
Field Experience at the K-State Riley County Research and Extension

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Overview

- Land-grant University System
- Cooperative Extension System
 - K-State Research and Extension
- Scope of Work
 - Stay Strong, Stay Healthy
 - 4-H Verde Clovers club
- Learning Objectives
- Activities Performed and Projects Developed
- MPH Foundational Competencies
- Conclusion



Land-grant University System

- 1862 - the Morrill Act signed into law by President Abraham Lincoln
- 1890 - the second Morrill Act
- 1994 - the Elementary and Secondary Reauthorization Act
- Jonathan Baldwin Turner of Illinois: "In order for a democratic government to work, it requires educated citizens"
- 1914 - the Smith Lever Act, creating the Cooperative Extension system

(Collins, 2015; Herren & Edwards, 2002)



Cooperative Extension System

- To improve access to education, bringing land-grant university knowledge and resources to people where they live and work (Rasmussen, 1989).
- To identify the problems and needs of ordinary people, bring these problems and needs to the attention of researchers, and deliver non-formal education to solve these problems and needs (McDowell, 2001).
- Approaches: service, content transmission, facilitation, and transformative education (Franz, 2014).



K-State Research and Extension



(<https://www.ksre.k-state.edu/boardleadership/about-ksre/land-grant.html>)

K-STATE
Research and Extension



K-State Research and Extension

- Five grand challenges



K-STATE
Research and Extension



K-State Research and Extension

- K-State Riley County Research and Extension



K-STATE
Research and Extension

Riley County



Scope of Work

- 240 hours on site (May - September 2017)
- Virginia Barnard, MPH - Family and Consumer Sciences Agent
 - Stay Strong, Stay Healthy
 - 4-H Verde Clovers club
 - Tobacco Free Parks campaign



Scope of Work

Stay Strong, Stay Healthy

- Evidence based eight-week exercise program for older adults.
- Goal: improve health and quality of life of the participants.
- How: hour long strengthening exercise sessions twice a week

Stay Strong, Stay Healthy





Scope of Work

Stay Strong, Stay Healthy

- “Regular physical activity, including aerobic activity and muscle-strengthening activity, is essential for healthy aging. (...) by engaging in each recommended type of physical activity, can reduce the risk of chronic disease, premature mortality, functional limitations, and disability.” (ACSM/AHA)

Stay Strong, Stay Healthy





Scope of Work

Stay Strong, Stay Healthy



- 2008 Physical Activity Guidelines for Americans
 - aerobic, muscle-strengthening, flexibility and balance exercises recommendations.
- Muscle-strengthening:
 - muscle-strengthening activities that involve all the major muscle groups (legs, hips, chest, back, abdomen, shoulders, and arms) at least 2 days a week.

Stay Strong, Stay Healthy





Scope of Work

Stay Strong, Stay Healthy

- Exercise class structure:
 - Warm-up (5 to 7 minutes of instructor-led activity)
 - Strengthening exercises (work to 2 sets of 10 repetitions of each exercise)
 - Cool-down (3 to 5 minutes of instructor-led activity)

Stay Strong, Stay Healthy





Scope of Work

Stay Strong, Stay Healthy

- Tasks and products:
 - Collect pre- and post-assessment data
 - Assist exercise sessions
 - Correct exercise form
 - Supplemental material
 - Level 1
 - Level 2
 - Behavior change activities
 - Goal setting
 - Action planning
 - Coping planning

Stay Strong, Stay Healthy





Scope of Work

Stay Strong, Stay Healthy

- Is this enough?
 - “All older adults should avoid inactivity. Some physical activity is better than none, and older adults who participate in any amount of physical activity gain some health benefits.”



Stay Strong, Stay Healthy





Scope of Work

4-H Verde Clovers club

- 4-H: opportunity for youth ages 7-19 to learn more about:
 - citizenship,
 - leadership,
 - life skills.





Scope of Work

4-H Verde Clovers club

- Verde Clovers - “Salud, Saber, Sentir y Vivir”
 - Fall semester of 2016 - create a multicultural club
 - Spring semester of 2017 - official 4-H club





Scope of Work

4-H Verde Clovers club

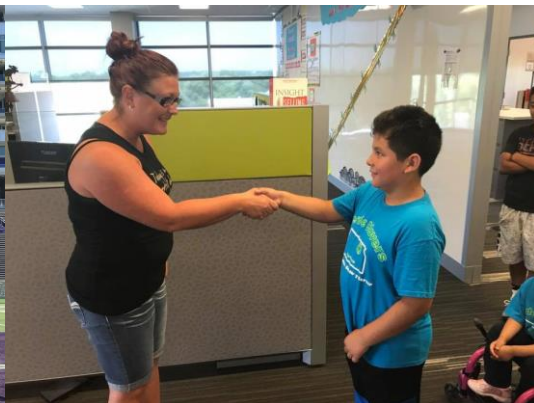
- 4-H Verde Clovers Camp
 - July 19-21
 - 10-12 youth
 - Civic Plus, Meadowlark Hills, KSU Insect Zoo, Ahearn Fieldhouse, Vanier Football Complex
 - Physical activity, nutrition, and STEM activities



