

INTEGRATING COMMUNITY WELLNESS

**A Collaborative and Multi-Dimensional
Approach for Promoting Student,
Community, and Faculty Success**

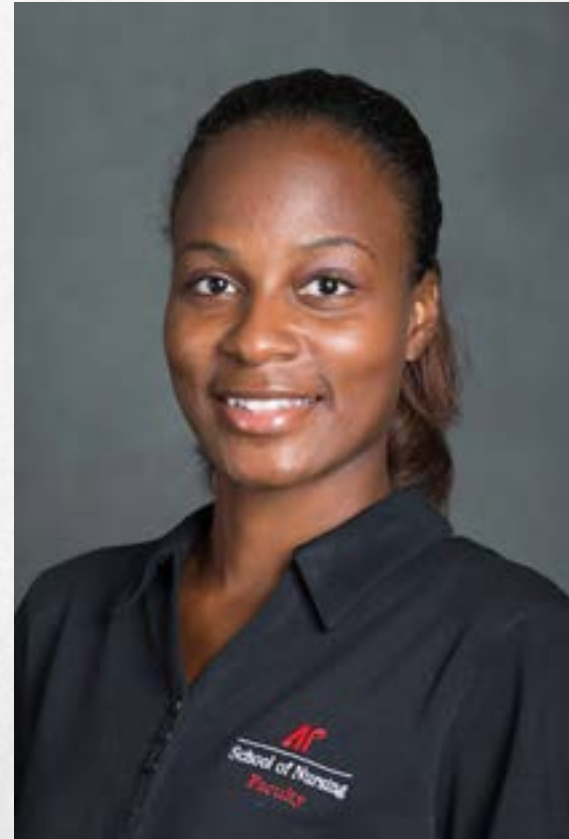
A Panel Discussion for Austin Peay State
University's 2024 Faculty Conference and
Annual Meeting

Morgan University Center, Room 303
Concurrent Session #5a on August 14, 2024,
from 9:00 - 10:00 a.m.



Meet Our Team

2024 Wellness Hub Planning Team (not pictured: Dr. Amanda Estep, Ph.D., ACSM-EP)



Dr. Shani Collins Woods, Ph.D., MSW, MA

Dr. Tasha Ruffin, DNP, RN

Dr. Alex Adams, Ph.D.

Dr. Rachel Funderburk, Ed.D.

Ms. Penny Greene

Dr. Tyler Nolting, Ph.D., MPH, MCHES



Social Work



School of Nursing



Health & Human Performance



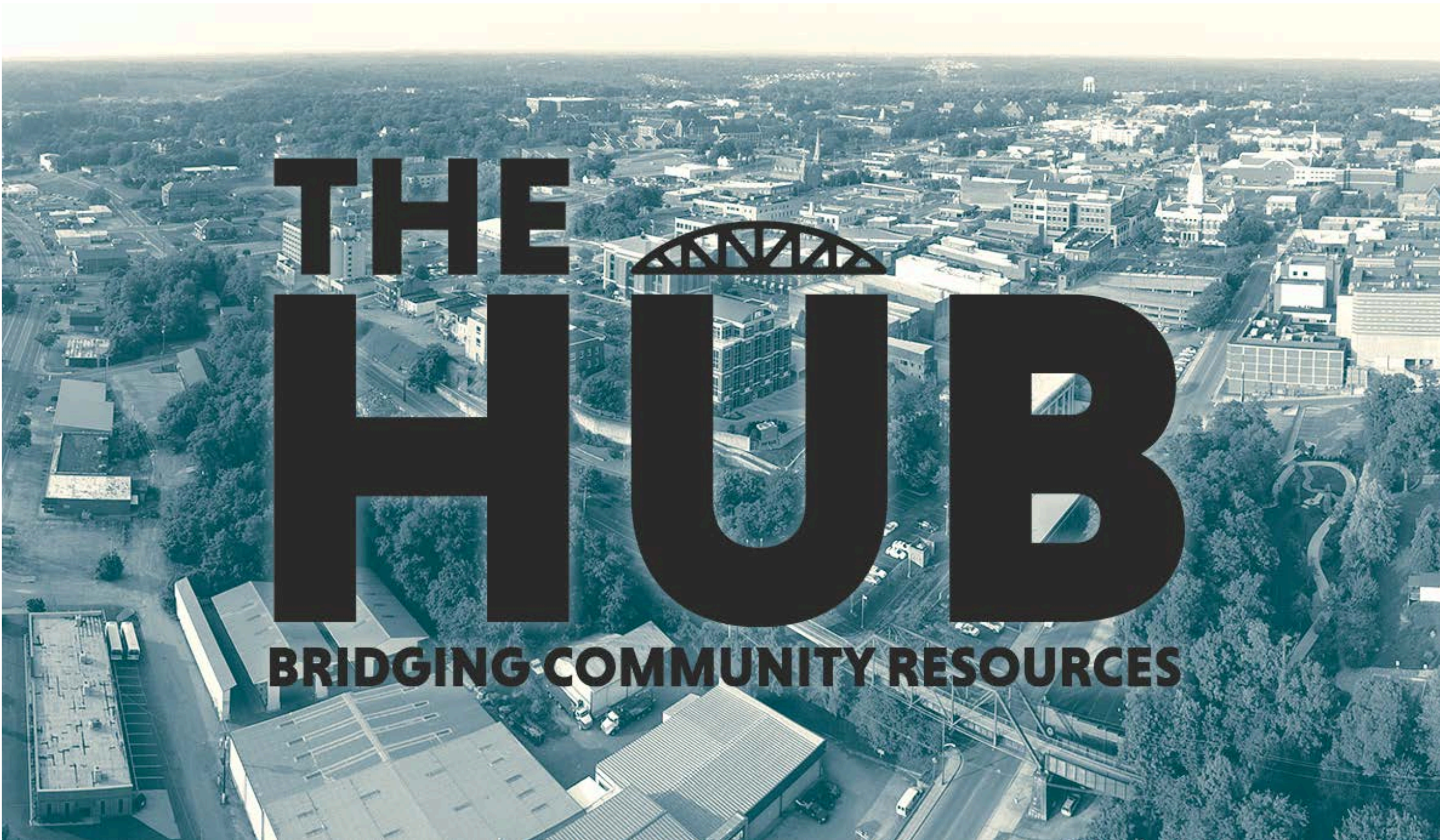
Public Health

Panel Description

During our presentation we will...

- Recount the origins of The Hub and APSU's partnership
- Review the 2024 Wellness Hub event held at Burt Elementary School by:
 - Providing the blueprint for our approach to planning, implementing, and evaluating community health promotion programs;
 - Sharing challenges, lessons learned, and suggestions for having impactful and effective collaborative and multidisciplinary partnerships; and
 - Inspiring others to incorporate collaborative, experiential practices into their courses to increase student success, interdisciplinary collaboration, and scholarly teaching

What is The Hub?



- Serves underrepresented populations by:
 - Uniting community resources
 - Providing a common venue
 - Promoting and marketing resources

Hub-APSU Partnership

How did it start?



BURT ELEMENTARY HUB EVENT: DISCOVERING HEALTH & WELLNESS

ABSTRACT

Introduction: Clarksville Parks and Recreation and other community partners hosted the Hub Event at Burt Elementary School. This event focused on eliminating food insecurity within the Lincoln Homes neighborhood as well as providing awareness, knowledge, and education to community members to improve their overall quality of life.

Methods: This event included tables and activities from various community partners to aid engagement with the families of Burt Elementary, including a health screening being performed to test for cardiovascular disease risk factors. A qualitative survey was created by APSU MPH students to evaluate the event and the overall impact it had on the community and stakeholders involved. Five stakeholders were interviewed as part of the evaluation stage to provide their perception and feedback regarding the event.

Results: From the qualitative survey, five common themes were created as this helped carry out the first stage of the Hub event activities. These included:

- Good Vibes Only
- Collaborative and Involvement With Community Partners
- Age Appropriate/Kid Friendly Activities
- Interaction Between Community Partners/Families at the Event
- One Stop Shop

Conclusion: The Hub event at Burt Elementary provided resources and community partners to educate the target audience on eliminating food insecurity, along with additional resources to improve their quality of life.

INTRODUCTION

Master of Public Health (MPH) students participated in a required course-related service learning experience through a three-course sequence: MPH 5810 Grant Writing (Fall 2022), MPH 6100 Program Planning in Public Health (Spring 2023), and MPH 6110 Program Evaluation in Public Health (Fall 2023). Through this sequence of courses, students collaborate with the same community organization, Clarksville Parks and Recreation (CP&R), to apply for grant funding, plan a program, and implement and evaluate the program. This high-impact project aimed to address issues related to Wellness Hub event attendance, community engagement, access to food and fresh fruits and vegetables, as well as wellness, by providing a health promotion program at Burt Elementary School for families and children representing some of the least-privileged populations in Clarksville (i.e., those residing in the Lincoln Homes neighborhood and nearby areas). The purpose of this specific Wellness Hub event was to provide health promotion and education via tabling and online webinars, food security resources, health screenings, and access to fresh fruits and vegetables to the Clarksville community.

METHODS

The Hub Event, which was hosted on Thursday, April 27, 2023, from 4:30-6:30PM, gave Clarksville community, specifically Burt Elementary School and Lincoln Homes communities, an opportunity to be educated on various resources that were available to them including, but not limited to: free health screenings, healthy food opportunities, food security resources, website resources, and activities including cooking demonstrations with healthy food ingredients bags and fresh fruit bags. More than 20 families attended the event, and a total of 140-160 people most likely visited, with surveys at the event were a highlight for the families of Burt Elementary as this allowed the adult attendees to be screened for total cholesterol, high-density lipoproteins (HDL), blood glucose, and a ratio of total cholesterol to HDL, blood pressure, resting heart rate, body mass index, body fat percentage, waist circumference, waist-to-hip ratio, diet, physical activity, family history, and smoking status. The screening helped raise awareness and increase the overall health outcomes within the participant population. The grant written in MPH 5810 requested an iOS Connected System Technology Center to perform the health screenings with a total cost of \$1,850.00. An additional \$1,575.00 was requested for supplies including various items such as 50 sanitizers for testing, alcohol pads, gloves, gowns, pads, disinfectant pads, safety tape, and bandages. The total grant requested was roughly \$3,425.00. Our logic model focused on early and later outcomes (increased knowledge, health status awareness, increase in food security, etc.). As part of the evaluation plan, qualitative interviews were conducted to stakeholders to gather their feedback for evaluation purposes. Interviewees were contacted via telephone or email to participate in the evaluation. Some of the questions asked to stakeholders included, "Can you describe your experience collaborating with partners for this event?" and "How many health screenings did your team perform at the event?". Once the interviews were completed, themes were utilized to determine the most common responses and results of the event.

RESULTS

A total of five stakeholders participated in the interview. Due to the original survey not being distributed at the event, quantitative data was not collected. However, qualitative data on how many participants completed a health screening was determined, which was 20. Additionally, qualitative data was collected through open-ended questions for the remainder of the survey questions. Some of the major themes discovered from the interviews include:

- Good Vibes Only
- Collaborative and Involvement With Community Partners
- Age Appropriate/Kid Friendly Activities
- Interaction Between Community Partners/Families at the Event
- One Stop Shop

THEMATIC ANALYSIS

GOOD VIBES ONLY
"I mean, the whole event was exceptional. I feel like the layout was very thought out. You had ample amounts of participants like community partners." - Patricia

COLLABORATION AND INVOLVEMENT WITH COMMUNITY PARTNERS
"This was a collaboration between ESG and the Clarksville health grad students. This was a good experience for people from ESG to see what happens at the grad level and answer some questions for them." - Diana

AGE APPROPRIATE/KID FRIENDLY ACTIVITIES
"I think the event was great! I would love to see maybe another health with nutrition activities for the kiddos. Like maybe a table that's at children's height with a quick healthy snack preparation that the participants can do while there." - Dana

THE INTERACTION BETWEEN COMMUNITY PARTNERS AND FAMILIES AT THE EVENT
"They were happy to participate and were well informed while I was there. I think it was a good experience for people from ESG to see what happens at the grad level and answer some questions for them." - Diana

ONE-STOP SHOP
"So, not only are we providing a one-stop shop to the people that need the services, but we're also getting them to collaborate and talk which we found out a lot of these were" doing. Like, "oh, I can't go that, but I know someone who can." - Patricia

Fighting Food Insecurity One HUB Event at a Time

Heather Paulk, Marissa Johnson, & Dr. Tyler Nothing
Austin Peay State University

ABSTRACT

The Hub Event at the Burt Elementary school was an event put together by several stakeholders, including students and faculty of the program at APSU and Clarksville Parks and Recreation to combat against food insecurity in the local community. The researchers in this evaluation conducted interviews with six individuals. Five themes were found: Food Insecurity Issues, Addressing Food Insecurity, Community Resources, Health Screenings, and Increased Health Knowledge. The Hub event encouraged and reinforced healthy living habits and the Hub event did well on targeting food insecurity in our community and providing resources to become more food secure. The Hub event at Burt Elementary school was shown to be a successful program that is addressing food insecurity in the community.

