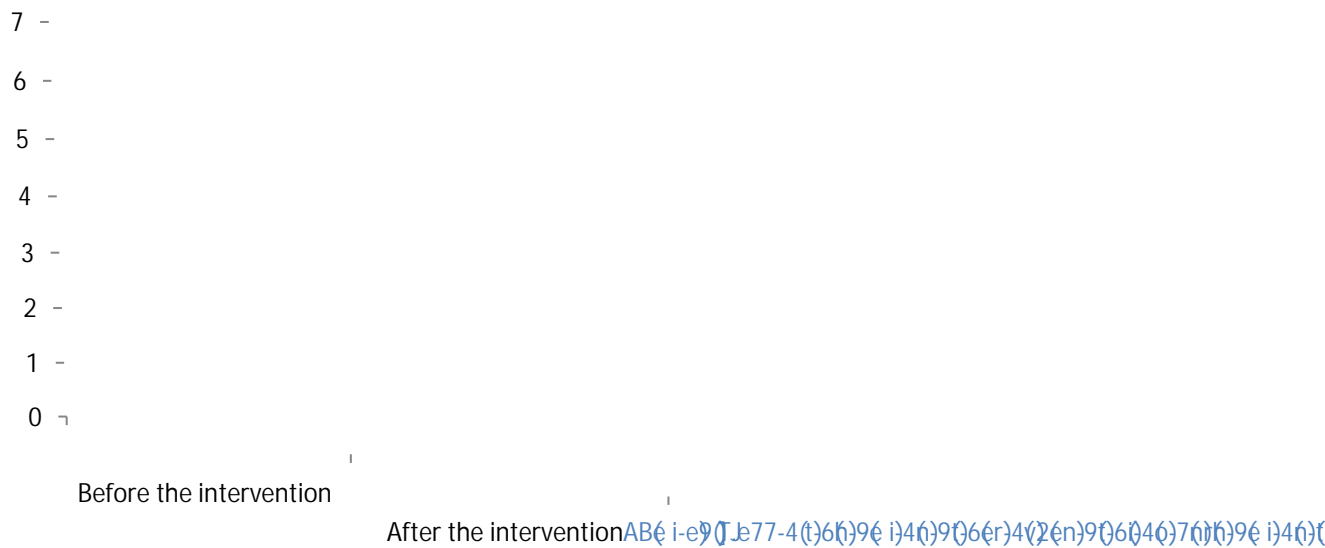


Figure 4: Responses to knowing when to keep child at home

Healthy Eating Workshop

This section presents the results from the healthy eating workshop. The following figures show participants responses to questions about their eating habits and choices. Prior to the workshop, 30 parents were asked to determine the number of times they eat at fast-food

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participant responded to eating out 11 or more times each week while 10 reported cooking at home 11 or more times each week.

Table 3: Cross-Tabulation of parents that eat out and their responses to healthy and unhealthy food choices before the workshop

Figure-8 illustrates the breakdown of what participants identify as a healthy food option. The majority of participants identified the four healthiest meals provided: sautéed chicken (93%), turkey tacos (79%), omelets (86%), and Garlic Chicken (83%). A smaller percentage selected the less healthy food options: bacon, fries, and cheeseburger.

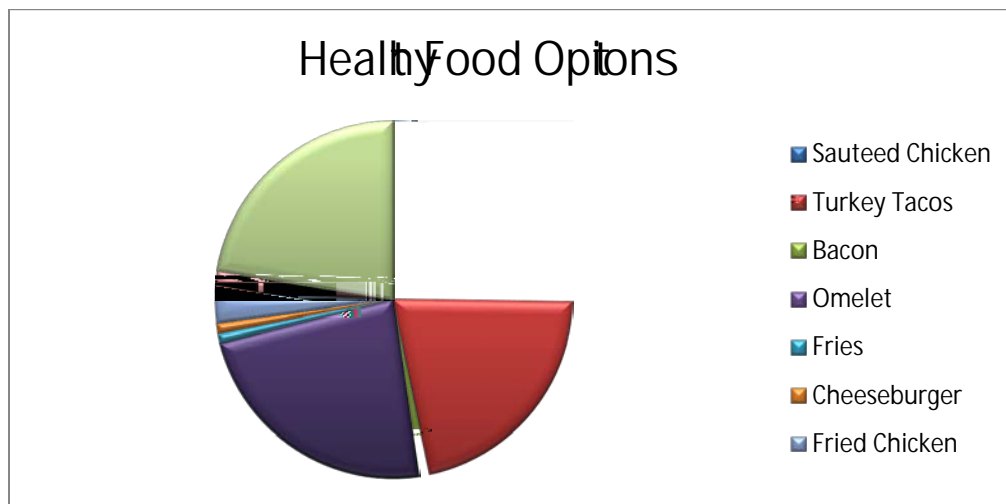


Figure 8: Responses from the Pre-test of parents of Sheltering Arms when asked to select four healthy meal options



