

For HDSLDC distribution only

SJSU Health Science Department...*Make a Choice that Matters!*

Family Health Night at Franklin McKinley School October 22, 2007

A joint project of
SJSU Health Science Department
SJSU MPH Program, HS 200
CommUniverCity

With partial support from Campus Community Partnership for Health
Eliminating Racial and Ethnic Health Disparities Initiative

Who We Are...

HS 200 Contemporary Practice: Introduction to Public Health Education

This 2 unit course is required in the first semester for all entering MPH students.

Overall course objectives include

1. To establish a common foundation for graduate study based on the process and the professions of public health, community health education, and health promotion.
2. To review the history, conceptual frameworks, methods, and contributions of public health, health education, and health promotion.
3. To explore contemporary opportunities and challenges to public health and the community health education/health promotion response.
4. To provide a forum for discussion of the philosophy, ethics, and politics of health education, health promotion, and public health.
5. To experience and reflect upon the academic expectations and "lively possibilities" of SJSU's MPH campus program, including the responsibilities and commitments associated with its setting and role in a community-engaged department.

The class had a total of 24 students (22 first-semester MPH students, 1 Nursing, and 1 new HS instructor). The teaching team was Kathleen Roe, HS Department Chair, and Paul Hepfer, VP for Programs at The Health Trust. Megan Tracz, CommUniverCity VISTA, provided support for the service-learning project.



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Where the Idea Came from...

Campus Community Partnership for Health "Eliminating Racial and Ethnic Health Disparities Initiative" grant with two overarching goals 1) center disparities in MPH curriculum, and 2) provide opportunities for service-learning in MPH program.

We decided to meet #2 in part through a service-learning project for all MPH students in the Introductory Seminar, HS 200.

Key Considerations in Identifying the Project...

- Doable in 7 weeks
- Addressing disparities associated with race and ethnicity
- A meaningful event in an ongoing community organizing project (No "helicopter service")
- Leave something meaningful behind

Family Health Night!

Free dinner and health education fair at Franklin McKinley School, October 22, 5 – 8 p.m.

- **6 educational stations** (oral health, lice treatment, preventing colds and flu, tobacco, exercise, "5 a Day" fruits and vegetables)
- **Games** (bean toss, clogged artery tunnel, etc) from HS 104's Health Fair the weekend before
- **Quest cards** to encourage participants to visit every station
- **Delicious and healthy dinner:** Vegetarian and turkey spaghetti with fresh herbs, green salad, rolls, water, lemonade, coffee, brownie bites, lots of fresh strawberries



Key Numbers

- **354 service hours** (class time, prep, event)
- **8 hours of class time**
- **23 service learners** (plus 2 faculty and 5 undergraduates)
- **152 residents** (adults and children) registered on site
- **111 items given away** (balls, gym bags, lunch bags, chalk, blocks)
- **105 quest cards completed** (69% of registered participants)

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Plus...

- VISTA support – Megan Tracz
- Booth materials – THT, HS 104
- Kitchen staff
- 8 Spanish speaking students
- CommUniverCity table, staff

Highlights

- **Great turn out** (especially considering it was the first night back after a week break)
- **Warm and inclusive feeling in the room:** People talking, eating, moving around comfortably, cozy space, lovely evening.....everything “worked”
- **Parents and children engaged!** Stayed at the booths, asking questions, doing activities, all seemed very interested in learning.
- **School cafeteria staff** really liked the turkey meat sauce and want to cook it for the children for school lunch! Leftovers were reheated for the school lunch program the next day.
- **Principal Garcia** came for the first half, later said that **parents** at the Tuesday AM “Coffee Chat” said they loved the event and wished there could be more like it.
- Event (planning, prep, service) met course and grant objectives – students were glowing!

MPH Student Feedback (1 or 2 words to describe your experience)

Amazing, busy, came together, creative, collaboration, educational, energetic craziness, enjoyable, enthusiastic, exceptional teamwork, exhilarating, families, full car, fast, fun (5), good food, hands-on, hectic, hopeful, innovative, inspiring, Latina, “lice-tastic”, moving, MPH family, nervous, pleasantly surprised (2), positive energy, powerful, proud, really adorable, refreshing, responsibilities, rewarding, special, successful, surprising, surprisingly busy, tiring, we bonded.

Participant Feedback (“1 thing I learned”, samples from Quest Cards)

I have to take care of my body

Wash hands, brush teeth

Don't smoke – it can kill you

You need to stay in shape

5 porciones de vegetales

Eat healthy and exercise a lot

Sobre piojos – about lice

I need to wash my teeth for 2 minutes

Comer saludable...lavar los manos

Nutricion, ejercicio

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Critical to the Success of the Project

CommUniverCity – presence, relations, rapport and trust in community, commitment

VISTA/Megan – legwork, judgment, insider information, encouragement, prizes

CCPH Grant – grant requirement, support funds (\$650 for dinner, additional costs)

MPH students – program values, experience and maturity, language skills, educators

Best SFR in HS history! 3: 24 (1:8) Breathing room, kept balls in the air, wheels on

Undergraduate helpers – booths, interaction, 7:00 a.m. flyers (with Megan)

School community – Principal Garcia, cafeteria staff, parents, children

Thank you, CommUniverCity!!!!!!