Introduction

Master of Public Health (MPH) students participated in a required course-related experience through a three-course sequence: MPH 5810 Grant Writing (Fall 2022), MPH 6100 Program Planning in Public Health (Spring 2023), and MPH 6110 Program Evaluation in Public Health (Fall 2023). Through this sequence of courses, students collaborate with the same community organization, Clarksville Parks and Recreation (CP&R), to apply for grant funding, plan a program, and implement and evaluate the program. This high-impact project aimed to address issues related to Wellness Hub event attendance, community engagement, access to food and fresh fruits and vegetables, as well as wellness, by providing a health promotion program at Burt Elementary School for families and children representing some of the least-privileged populations in Clarksville (i.e., those residing in the Lincoln Homes neighborhood and nearby areas). The purpose of this specific Wellness Hub event was to provide health promotion and education via tabling and online webinars, food security resources, health screenings, and access to fresh fruits and vegetables to the Clarksville community.

Results

The researchers conducted interviews with six individuals. Two were members of the program and four were stakeholders. Five themes were found: Food Insecurity Issues, Addressing Food Insecurity, Community Resources, Health Screenings, and Increased Health Knowledge. The Hub event encouraged and reinforced healthy living habits and the Hub event did well on targeting food insecurity in our community and providing resources to become more food secure. The Hub event at Burt Elementary school was shown to be a successful program that is addressing food insecurity in the community.

Selected Themes and Quotes

Theme 1: Food Insecurity Issues
"I think the event was great! I would love to see maybe another health with nutrition activities for the kiddos. Like maybe a table that's at children's height with a quick healthy snack preparation that the participants can do while there." - Dana

Theme 2: Addressing Food Insecurity
"They were happy to participate and were well informed while I was there. I think it was a good experience for people from ESG to see what happens at the grad level and answer some questions for them." - Diana

Theme 3: Community Resources
"This was a collaboration between ESG and the Clarksville health grad students. This was a good experience for people from ESG to see what happens at the grad level and answer some questions for them." - Diana

Theme 4: Health Screenings
"I mean, the whole event was exceptional. I feel like the layout was very thought out. You had ample amounts of participants like community partners." - Patricia

Theme 5: Increased Health Knowledge
"The Hub event encouraged and reinforced healthy living habits and the Hub event did well on targeting food insecurity in our community and providing resources to become more food secure. The Hub event at Burt Elementary school was shown to be a successful program that is addressing food insecurity in the community."

- Formed in spring/summer of 2022
- Part of the APSU Master of Public Health 3-course service-learning experience
 - Fall 2022: Grant Writing MPH 5810 course to secure funding
 - Spring 2023: Program Planning in Public Health MPH 6100 course to plan and implement the program
 - Held on April 27, 2023 from 4:30 – 6:30 p.m.
 - Fall 2023: Program Evaluation in Public Health MPH 6110 course to provide comprehensive evaluation of the program

Planning Blueprint

Team Formation and Meetings

Meeting Agenda/Notes for 12/8/2023

- Program Date
 - April 4 or 11 from 4:30 – 6:30 p.m.
 - The event will be held on Burt's fine arts night
 - Families will be viewing art of children
 - December 2023 total: at least 360 to 400
- APSU
 - Tyler Noting: HHP 4800 Capstone for Public Health
 - These students will be in charge of finger stick testing for cholesterol, glucose, and HDL
 - Will also oversee overall program planning and implementation
 - Dr. Amanda Estep: Kinesiology
 - Helped with body composition in 2023
 - Teaches special populations class: could this class get involved in focusing on exercise managing chronic disease
 - Could be information on chronic diseases for adults
 - Could also focus on balance assessment
 - Fall prevention activity (balance, range of motion, flexibility)
 - Could explore someone at Foy Center or within Parks and Rec (e.g., chair yoga is offered at Burt-Cobb)
 - Pass out online resources for other balance-related classes
 - Dr. Shani Collins Woods: Social Work
 - Mental health and education
 - Share information about children and adult mental health
 - Activity: jump rope competition
 - Involve MSW and BSW students: bags with resources on mental health for parent(s) and children (e.g., DCS, social services, etc.)
 - Penny: community partners (DCS, Matthew Walker, OMCSS Learning Center, John from APSU with high school diploma, OMCSS Families in Transition, etc.)
 - All these partners will have some relation to the population present at the event
 - Dr. Funderburk: figure out education to help families overcome stigma and what is offered
 - Dr. Heather Phillips: Medical Lab Sciences
 - Did A1C and Iron testing
 - Dr. Alex Adams: K-12 Teaching (physical education)
 - Could help with physical education activities
 - Key for children's physical activities and skills (kicking, throwing, etc.)
 - Dr. Estep can have some students assist with this
 - Eta Sigma Gamma: Public Health student group
 - Mitzi Baker: community nursing course (62 students)

- Can help with blood pressure, education, etc.
- Jordana McLaughlin: doctoral student in Counseling Psychology
- Denise Galben: Zumba and fitness instructor (have not been engaged)
 - Held Zumba in 2023
- APSU Athletics: basketball and football (have not been engaged)
- Clarksville Parks and Recreation
 - Penny Greene
 - Waiting on Walmart grant for \$1,600 (for around 50 families) to go towards take-to-make meals (shelf-stable ingredients)
 - Chicken salad with bread
 - banana pudding
 - carrot apple slaw
 - Could find community sponsor for wraps and fruit
 - Would like to offer the Rec Rover and other activities (e.g., related to literacy or STEM)
 - Rec Rover: brings fun to the kids
 - Penny spoke with Dr. Adams and they spoke about doing activities with the Rec Rover outside for children
 - Involve more children's activities
 - No-bake cinnamon rolls (spreading, rolling, etc.)
 - Pesto
 - Greek salad
 - Received large boxes of vegetable seeds recently
 - Gift seeds to families to make salsa (they can sample salsa at the event)
 - Dr. Lisa Lewis could help and Dr. Bliss may be able to get the potting soil from APSU
 - Free literacy
 - Burt and Parks and Rec could provide this (Burt has funds to help provide a book for each family for the remaining family nights)
 - Screenings:
 - Hearing, vision, and dental screenings
 - Matthew Walker Bus (need to be engaged)
 - If HIV or contraception services were offered, a mobile clinic may be best for privacy and sensitivity
 - Crafting
 - Use recyclables and sustainable items
 - Surveys at event
 - Use APSU iPads to take at the event and they get a prize
 - Photo booth
 - Community Partners
 - We had a lot of partners at the 2023 event.

- Burt Elementary
 - Rachel Funderburk
 - Event would be held on Fine Arts Night or other themed family night
 - Food donation will be explored (First Baptist Church, Domino's, Qdoba)
 - Qdoba: \$1-A wraps from Madison St. (apply online)
 - Apples
 - Outside activities: playground area could be a place for activities
- Montgomery County Health Department
 - Nurse Practitioner to provide education and referral services (Lilliana Beard-Gaines)
- Other partners to engage and ideas
 - Manna Café for clothing and kids' zone
 - Matthew Walker Clinic for health screening
 - Ggg mascot and cheerleaders and dance team
 - SWAG items
 - Marketing and promotion
 - Penny: sign with arrow, feather flag, billboard, free promotion on buses, yard signs close to Burt
 - Dr. Funderburk: monthly newsletter, send out Parent Square message, flyer, Facebook
 - Media coverage: Lee Irwin at 5 Star Media, Sean McCulley at APSU, and Tony Getzpage, with VIP Clarksville
- Program Title
 - Tigers, Ggg, and Community Unite: A Hub of Recreation Celebration (featuring food, fitness, and fun)
 - Inclusivity
 - Wellness Hub: Tigers, Ggg, and Community Unite with Food, Fitness, and Fun
 - Any other thoughts?

- Capstone for Public Health HHP 4800 took over the project from the MPH program for 2023–2024
 - Team formation began in November of 2023, and we met virtually on the following days:

- December 8, 2023
- January 25, 2024
- February 22, 2024
- March 21, 2024
- April 2, 2024



Planning Blueprint

Additional Partner Meetings and Collaborations: Dr. Ruffin and NURS 4050/4051 Community and Public Health Nursing



- HHP 4800 and NURS 4050/4051 met in MUC 303 on January 24, 2024 and February 21, 2024 during NURS 4050/4051 class time
- More than 50 NURS 4050/4051 students worked in groups to develop health programs and posters centered on cardiovascular disease for children and adults

Planning Blueprint

Additional Partner Meetings and Collaborations: Dr. Funderburk and Burt Elementary



January 26, 2024: Dr. Funderburk provided a Burt orientation to HHP 4800 students.



February 29, 2024: HHP 4800 students volunteered for Burt's Black History Month and Read Across America Family Night event.



March 28, 2024: HHP 4800 students volunteered for Burt's Pastries with my Peeps breakfast.

Volunteer Signup Sheet for Burt Elementary (Spring 2024)

You are required to volunteer for at least one event at Burt Elementary before the Wellness Hub Event on April 4th. Below are two Family Events to choose from. Please input your name next to the event for which you want to volunteer.

NOTE: You may volunteer for both events.

Events	Student Volunteer Names
Event: Black History Month/Read Across America Family Night Date and Time: Thursday, February 29th, 4:00 - 6:00 p.m. (4-4:30 setup)	Misanda Martin Hollis McKinney Carla Aquino? Milica Mubon Janyia Fields Deanna Cooper Bake-Guols Christina T. Destinyembe Dr. Nithy James Christina
Event: Pastries with My Peeps Breakfast Date and Time: Thursday, March 28th, 7:15 - 8:15 a.m.	Deanna Coleman Derrick Hernandez Rodriguez Jonathan C. Chyna Woodruff Christina T. Janyia Fields Juanita Jimenez Danna Ortega W. Richardson Sally Anala Nelson Mika Lashia Mika Hollis McKinney Keziah Duke Dr. Nithy

Planning Blueprint

Additional Partner Meetings and Collaborations: Niesha Campbell, Bobby Fieman, and APSU Athletics

Meeting with Niesha Campbell (12-13-2023)

- Niesha said we can involve many different sports teams in a clinic-style event, such as basketball, football, baseball, softball, soccer, and tennis.
- We can also have the Gov at the event.
- Niesha will follow up with me in January about the teams that can commit.



February 16, 2024 Update: APSU Athletics: Kristal McGregor

She is working with Bobby Fieman to get athletes to sign up. She will get me a list by March 15 of the athletes and another list by March 22 with the list of drills they can do.

APSU Athletics Updates

3-21-2024

Student-athlete involvement

Volleyball – 5

Football – 4

Women’s Basketball – 7

Men’s Basketball – 3

We will get with our student-athletes to have each team set up their skill drill and get that information to you on March 29! Let us know if you need anything else from us!