Figure 11: Participant responses to the amount of required servings of fruits or vegetables in a day

After the workshop, participants were closer to knowing the amount of required servings of fruit or

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Table 4: Cross-Tabulation of parents who will continue to eat out and their responses to healthy and unhealthy food choices after the workshop

Food Item	No. of people eating out	More healthy choice	Less healthy choice
Omelet	18	18	0
McGriddle	16	2	14
Turkey Tacos	16	16	0
Taco Bell	16	4	12
Popeye’s 3-piece wing meal	16	2	14
Sauteed Chicken	17	17	0
Garlic Chicken Pasta	15	15	0
KFC Grilled Chicken	16	8	8
KFC Double Down	15	2	13

According to table 4, fewer parents reported that they would continue to eat out after their participation in the workshop. Of those who would continue to eat out, more were able to decide which food options were more or less healthy. One-hundred percent of responders chose the

omelet, turkey tacos, sautéed chicken and garlic chicken pasta as more healthy choices. While the KFC Double Down was ranked by two participants as a more healthy choice.

Following the workshop participants were asked to identify healthy food options and Figure 12 illustrates the results. It shows that 100% of the surveyors did not select the options Fat back, Fried Chicken, Cheeseburger, Fries, and Bacon as healthy options for meals, as depicted by the above graph. There was increase in the percentage of participants who correctly selected the four healthiest food options: Sautéed Chicken (96%), Turkey Tacos (100%), Omelets (96%), and Garlic Chicken Pasta (92%).

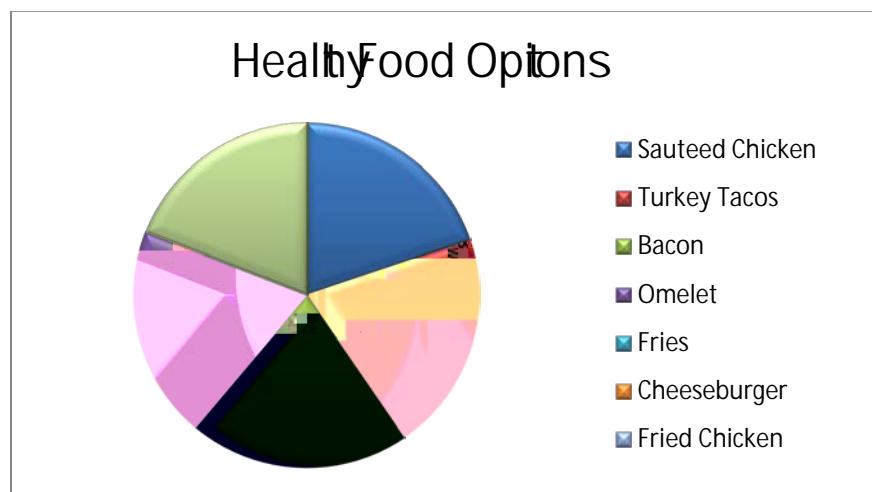


Figure 12: Responses from the Post-test of parents of Sheltering Arms when asked to select four healthy meal options

Career Information Workshop

The following section presents the results from the career information workshop. Figure-13 shows that 89% of participants were interested in furthering their education with the majority interested in pursuing a career in Community College, two-year programs, or Technical College.

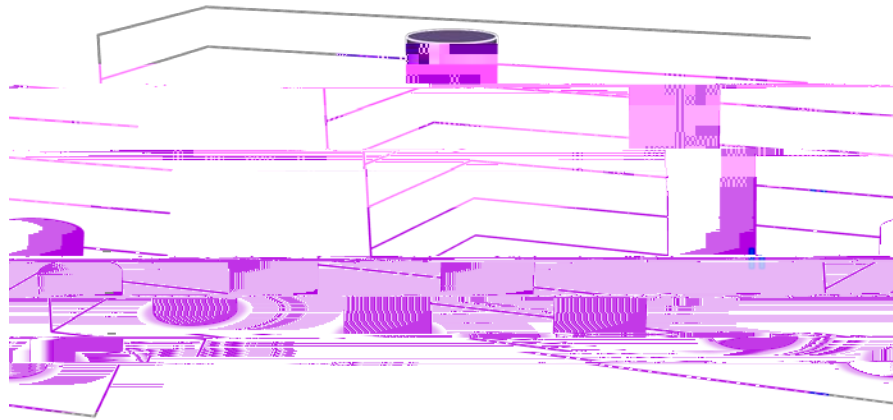


Figure 13: Responses to interest in Continuing Education of parents at Sheltering Arms