- Meetings started in December of 2023 and continued through April of 2024 to piece together their involvement
- Final involvement
 - The Gov Mascot
 - Several player representatives and coaches from volleyball, football, and women and men’s basketball

Planning Blueprint

Additional Partner Meetings and Collaborations: Penny Greene and Clarksville Parks and Recreation



April 2, 2024:
~\$2,000 worth of food purchased thanks to the College of Behavioral and Health Sciences Fund of Excellence



April 3, 2024: Thirty-five family food bags packed by HHP 4800, Parks and Recreation, and Chick-fil-A volunteers

Planning Blueprint

The Role of HHP 4800: Assignments to Prepare for Event



Health screening and Hub trainings



Health coaching experience with HHP 1250 and 4050 students

Capstone Group Assignments
(Poster Introduction/Background,
Poster Methods, and Poster
Results and Conclusions)

CVD Group Topics

- Blood Pressure
- Body Composition
- Cholesterol
- Nutrition
- Glucose
- Physical Activity
- Smoking

Planning Blueprint

The Role of HHP 4800: Documents Designed for Event (Promo Flyer and Survey Flyer)

WELLNESS HUB

TIGERS, GOVS AND COMMUNITY UNITE
WITH FOOD, FITNESS AND FUN

4:30-6:30 p.m., Thursday, April 4, 2024
Burt Elementary



EVENT INCLUDES:

- Free food, face painting, and balloon animals
- Free adult health screenings
- Free Clarksville Parks and Recreation Center memberships
- Health education, activities, and games from Austin Peay state university students, student-athletes, and professors
- Kids should bring their favorite doll/stuff animal for the going to the doctor station
- Take-to-make family meal bags for the first 50 families
- Community health partners
- Camp fine arts program, including reading under the stars activity
- Art gallery
- Musical performances
- Public library and more

ONLINE SURVEY

Due by April 8, 2024

WELLNESS HUB: TIGERS, GOVS AND COMMUNITY
UNITE WITH FOOD, FITNESS AND FUN



This survey will assess your experiences during the above event. Please complete the survey by scanning the QR code below or visiting the link.

SHARE YOUR FEEDBACK

with the APSU undergraduate public health students:



https://qualtricsxmfbjn6tlct.qualtrics.com/jfe/form/SV_6yAWOPStE5Xww50



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College of Behavioral
and Health Sciences



College of Behavioral
and Health Sciences

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Planning Blueprint

The Role of HHP 4800: Documents Designed for Event (Passport)

P A S S P O R T



TIGERS, GOVS AND COMMUNITY UNITE
WITH FOOD, FITNESS AND FUN



WELLNESS HUB: TIGERS, GOVS AND COMMUNITY UNITE WITH FOOD, FITNESS AND FUN

DATE OF BIRTH
APRIL 4, 2024, AT 4:30 P.M.

DATE OF ISSUE
APRIL 4, 2024, AT 6:30 P.M.

DATE OF EXPIRATION

LAST NAME

FIRST NAME

PLACE OF BIRTH

DRAW PICTURE ABOVE

PASSPORT • PASSEPORT • PASAPORTE

VISAS

Earn stickers by participating at each station!

HEALTHY FOODS	UNHEALTHY FOODS	DANCE FITNESS	APSU K-12 PE TEACHING
MOVEMENT	JUST SAY NO! NO SMOKING	APSU ATHLETICS	PSY. SCIENCE & COUNSELING
CHILDHOOD IMMUNIZATIONS	GOING TO THE DOCTOR	APSU SOCIAL WORK	CAFETERIA
		MUSIC ROOM	LIBRARY

Burt Elementary School

Burt has been an outstanding host and partner for the April Wellness Hub in 2023 and 2024, teaming up with Clarksville Parks and Recreation and Austin Peay State University.

Burt's MISSION statement is: Personal best and collaborative effort creates excellence and learning for all.

Burt's VISION statement is: All students will graduate college and career ready.



Austin Peay State University College of Behavioral and Health Sciences

The College of Behavioral and Health Sciences is one of the main sponsors of the 2024 Wellness Hub. The mission of the College of Behavioral and Health Sciences is to cultivate a dynamic and inclusive learning environment that prepares students to excel in their chosen disciplines. Through innovative education, research and community engagement, we are committed to preparing graduates to meet the needs of a global society.



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Planning Blueprint

The Role of HHP 4800: Documents Designed for Event (Healthy Heart Screening Handout)



Healthy Heart Screening

AP Austin Peay State University
CLARKSVILLE, TENNESSEE
College of Behavioral and Health Sciences

Page 1

RESULTS		Heart Disease Risk Level		
Risk Factor	Results	Low	Moderate	High
Total Cholesterol (mg/dL)		< 200	200-239	≥ 240
HDL (mg/dL)		≥ 60	Women: 50-59 Men: 40-59	Women: < 50 Men: < 40
Total Cholesterol/HDL		Women: ≤ 5.0 Men: < 3.5	Women: 3.0-4.4 Men: 3.5-5.0	Women: ≥ 4.4 Men: ≥ 5.0
Fasting Blood Glucose (mg/dL)		≤ 99	100-125	≥ 126
Non-Fasting Blood Glucose (mg/dL)		< 140	140-199	≥ 200
Hemoglobin A1C (%)		< 5.7	5.7-6.4	≥ 6.5
Blood Pressure (mmHg)		< 120 and < 80	120-129 and < 80	≥ 130 and/or ≥ 80 Hypertension - Stage 1 or 2
Resting Heart Rate (beats per minute)		60-100	Slightly > 100	Significantly > 100
BMI		18.5-24.9	25-29.9	≥ 30 Class I Obesity: 30-34.9 Class II Obesity: 35-39.9 Class III Obesity: ≥ 40
Waist Circumference (inches)		Women: < 35.5 Men: < 37	Women: 35.5-34.9 Men: 37-39.9	Women: ≥ 35 Men: ≥ 40
Moderate-Intensity Aerobic Activity (min/wk)		≥ 150	> 0 < 150	0
Vigorous-Intensity Aerobic Activity (min/wk)		≥ 75	> 0 < 75	0
Muscle-Strengthening Activities Involving All Major Muscle Groups (d/wk)		≥ 2	1	0

Page 2

RESULTS		Heart Disease Risk Level		
Risk Factor	Results	Low	Moderate	High
Vegetables and Fruits (cups/d)		≥ 4.5	> 0 < 4.5	0
Fish and Shellfish (3.5-oz servings/wk)		≥ 2	> 0 < 2	0
Whole Grains (1-oz servings/d)		≥ 3	> 0 < 3	0
Sodium (mg/d)		≤ 1,500	> 1,500 < 4,500	≥ 4,500
Sugar-sweetened Beverages (fl oz/wk)		≤ 36	> 36 < 210	≥ 210
Smoking or vaping		No	Sometimes	Yes

Hemoglobin (g/dL)	Results	Normal Levels
Women		12.0-15.0
Men		13.5-16.0



Page 3

Burt Elementary School

Mission: Personal best and collaborative effort creates excellence and learning for all.

Vision: All students will graduate college- and career-ready.



Clarksville Parks & Recreation

Mission: We are on a mission to build a stronger community by providing a variety of positive experiences and exceptional facilities while preserving our natural resources.

City of Clarksville Vision: The first choice for residents and industry-led by an efficient, effective and transparent city government focused on quality of life.



Austin Peay State University College of Behavioral and Health Sciences

Mission: We strive to cultivate a dynamic and inclusive learning environment that prepares students to excel in their chosen disciplines. Through innovative education, research and community engagement, we are committed to preparing graduates to meet the needs of a global society.

Vision: We envision leading the preparation of competent professionals who generate meaningful, high-impact scholarship and influence the well-being of communities they serve.



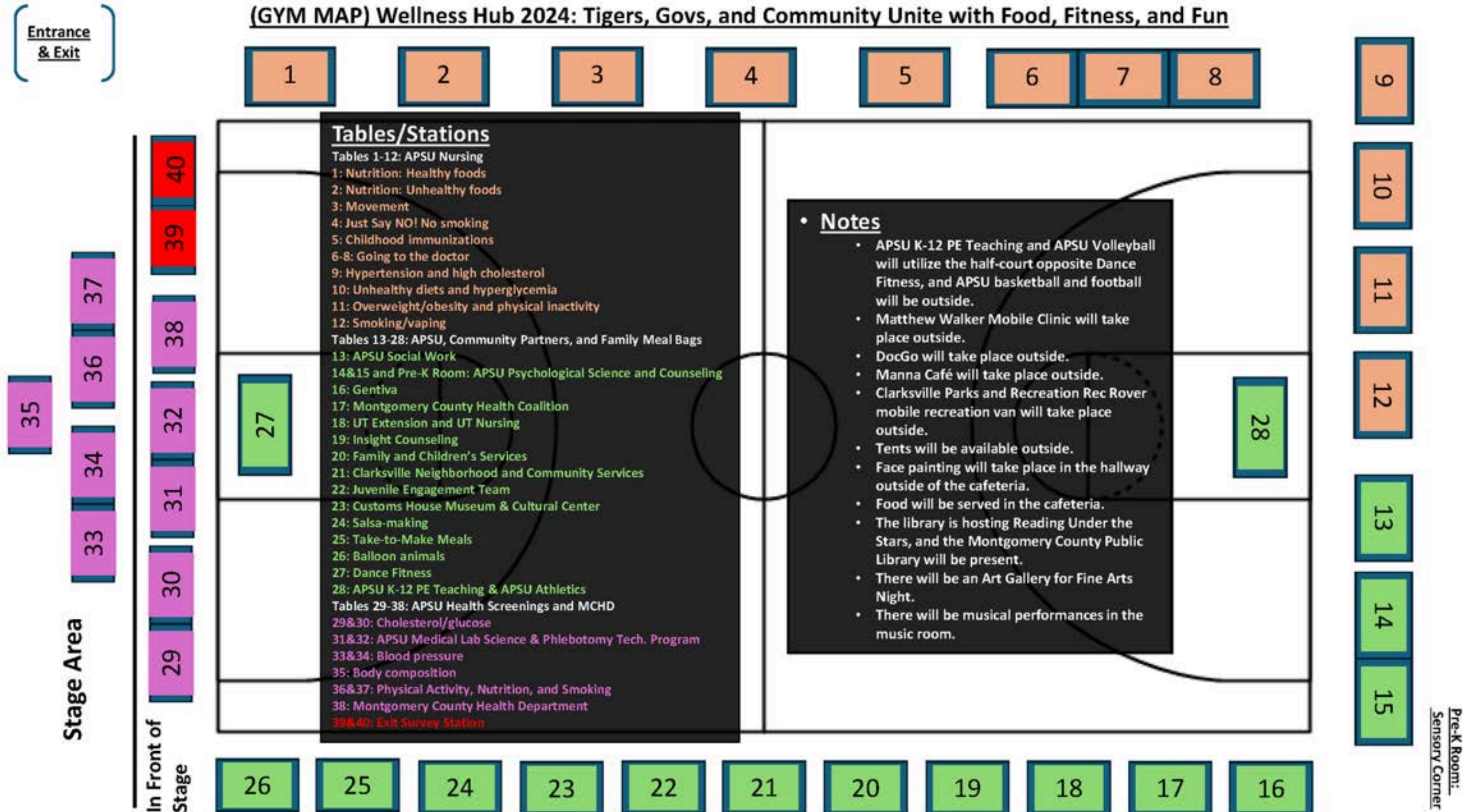
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Planning Blueprint

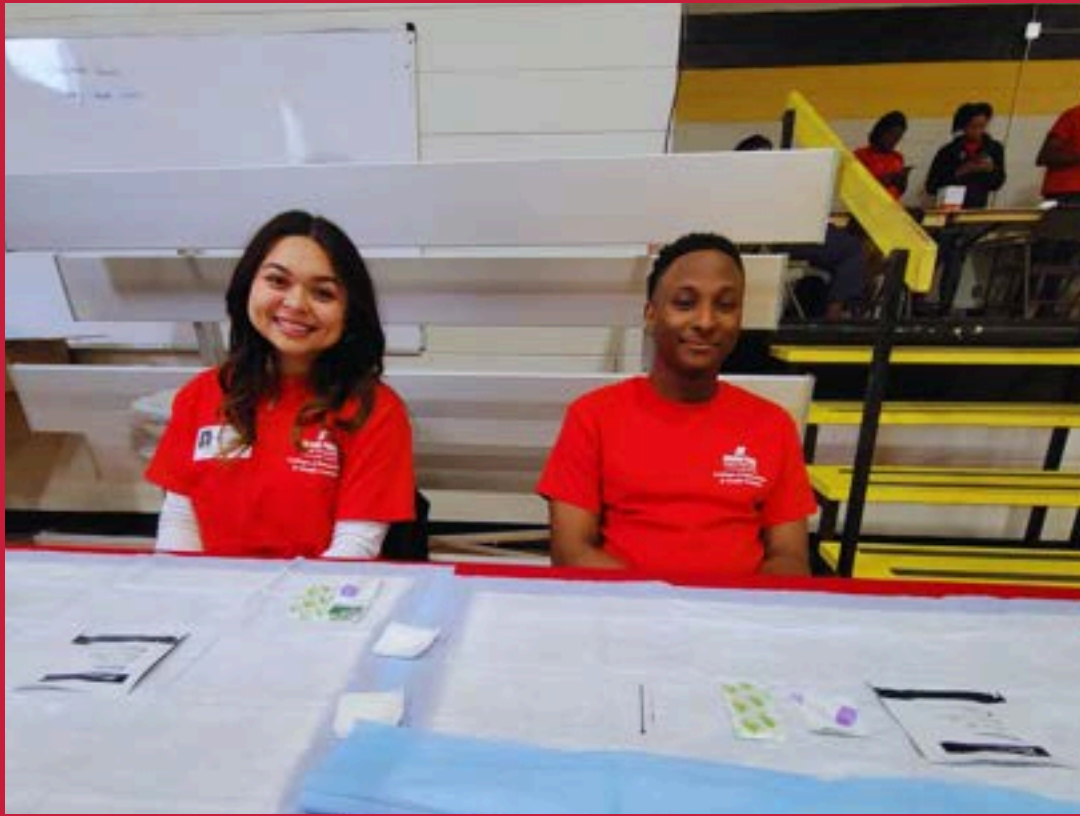
The Role of HHP 4800: Documents Designed for Event (Gym Map)

(GYM MAP) Wellness Hub 2024: Tigers, Govs, and Community Unite with Food, Fitness, and Fun



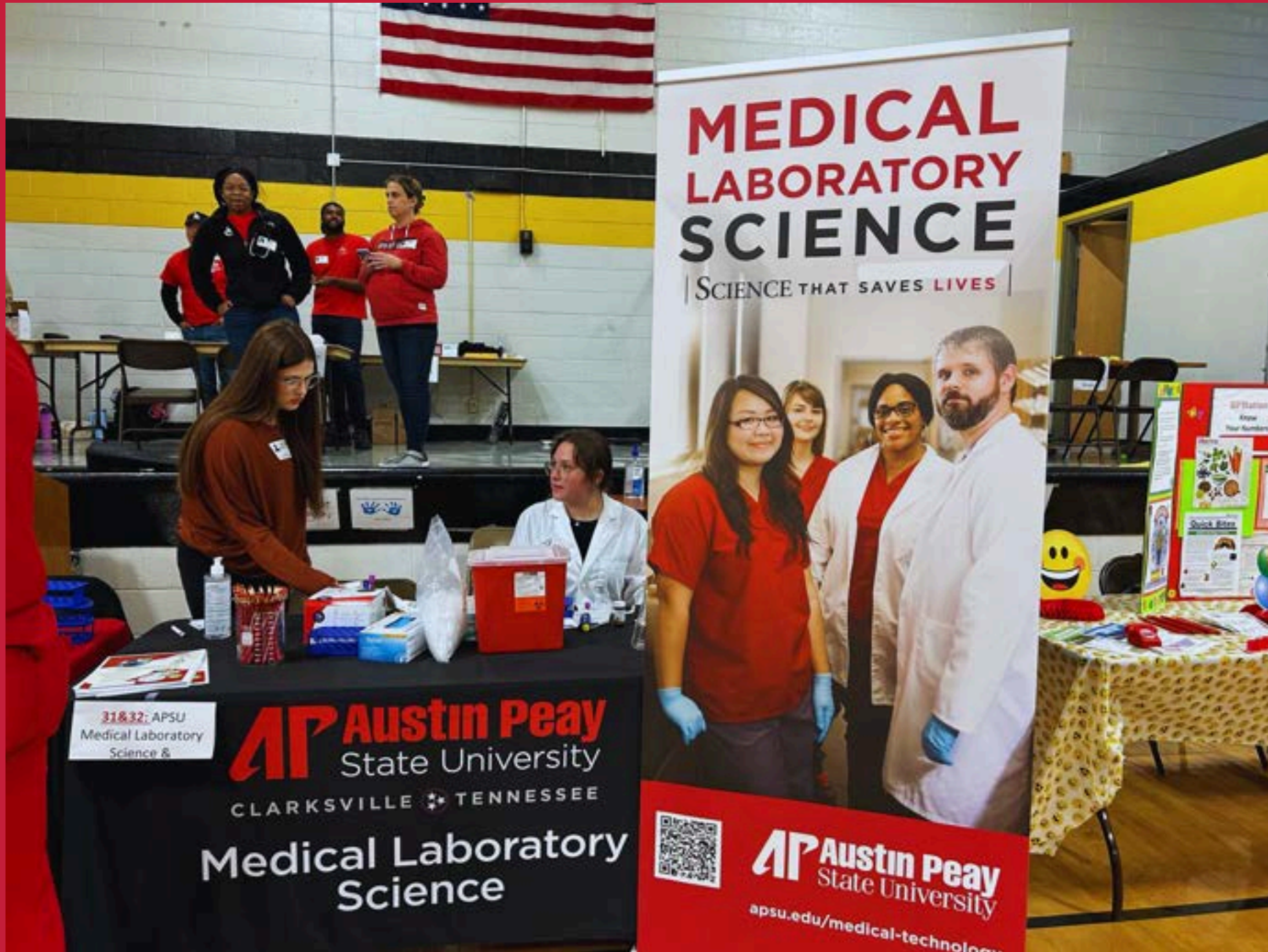
Implementation Blueprint

A Recount of The Hub Event at Burt Elementary: Healthy Heart Screenings Provided by HHP 4800



Implementation Blueprint

A Recount of The Hub Event at Burt Elementary: APSU Medical Laboratory Science and Phlebotomy Technician Programs



Implementation Blueprint

A Recount of The Hub Event at Burt Elementary: Montgomery County Health Department



Dr. Lillian Beard-Gaines, MD
Michelle Bulla, ANP-BC

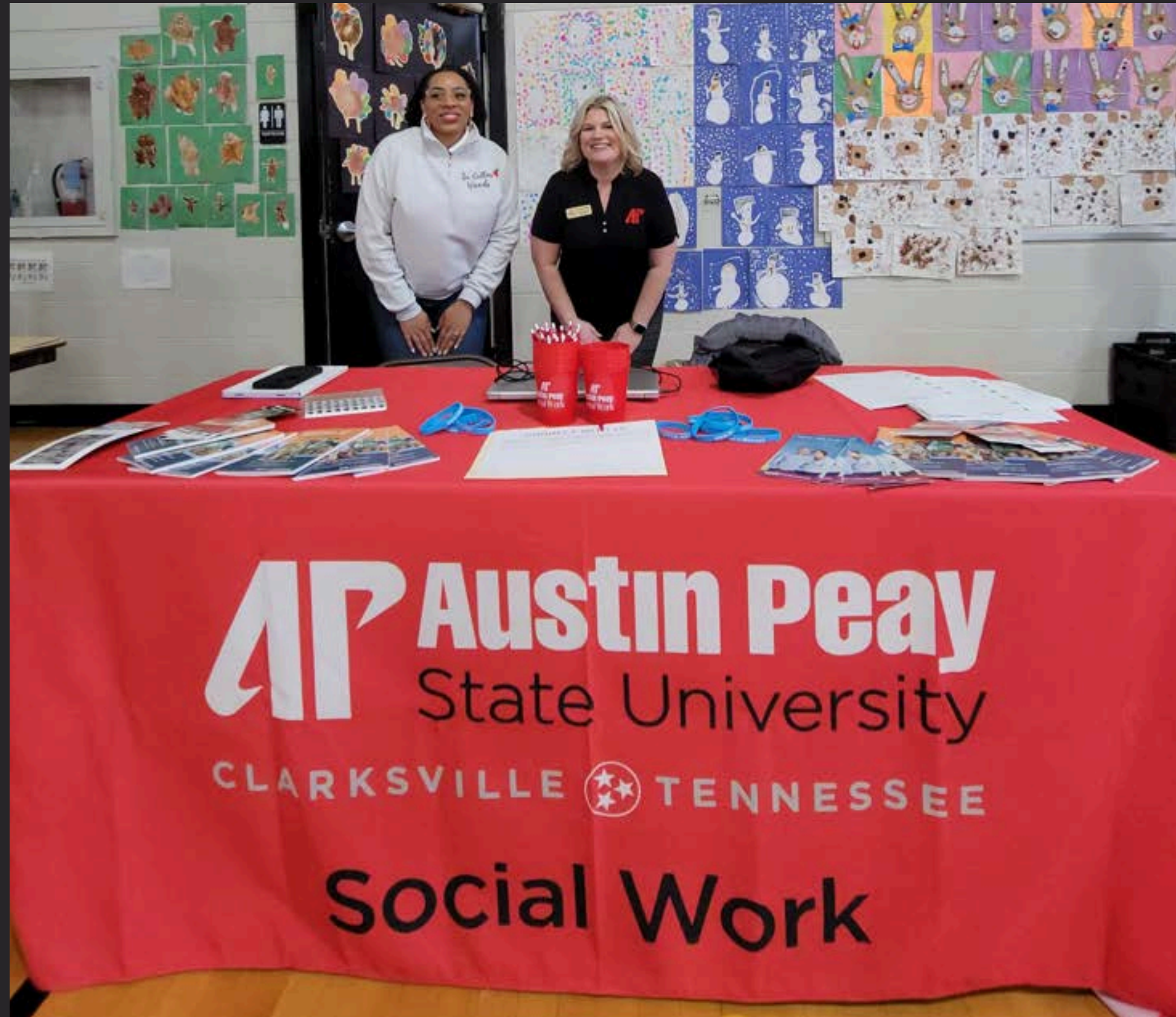
Implementation Blueprint

A Recount of The Hub Event at Burt Elementary: APSU NURS 4050/4051 Students



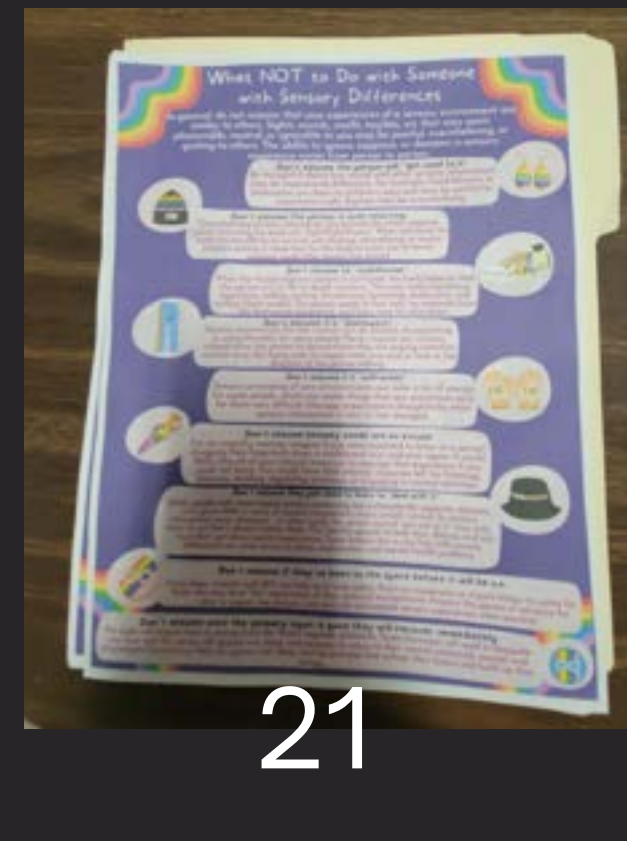
Implementation Blueprint

A Recount of The Hub Event at Burt Elementary: APSU Social Work



Implementation Blueprint

A Recount of The Hub Event at Burt Elementary: APSU Psychological Science & Counseling