Figure-14 conveys that 78% of surveyors selected the only correct option for suitable resume' objectives: "I would like to be a part of your team" as correct. However, the same percentage of participants also selected the incorrect response, "I wanna find a job with benefits and a good income" as a suitable option for a resume' objective.

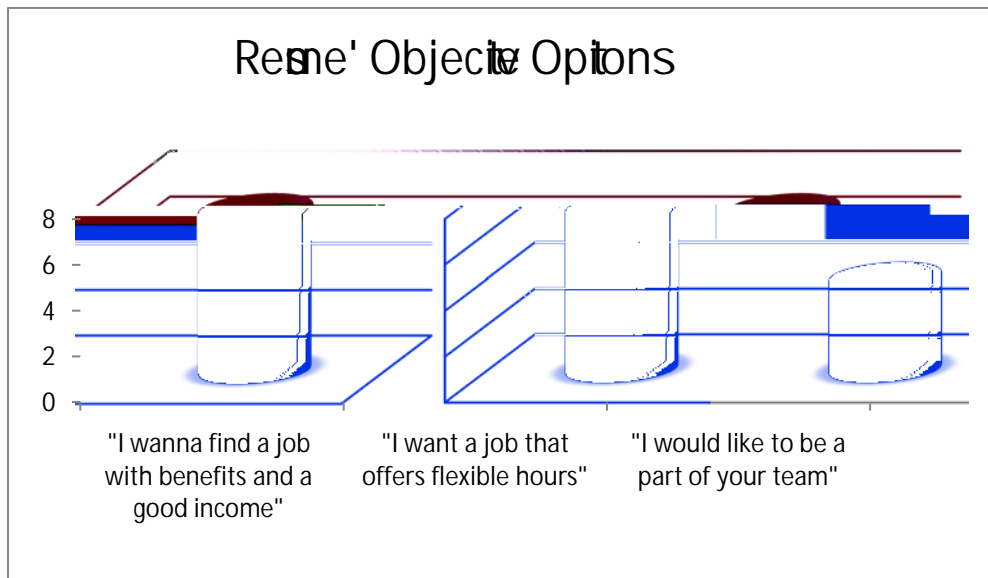


Figure 14: Perceptions of good resume' objectives as reported by parents of Sheltering Arms

Survey participants were provided with three potential interview responses in the survey. Figure-15 communicates that 33% of the surveyors selected the incorrect response, “I just need a job right now” as a suitable interview response. However, all of the participants selected the response, “One of my biggest

students' schedule and the dates for the other two interventions, scheduling was an issue; the Career Information workshop was held during the spring break for the Pre-K students. It was an

another quarter of emergency room visits. Non-urgent emergency room costs included about 21-billion dollars. Findings such as these illustrate that a similar Illness Management workshop

parents in Los Angeles Unified School Districts faced the same obstacles as the parents in NPU-V concerning healthy eating choices. The authors concluded that it was because there is a perception that eating fast food is a cheaper and faster option, and that it is difficult to get children to eat healthier foods (Slusser, 2010).

A recent Education and Economy online survey conducted for Kaplan by Harris Interactive concluded that 89% of the participants were interested in continuing their education. The survey confirmed that a faltering economy drives people back into the classroom. Also, according to the survey, 91% of participants felt that finishing a degree, seeking a higher degree, or continuing education makes someone more at

Specific sources of support include organizations such as Michelle Obama's Let's Move Campaign and NFL's Play 60. The studies done by Jiang J et.al (2007) in Beijing, China illustrate that with an intervention focused on nutrition, education and physical activity, the prevalence of overweight and obese children can be reduced.

A health policy change concerning career or educational opportunities for the community is important in providing educational guidance to adults seeking to continue their education. A policy change to address this issue could be the establishment of a program promoting local and state colleges and businesses to form outreach programs to provide local communities with easy access and advice on careers and education. This would provide a great source of information, boost education, and increase employment.

It is natural to consider a health care delivery strategy that is interdisciplinary since one's

quality during the transition from early to Mmiddle adolescence? *Journal of Nutrition, Education, & Behavior*, 41, 79-86.

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