Implementation Blueprint

A Recount of The Hub Event at Burt Elementary



**Family and
Children's Services**



**Clarksville Neighborhood
and Community Services**

Implementation Blueprint

A Recount of The Hub Event at Burt Elementary



**Customs House Museum &
Cultural Center**



Insight Counseling

Implementation Blueprint

A Recount of The Hub Event at Burt Elementary



Montgomery County
Health Coalition



goinglocal initiative

Implementation Blueprint

A Recount of The Hub Event at Burt Elementary



Matthew Walker Comprehensive Health Center



DocGo Mobile Health Clinic

Implementation Blueprint

A Recount of The Hub Event at Burt Elementary



Clarksville Parks and Recreation

Implementation Blueprint

A Recount of The Hub Event at Burt Elementary



**Balloon Animals by Clarksville Parks
and Recreation and Friends**

Implementation Blueprint

A Recount of The Hub Event at Burt Elementary



Juvenile
Engagement Team



thrive for a healthier
Tennessee

Implementation Blueprint

A Recount of The Hub Event at Burt Elementary



APSU Athletics and HHP K-12 Physical Education Teaching 29

Implementation Blueprint

A Recount of The Hub Event at Burt Elementary



Dance Fitness by Denise Galben and the Hip Collective

Implementation Blueprint

A Recount of The Hub Event at Burt Elementary



Chick-fil-A (Wilma Rudolph) Distributes Meal Bags, Salsa Starter Kits, and Healthy Snacks

Implementation Blueprint

A Recount of The Hub Event at Burt Elementary



Children's Passport with All Activities Completed

Implementation Blueprint

A Recount of The Hub Event at Burt Elementary



**Some of the
Wellness Hub
Planning Team**

Evaluation Blueprint

HHP 4800's Evaluation and the Public Health Research Poster Exposium: Promo Flyer

AP
Public Health

AP Austin Peay
State University
CLARKSVILLE, TENNESSEE
Health & Human Performance

THE HUB
BRIDGING COMMUNITY RESOURCES

BURT
ELEMENTARY SCHOOL

APSU Public Health Student Research Exposium

HHP 4800 (Capstone for Public Health) students will present research posters about their experiences planning, implementing, and evaluating the Wellness Hub: Tigers, Govs, and Community Unite with Food, Fitness, and Fun program at Burt Elementary School.

Research Poster Topics

- Body Composition
- Smoking
- Cholesterol
- Blood Pressure
- Physical Activity
- Glucose
- Diet

Monday, April 29, 2024
8:00 a.m. - 10:00 a.m.
Morgan University Center (outside facing The Green Man Sculpture.)

Questions? Contact Dr. Tyler Nolting at 931-221-6106 or noltingt@apsu.edu

AP College of Behavioral and Health Sciences

Evaluation Blueprint

HHP 4800's Evaluation and the Public Health Research Poster Exposium: Smoking



College of Behavioral and Health Sciences

Public Health

Smoking and Its Impact on Cardiovascular Health
Coleman, D., Mariga, M., & McCarthy, K.

Austin Peay State University, Department of Health and Human Performance

CLARKSVILLE PARKS & RECREATION

Abstract

Twenty percent of U.S. deaths are related to smoking (Johns Hopkins Medicine, n.d.), and second-hand smoke is a major contributing factor to heart disease (Son & Lee, 2020). The purpose of the Wellness Hub event was to provide health education and promotion regarding smoking and heart disease for youth and adults. Participants largely agreed that smoking impacts heart health, and many have had a history of smoking through personal experience or secondhand exposure. Overall, the event helped provide quality education and activities for youth and adults surrounding smoking.

Results

Of the roughly 350 attendees at Burt Elementary School's Wellness Hub Event, 14 participants completed the survey. Eighty-six percent of participants agreed that smoking impacts heart health (see bar graph below).
When conducting t-tests, there were no significant findings within different demographic categories and levels of agreement about smoking impacting heart health; however, the value closest to $p < .05$ was for marital status ($p = .13$), with unmarried individuals having a higher level of agreement than those who are married (see the bar graph below). When asked about their history with smoking, themes emerged, such as individuals who were former smokers, those who were exposed to secondhand smoke, those who vape, and those who never had any issues.

Conclusions

The data suggests that individuals largely understand the impacts of smoking on heart health. Also, most individuals note having experiences with smoking and/or vaping, whether it be personal experiences or secondhand exposure. We recommend that future events provide smoking/vaping cessation organizations and products for individuals trying to quit.

Introduction

Smoking and its effects on the cardiovascular system cause diseases that kill over 440,000 people in the United States each year. With smokers having twice the risk of experiencing a heart attack compared to non-smokers, quitting smoking can significantly reduce CVD morbidity and mortality. Everything mentioned within the research shows the connection between modifiable behavior, such as smoking/tobacco use, and cardiovascular disease. Our goal is to create programs that help aid in the cessation of smoking as there is a dire need for these.

Methods

Our goal is to increase knowledge on how smoking can affect your cardiovascular health. At the Wellness Hub event, youth and adults received education and participated in activities surrounding smoking, which were implemented by APSU nursing students. At the conclusion of the event, 14 adults completed a survey about the perceived severity of smoking and personal experiences with smoking. The event helped educate the participants about smoking prevention.

Participants' Agreement on Smoking Impacting Heart Health

Agreement Level	Percentage
Strongly Disagree	7%
Disagree	0%
Neutral	7%
Agree	7%
Strongly Agree	79%

Mean Level of Agreement for Smoking Impacting Heart Health (by Marital Status)

Marital Status	Mean Level of Agreement
Not Married	5
Married	4.3

Acknowledgments

We would like to thank the following people and organizations who were instrumental in helping develop and implement this health promotion program and contributed to its success: the APSU College of Behavioral and Health Sciences, the APSU Department of Health and Human Performance, the APSU Office of Research and Sponsored Programs, Clarksville Parks and Recreation, and Burt Elementary School.

Contact

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Evaluation Blueprint

HHP 4800's Evaluation and the Public Health Research Poster Exposium: Physical Activity



College of Behavioral and Health Sciences

Active Goves
Rodriguez, D., Qualls, B., & Nelson, A.

CLARKSVILLE PARKS & RECREATION

1. Abstract

Introduction: The Active Goves program provided health education for the youth and adults of Bart Elementary School and the Clarksville community on April 4th, 2024, at the Wellness Hub Event in Clarksville, TN. Our goal was to educate and raise awareness of the importance of being and remaining physically active.

Methods: Adult participants received health screenings. Both children and adults were also educated on how to implement healthy habits in their lives to stay physically active. Everyone adults completed the program survey.

Results: Adults reported a mean of 2.3 days of physical activity per week, and final results did not indicate any significant findings. Children were the primary inspiration for being adults and being physically active.

Conclusion: Based on the responses we received to the surveys, our program was a success. Adult and children participants engaged in various physical activities at the event, and they were informed on healthy ways they can remain physically active.

4. Results

The mean value for participants regarding how many days of the week they are active was 2.5. The median value was 2.5, the mode value was 5, and the standard deviation was 1.8. In terms of frequency (see Figure 1), we had 3 participants state that they are physically active 9 days a week, 4 participants said they are physically active for 1 to 2 days a week, 4 participants said they are physically active for 3 to 4 days a week, and 3 participants said they are physically active for 7 or more days a week. We did not receive any significant p-values when calculating the data using a paired sample t-test, mostly due to a small sample size completing the survey. When adults were asked about role models for being physically active, most of them stated their children were an inspiration as a choice or that they had no role model (see Table 2). We believe that we accomplished our program's goals because the participants who responded to our surveys gave us good reviews on our program and its effectiveness.

5. Conclusion

Our program's goal was to educate the youth and adults of Bart Elementary and Clarksville community about the importance of staying physically active. Based on our results, we conclude that our program was effective in teaching adults and children that being physically active is a fun, easy, and affordable way to prevent chronic disease. Our findings suggest many adults were relatively inactive and consequently were living with a variety of chronic health conditions that are associated with inactivity. Having a role model seemed to have a positive impact on more days being physically active than those who reported not having a role model. Overall, our program was a success. For future Wellness Hub events, we encourage public health students to find reliable sources related to this topic and gather different perspectives from their colleagues to create a well-balanced experience for community members.

Figure 1: Bar chart showcasing the number of days participants are physically active in a week.

Table 2: Major themes present from the question: "Who is a role model that inspires you to be physically active?"

Participants	Theme 1: My children	Participants	Theme 2: No one
02	"My children"	01	"None"
04	"No role model, my children inspire me to be physically active in ways I can"	02	"No one"

2. Introduction

Being physically active on a regular basis is important to reducing the risk of chronic disease and is key to living a healthy, long life. The American Heart Association recommends getting at least 75 minutes per week of vigorous aerobic activity or 150 minutes of moderate-intensity aerobic activity per week.¹ Individuals who are consistently physically active have their all-cause mortality rate decreased by about 30% to 35% compared to individuals who are not physically active.² The Wellness Hub at Bart Elementary helped introduce fun and engaging ways for students and parents to stay active. The Wellness Hub offered places to go to be active, like nearby parks and playgrounds, as well as different exercises to try, like dancing.

3. Methods

The program, Active Goves, was created to help the people of our community. We take pride in informing and raising awareness on ways to be physically active and how essential physical activity is to one's personal life. On April 4th, 2024, from 4:30 – 6:30 p.m., we got the chance to interact with the community at Bart Elementary at the Wellness Hub. Ziplines, Gears, and Community Cade with Food, Fitness, and Fun event. At least 300 adults and children were counted as attending the program. There were activities at the Wellness Hub event that presented physical activity. Student activities from Austin Peay came to interact with the community. The volleyball players played multiple mini-games of volleyball with facts about physical activity written on the ball. Nursing students provided information about places in the community to be active that are affordable, such as trails and parks. Public health students had a station where we screened adults' BMI, waist circumference, and body fat percentage. During the event, we also collected data by conducting a mixed methods survey, with 14 participants completing it. One question asked how many days of the week people were physically active, and the other asked who is a role model that inspires you to be physically active.

6. Acknowledgements

We would like to thank the following people and organizations who were instrumental in helping develop and implement this health promotion program and contributed to its success: the APSU College of Behavioral and Health Sciences, the APSU Department of Health and Human Performance, the APSU Office of Research and Sponsored Programs, Clarksville Parks and Recreation, and Bart Elementary School. We also want to give special thanks to Beanie Galbraith and the Hip Collective, APSU Athletics, APSU Nursing students & faculty, and both the APSU B-27 PE Teaching program.

References

Austin Peay State University, Department of Health and Human Performance, Public Health

Evaluation Blueprint

HHP 4800's Evaluation and the Public Health Research Poster Exposium: Blood Pressure



AP College of Behavioral and Health Sciences

AP Public Health

UNDERSTANDING BLOOD PRESSURE
Francis, C., & Jimenez, J.

Austin Peay State University, Department of Health and Human Performance, Public Health

CLARKSVILLE PARKS & RECREATION

ABSTRACT

Introduction: The best way to learn about a healthy intervention is to gain some hands-on experience and receive first-hand knowledge about ways of living a healthier lifestyle. Managing blood pressure is a very important task that must be monitored to avoid complications in life.

Methods: At the Wellness Hub event at Burt Elementary School on April 4th, 2024, students of HHP 4800 held screenings for those who attended the event. Blood pressure screenings were taken using an automatic blood pressure cuff. Fourteen individuals completed the survey of their knowledge and history with hypertension.

Results: By the end of the program, most participants knew common risk factors for hypertension. Also, Caucasians reported more experiences with hypertension than all other races. Additionally, themes emerged of having a personal or family history with hypertension.

Conclusions: The event was a success. The attendance was much greater than the year before. Based on the surveys, many individuals demonstrated knowledge of hypertension risk factors and several shared experiences with hypertension from a personal and/or family standpoint.

INTRODUCTION

The leading cause of death in the U.S. among both genders of different racial and ethnic groups is heart disease. Blood pressure, also known as hypertension, is the pressure of blood against the walls of blood vessels. It is measured by two numbers, systolic and diastolic. Systolic measures the pressure in your arteries when your heart beats while diastolic measures the pressure in your arteries when your heart rests between beats. A very important thing to keep in mind is to know that all of your body's important organs such as your heart and brain, receive nutrients and oxygen through your blood flow. A normal blood pressure is less than 120/80 mmHg. Studies have shown that individuals who decide to make lifestyle modifications for the betterment of their overall health have not only shown improvement within all health areas, but as well as lower blood pressure and maintaining a healthy weight. To conclude, it is important for one to get blood pressure screenings since it is also a key part of general health. Maintaining a healthy blood pressure is vital because the higher it is, the higher the chances of having health issues.

METHODS

Our mission was to provide a strong knowledge of wellness screenings and ways to promote a healthier community. The Wellness Hub was coordinated by Austin Peay State University public health students and faculty, Clarksville Parks and Recreation, and Burt Elementary School. The event aimed to increase the knowledge of living a healthier lifestyle by learning how to manage blood pressure. Our objective was that at least 50% of adults would know more about blood pressure and recognize interventions for managing blood pressure by the end of the event. We used health education to spread awareness of a healthy blood pressure range and ways to control it. Adults received blood pressure screenings and education about their results. Medical providers from the Montgomery County Health Department provided additional education and referral services. Additionally, APSU nursing students provided a health education station and activities focused on hypertension for adults. Participants completed the event by taking a survey that assessed their knowledge of risk factors for hypertension and also their personal and/or family experiences with hypertension.

Figure 1: Participants mean comparison for Select all of the risk factors for High Blood Pressure

Figure 2: Mean Values for Personal or Family History with Hypertension

Table 1: Major Themes from the Question, "Tell us about your experiences with high blood pressure (e.g., your self and/or family members)."

Participant	Theme 1: Self-reported pressure	Participant	Theme 2: Family members' health
Participant 11	It is controlled with medication.	Participant 9	all have it
Participant 1	Me	Participant 3	Genwright family members have it, we changed their lifestyle and it went away
Participant 5	I have it	Participant 7	My Teachers history
		Participant 11	Mother and paternal grandfather
		Participant 15	High blood pressure runs in the family, but its not sure if have written it has affected family members.

CONCLUSIONS

Major takeaways from the Wellness Hub is that adults were able to identify the risks that cause high blood pressure and how to prevent and/or manage it. They also thought about the history of high blood pressure in their families and how to prevent and/or manage the condition.

ACKNOWLEDGEMENTS

We would like to thank the following people and organizations who were instrumental in helping develop and implement this health promotion program and contributed to its success: the APSU College of Behavioral and Health Sciences, the APSU Department of Health and Human Performance, the APSU Office of Research and Sponsored Programs, Clarksville Parks and Recreation, and Burt Elementary School.

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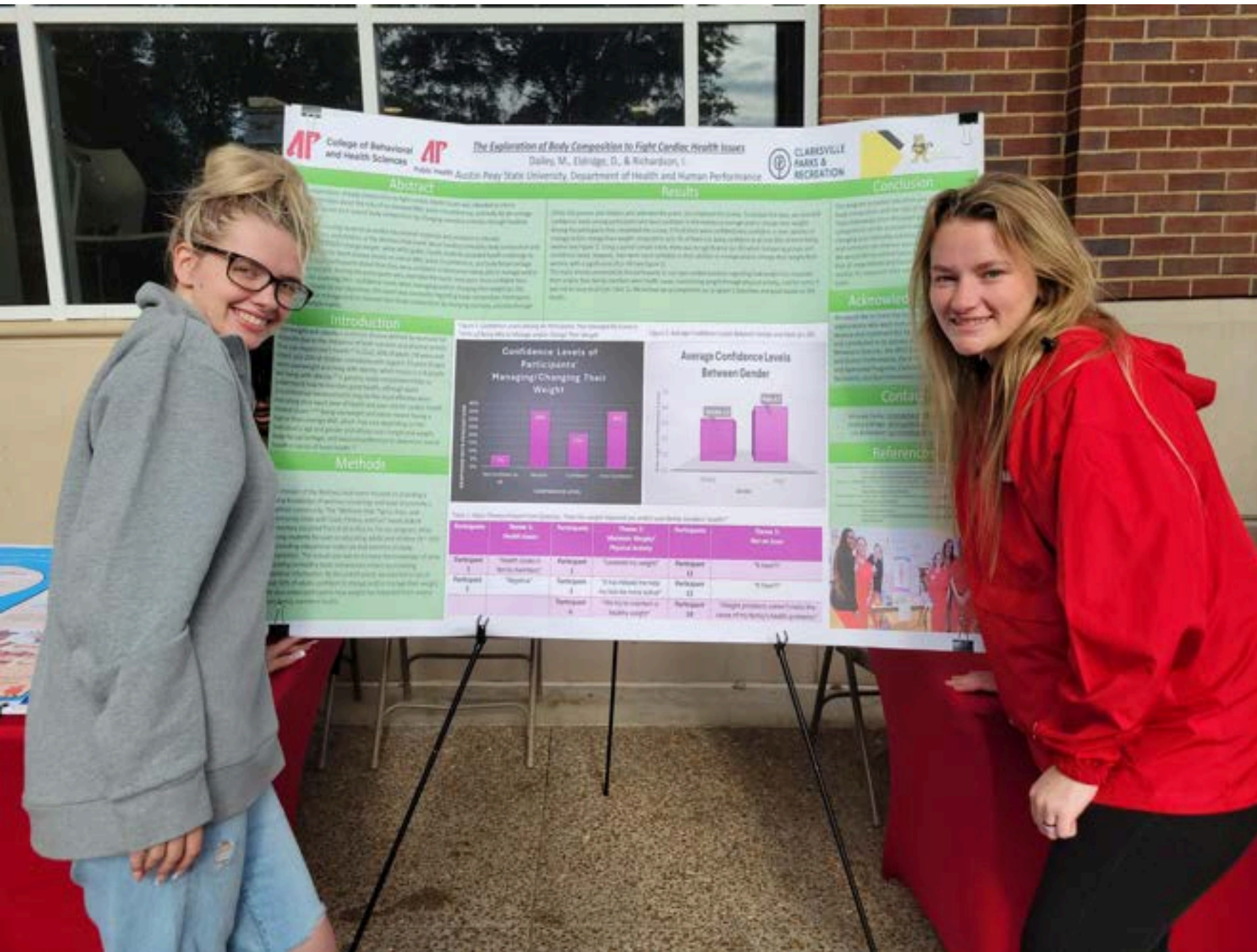
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Evaluation Blueprint

HHP 4800's Evaluation and the Public Health Research Poster Exposium: Body Composition



AP College of Behavioral and Health Sciences
Public Health Austin Peay State University, Department of Health and Human Performance

The Exploration of Body Composition to Fight Cardiac Health Issues
Dailey, M., Eldridge, D., & Richardson, I.

CLARKSVILLE PARKS & RECREATION

Abstract

Intro: The exploration of body composition to fight cardiac health issues was intended to inform community members about the risks of an elevated BMI, waist circumference, and body fat percentage and ways to improve your overall body composition by changing everyday activities through healthier lifestyle habits.

Methods: APSU nursing students provided educational materials and activities to educate parents/guardians and children at the Wellness Hub event about healthy/unhealthy body composition and ways to manage and/or change weight, while APSU public health students provided health screenings to assess risk factors for heart disease based on overall BMI, waist circumference, and body fat percentage.

Results: Nearly all participants stated that they were confident in themselves being able to manage and/or change their weight. Among the participants who attended the event, men were more confident than women when assessing their confidence levels when managing and/or changing their weight ($p < .06$).

Conclusion: Based on our objectives, this event was successful regarding body composition. Participants learned ways to manage and/or improve their body composition by changing everyday activities through healthier lifestyle habits.

Results

Of the 350 parents and children who attended the event, 14 completed the survey. To analyze the data, we assessed confidence levels among participants who were confident in themselves to manage and/or change their weight. Among the participants that completed the survey, 57% of them were confident/very confident in their abilities to manage and/or change their weight compared to only 7% of them not being confident at all and 36% of them being neutral (see Figure 1). Using a paired-sample t-test, there was no significance ($p < .05$) when comparing groups and confidence levels. However, men were more confident in their abilities to manage and/or change their weight than women, with a significance of $p < .06$ (see Figure 2). The major themes presented by the participants to our open-ended question regarding how weight has impacted them and/or their family members were health issues, maintaining weight through physical activity, and for some, it was not an issue at all (see Table 1). We believe we accomplished our program's objectives and goals based on the results.

Conclusion

Our program provided education and activities about body composition and the risks of heart disease. The major takeaways from this event were that body composition can be assessed in various ways and that changing your everyday activities (i.e., physical activity and nutrition) can improve your overall health. We would like to remind future public health students that all expectations and future goals need to be realistic for everyone since not every person is the same.

Introduction

Overweight and obesity is a chronic disease defined by excessive fat deposits due to the imbalance of both nutrition and physical activity that can impact one's health.^{1,2} In 2022, 43% of adults (18 years and older) and 20% of children and adolescents (aged 5-19 years of age) were overweight and living with obesity, which means 1 in 8 people are living with obesity.^{3,4} In general, body composition helps us understand how to maintain good health, although waist circumference measurements may be the most effective when indicating your exact level of health and your risk for cardiac health-related issues.^{5,6} Being overweight and obese means having a higher-than-average BMI, which may vary depending on the individual's age and gender and utilizes one's height and weight, body fat percentage, and waist circumference to determine overall health in terms of heart health.⁷

Figure 1: Confidence Levels Among All Participants That Attended the Event in Terms of Being Able to Manage and/or Change Their Weight

Confidence Level	Percentage
Not confident at all	7%
Neutral	36%
Confident	21%
Very Confident	36%

Figure 2: Average Confidence Levels Between Female and Male ($p < .06$)

Gender	Average Confidence Level
FEMALE	3.3
MALE	4.7

Methods

The mission of the Wellness Hub event focused on providing a strong knowledge of wellness screenings and ways to promote a healthier community. The "Wellness Hub: Tager, Go, and Community Live with Food, Fitness, and Fun" event at Burt Elementary occurred from 4:30-6:30 p.m. For our program, APSU nursing students focused on educating adults and children ($N = 350$) by providing educational materials and activities on body composition. The overall aim was to increase the knowledge of what a healthy/unhealthy body composition entails by providing statistical information. By the end of event, we planned to see at least 50% of adults confident to change and/or manage their weight. We also asked participants how weight has impacted them and/or their family members health.

Table 1: Major Themes Present From Question, "How has weight impacted you and/or your family members' health?"

Participants	Theme 1: Health Issues	Participants	Theme 2: Maintain Weight/Physical Activity	Participants	Theme 3: Not an Issue
Participant 3	"Health issues in family members"	Participant 1	"Lowered my weights"	Participant 11	"It hasn't"
Participant 5	"Negative"	Participant 2	"It has helped me help my kids be more active"	Participant 12	"It hasn't"
		Participant 6	"We try to maintain a healthy weight"	Participant 14	"Weight problems weren't really the cause of my family's health problems."

Acknowledgements

We would like to thank the following people and organizations who were instrumental in helping develop and implement this health promotion program and contributed to its success: the APSU College of Behavioral Sciences, the APSU Department of Health and Human Performance, the APSU Office of Research and Sponsored Programs, Clarksville Parks and Recreation, and Burt Elementary School.

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Evaluation Blueprint

HHP 4800's Evaluation and the Public Health Research Poster Exposium: Cholesterol



College of Behavioral and Health Sciences

Public Health

Heart Health Unveiled: The Truth About Cholesterol
Duker, K., & Woolridge, C.

CLARKSVILLE PARKS & RECREATION

Abstract

The goal of this program was to provide Burt Elementary parents with information about cholesterol, its effects on health, and how to keep their cholesterol levels within a safe range. Some of the topics discussed included understanding cholesterol, identifying dietary cholesterol sources, and incorporating cholesterol-friendly diets. Our goal was to have parents report an increase in confidence in making educated food decisions and a heightened understanding of the health risks associated with cholesterol. Educating parents about cholesterol is crucial for promoting heart-healthy practices among children. With the help of this program, we hope more people became aware of the importance of healthy eating and gained the information they needed to make positive changes in their own families' eating habits.

Introduction

Cholesterol is a waxy substance found in the blood and body.¹ There are two types of cholesterol: low-density lipoprotein (LDL), or bad cholesterol, and high-density lipoprotein (HDL), or good cholesterol.² Having too much LDL in your bloodstream can lead to the creation and eventual buildup of plaque in the arteries.³ Approximately 71 million Americans have high cholesterol.⁴ High cholesterol significantly increases one's chances of heart disease and stroke, the first and fifth most common cause of death in the United States.⁵ To prevent high cholesterol, it is important to implement a healthy lifestyle adjustment and, if necessary, incorporate medication.⁶ Adopting a healthy diet with plenty of fruits, vegetables, whole grains, and lean proteins and minimizing saturated and trans fats helps lower cholesterol.⁷ Additionally, regular physical activity, with a recommended minimum of 150 minutes of moderate-intensity exercise per week, can contribute to increased HDL cholesterol and decreased LDL cholesterol.⁸ Aerobic exercise such as walking, running, cycling, and swimming is best for lowering cholesterol.⁹

Results

A total of 14 adults completed the survey and responded to the following questions: 1) Which of the following is considered a good cholesterol? And 2) How has your diet impacted your risk for high cholesterol? As shown in Figure 1, 44% of the adults identified the official name for "good" cholesterol and 56% did not. On the second question and as shown in Figure 2, four adults believed their current diet does not impact their risk of high cholesterol, two believed their diet does impact their risk of high cholesterol, and three parents believed that their current diet has a major impact on their risk of high cholesterol.

Methods

Our mission was to provide a strong knowledge of wellness screenings and ways to promote a healthier community. On April 4, 2024, we hosted the Wellness Ambassadors, Gens, and Community Unite with Food, Fitness, and Fun event at Burt Elementary School from 4:30 p.m. to 6:30 p.m. Our goal was to educate the community about the risks and management of cholesterol. Our objective was that by the end of the program, at least 80% of participants would be able to tell what is classified as good and bad cholesterol levels. Approximately 350 participants attended the Wellness Hub event. Fingerstick tests were done to show the participants their total cholesterol (mg/dL), HDL (mg/dL), and ratio (total cholesterol/HDL). High cholesterol can lead to hypertension. The nursing students informed and educated parents on hypertension. This information poster was called "Hypertension and High Cholesterol" and they also gave out pamphlets with information about hypertension and high cholesterol. Fourteen adults responded to our survey, which asked: 1) Which of the following is considered a good cholesterol? (with 4 choices included). And 2) How has your diet impacted your risk for high cholesterol?

Figure 1: Percentage of Parents Identifying "Good" Cholesterol

Response	Percentage
Yes	56%
No	44%

Figure 2: Adults' Beliefs about their Diets' Impacts on Cholesterol Risk

Impact Level	Number of Adults
No impact	4
Some impact	2
Major impact	3

Conclusions

Our program aimed to help people understand cholesterol and its impact on heart disease. We aimed to teach about the dangers of high levels of LDL, which can result in hypertension and cardiovascular disease. Future public health students should be able to properly articulate the importance of maintaining a healthy and balanced cholesterol.

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Acknowledgments

We would like to thank the following people and organizations who were instrumental in helping develop and implement this health promotion program and contributed to its success: the APJU College of Behavioral and Health Sciences, the APJU Department of Health and Human Performance, the APJU Office of Research and Sponsored Programs, Clarksville Parks and Recreation, and Burt Elementary School.

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Evaluation Blueprint

HHP 4800's Evaluation and the Public Health Research Poster Exposium: Nutrition



Abstract

Adults and children do not meet the recommendations for various dietary guidelines. This can increase risk of heart disease and other conditions. The Wellness Hub event provided resources and screenings to children and families to increase education, awareness, and access to healthy food choices. Fourteen adults responded to the survey, with not reporting that their children follow a healthy diet and that their households have a low consumption of sugar-sweetened beverages and junk food. Additionally, taste and flavor, as well as cost, access, and lack of education, were cited as reasons for consuming these food items. Future programs should focus on increased education about healthy food purchases and preparation.

Introduction

Only 9% of adults in the U.S. meet the intake recommendations for vegetables and just 12% for fruits.¹ Most adults consume less than one serving of whole grains daily, significantly below the dietary guidelines.² Regarding salt intake, the global average is approximately 10.5 grams per day, more than double the World Health Organization's recommended limit of less than 5 grams.³ Sugar-sweetened beverages are another concern, with data showing that nearly half of the U.S. adult population consumes these drinks daily.⁴

FUEL YOUR BODY, FUEL YOUR LIFE

FIELDS, J., & COFFEE, J.

Abstract

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Methods

Our mission was to provide a strong knowledge of wellness screenings and ways to provide a food-safe community. We implemented the Wellness Hub: Tigers, Grow, and Community Date with Food, Fitness, and Fun event on April 4, 2024, from 4:30 p.m. to 6:30 p.m. We aimed to increase child and family understanding and awareness of healthy diets. At the event, we had different organizations with resources and activities, including APJU starting student distance and access to food resources. We provided health screenings to help with heart disease awareness. During the screening, it was assessed, and 14 adults responded to a survey assessing their child's diet and their household intake of sugar-sweetened beverages and junk food and screenings for this potential consumption.

Results

More than seven in 10 parents perceive their children to have healthy diets (see Figure 1). Only 14% reported a high household consumption of sugar-sweetened beverages and junk food (see Figure 2). When asked why families may consume high amounts of sugar-sweetened beverages and junk food two major themes emerged: 1) taste and flavor and 2) cost, accessibility, and education. For example, one person stated, "Because they taste good." Another person said, "Because of food prices and non-acute education on how to buy food that is actually good for you."

Figure 1. Parents' Perceptions of Children Having Healthy Diets

Response	Percentage
Strongly Agree	21%
Agree	50%
Neither Disagree Nor Agree	29%

Figure 2. Household Consumption of Sugar-Sweetened Beverages and Junk Food

Consumption Level	Percentage
Very Low	14%
Low	14%
Neutral	30%
High	29%

Conclusion

The main goal of the Wellness Hub was to help children and families understand healthy eating to reduce heart disease risk. Most parents perceive their children's diets as healthier than they are, and they also seem to underestimate their household consumption of sugar-sweetened beverages and junk food based on current health trends in similar populations. Moving forward, programs should focus on helping families understand how to purchase and prepare their own healthy food options, rather than eating out or opting for unhealthy choices.

Acknowledgments

We would like to thank the following people and organizations who were instrumental in helping develop and implement this health promotion program and contributed to its success: the APJU College of Behavioral and Health Sciences, the APJU Department of Health and Human Performance, the APJU Office of Research and Sponsored Programs, Clarksville Parks and Recreation, and East Elementary School.

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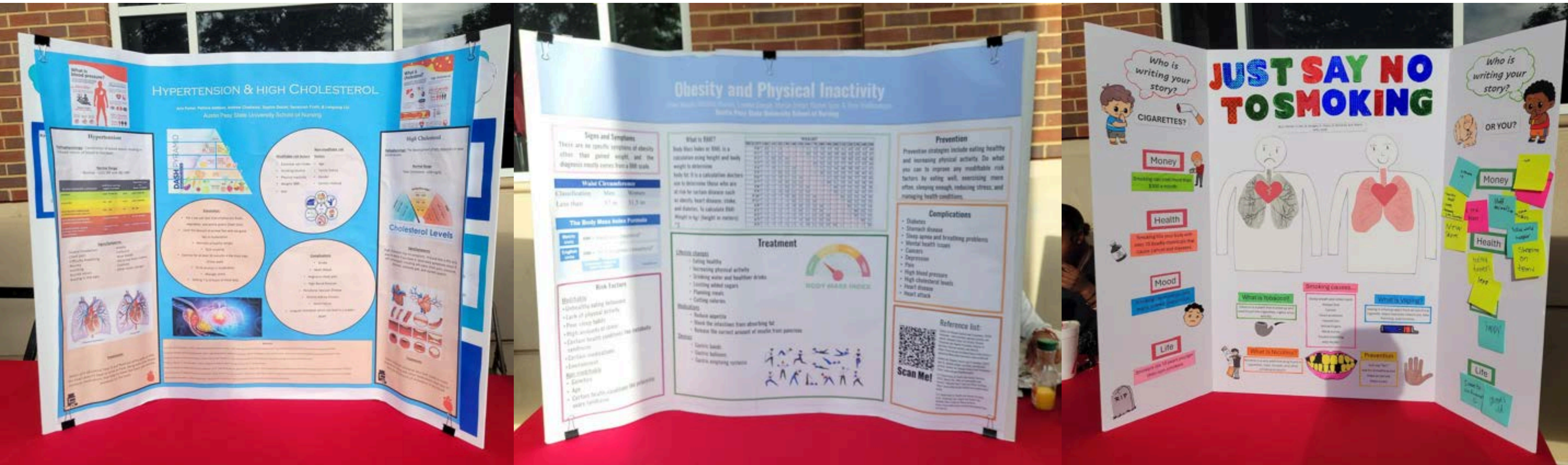
Johnston Coffee
johnstcoff@apju.apu.edu

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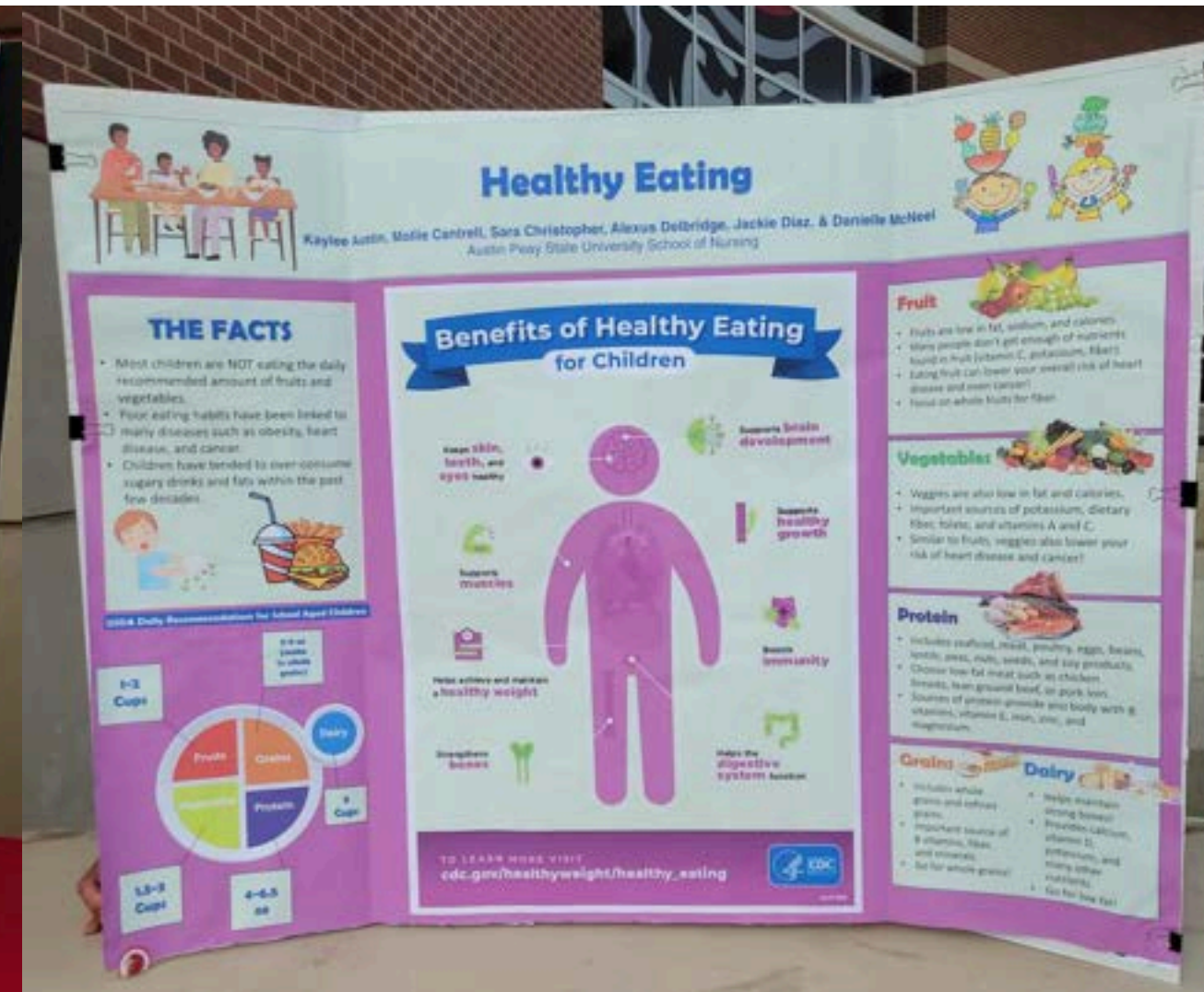
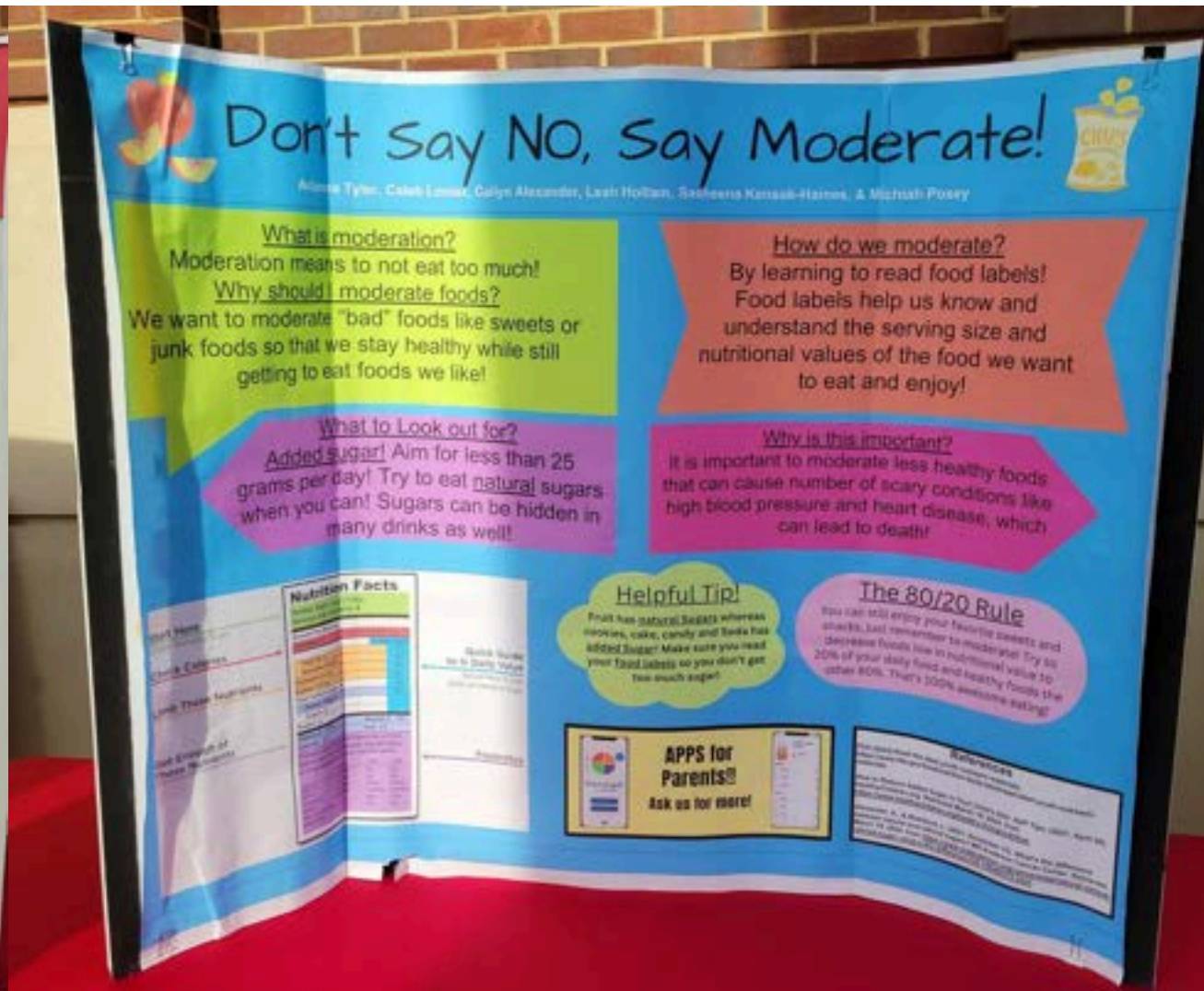
Evaluation Blueprint

HHP 4800's Evaluation and the Public Health Research Poster Exposium: Nursing Posters



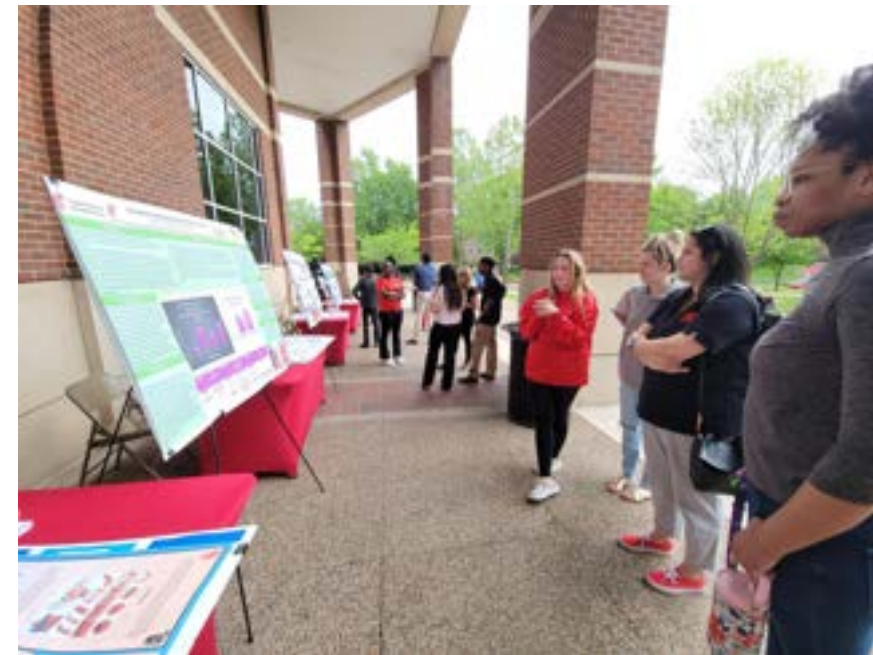
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HHP 4800's Evaluation and the Public Health Research Poster Exposium: Nursing Posters



Evaluation Blueprint

HHP 4800's Evaluation and the Public Health Research Poster Exposium: Student Interactions



Evaluation Blueprint

HHP 4800's Evaluation and the Public Health Research Poster Exposium: Class Photo



Challenges, Lessons Learned, and Suggestions



Giving the time and effort it takes for successful outcomes



Group work and satisfaction of team members, program partners, and recipients



Program maintenance and sustainability



Creating a positive team culture and environment



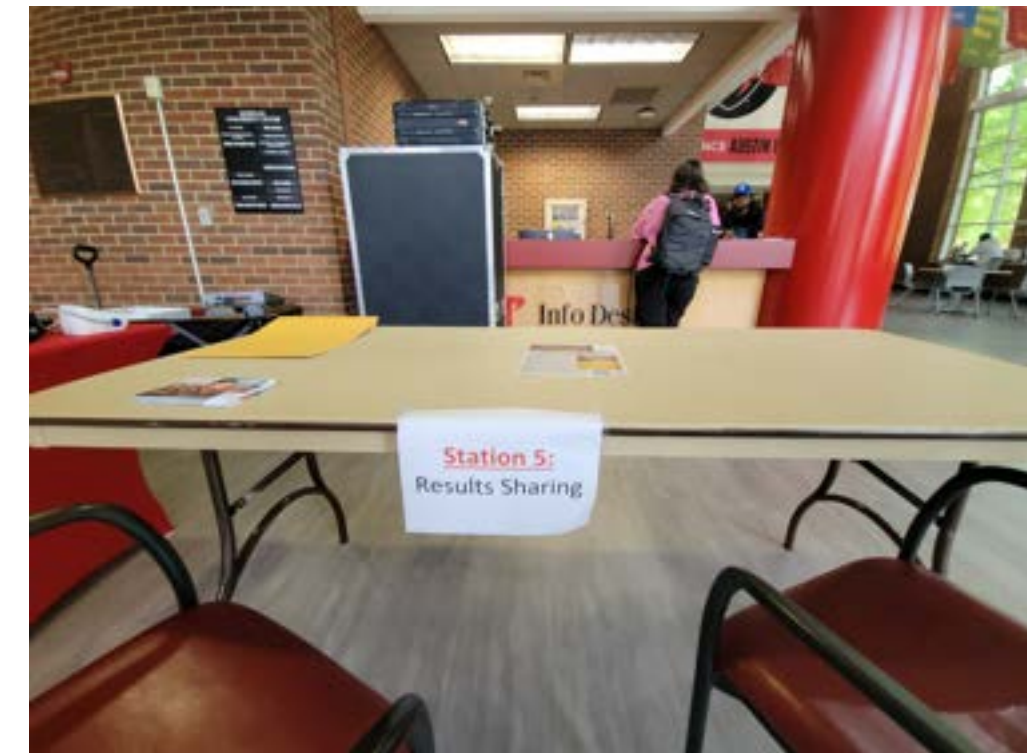
Funding for future programs



Sharing findings with others for future use and implementation

Plans for the Future

Govs Heart and Nutrition Hub: Empowering our Peayple (2024-2025 Academic Year)



47

Collaboration with Dr. Kadi Bliss, Dr. Collins Woods, Dr. Ruffin, Dr. Heather Phillips, Alexandra Wills, and Dr. Nolting

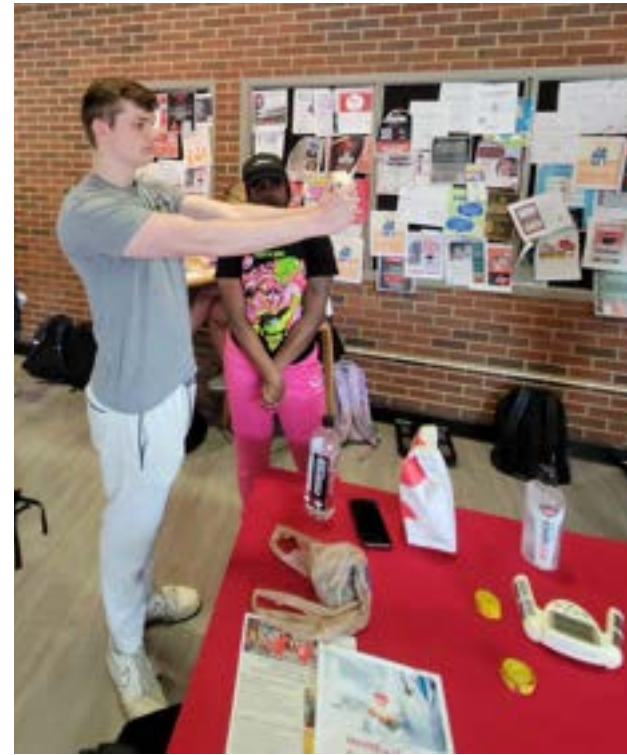
Resources: Applied for grant of nearly \$8,500

Plans for the Future

Below are images from a spring 2024 healthy heart screening event hosted by HHP 4800 students and the CoBHS Committee for Belonging, Engagement, Recruitment, and Retention.



Cholesterol and Glucose



Body Comoposition



Health Coaching



Nutrition and Physical
Activity Survey



Blood Pressure and Heart Rate



Some Inspiring Words from Clarksville's 3-Time Olympic Gold Medalist



“No matter what great things you accomplish, somebody helps you.”
–Wilma Rudolph

By **DWIGHT LEWIS**

Staff Writer

When Wilma Rudolph was around 6 years old and ill with scarlet fever, the whooping cough and polio, her mother, Blanche Pettus Rudolph, told her she could still be anything that she wanted to be.

Wilma listened to her mother's words of encouragement and in August 1960 — without the leg braces that she wore from the time she was 6 until she was 10 — won three gold medals in the Olympic Games at Rome.



said. “She was always there for her children and other members of her family.

“When I was a little girl, she told me I could be anything that I wanted to be if I worked hard and believed in myself. She said if I never stopped working hard and believing in myself that it would work for me and it did.”

“She was my everything,” Wilma Rudolph said.

Wilma (center) surrounded by her parents, Blanche and Eddie.

**ANY
QUESTIONS?**