Scope of Work

4-H Verde Clovers club

- 4-H Verde Clovers Camp
 - Learn by doing
 - An opportunity to exercise citizenship, leadership, and life skills





Learning Objectives

- To understand the community needs, and how K-State Riley County Research and Extension addresses those needs.
- To understand the U.S. social system and how it impacts underserved populations.
- To advocate for environmental system changes (tobacco free parks program).



Learning Objectives

- To understand the community needs, and how K-State Riley County Research and Extension addresses those needs.
 - K-State Riley County Research and Extension Office
 - 2017 Riley County Fair



Learning Objectives

- To understand the U.S. social system and how it impacts underserved populations.
 - Race, sexual identity, age, disability, SES, geographic location → impact health
 - Greater obstacles to health
 - 2015 Community Needs Assessment for Riley County (Gregory, Coleman, & Jolley, 2015):
 - Community growth → more disparities
 - “Invisible” population



Learning Objectives

- To advocate for environmental system changes (tobacco free parks program).



- Smoking leads to diseases and disabilities, harming nearly every organ of the body (U.S. Department of Health and Human Services, 2014).
- Discarded cigarettes and other forms of tobacco are toxic and hazardous to the environment (Pennsylvania Department of Health, 2016).
- Self-enforcing policies - depend on adequate signage.

(<https://www.kingcounty.gov/depts/health/smoking/tobacco-vapor/smoke-free-environments/parks.aspx>)



Activities Performed and Products Developed

Activities performed:

- anticipated activities
- unanticipated activities

Products developed:

- Supplemental material - SSSH
- Behavior Change Activities
- 4-H Verde Clovers Camp

Activities Performed and Products Developed



Activities performed:

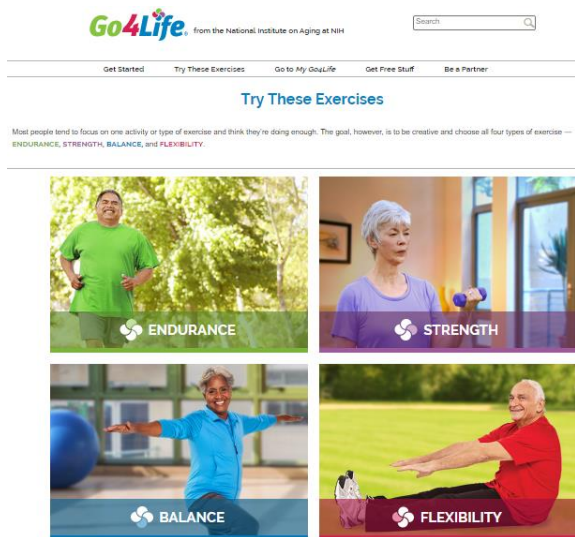
- 4-H Verde Clovers camp
- Stay Strong, Stay Healthy
- 2017 Riley County 4-H Fashion Revue
- food safety during food preparation - 4-H Verde Clovers club and their families
- 2017 Riley County Fair
- Riley County Food Survey for the Flint Hills Wellness Coalition
- Translating the Riley County Food Survey from English to Spanish
- Mailing nutrition and physical activity information to the WIC (Women, Infants, and Children) program families



Activities Performed and Products Developed

Products developed:

- Supplemental material - SSSH



EXERCISE 8: SEATED BACK/HIPS EXTENSION

A great exercise for strengthening low back and hips muscles, and help with posture



Repeat 10 movements for 1 set. Rest for about 1 minute and then complete a second set.

THE MOVEMENT:

1. Seat tall using a chair with your palms facing your knees.
2. You can keep your palms facing your knees or cross your arms over your chest.
3. Slowly bend over without arching your back. **YOU DONT NEED TO TOUCH YOUR KNEES WITH YOUR CHEST.**
4. Go back to the starting position.

MAKE SURE YOU:

- Don't arch your back, keeping a good posture
- Don't hold your breath

EXERCISE 9: SEATED ELBOW TO KNEE

A great exercise for strengthening abs and low back muscles



Repeat 10 movements for 1 set. Rest for about 1 minute and then complete a second set.

THE MOVEMENT:

1. Seat tall using a chair.
2. Raise one arm.
3. Bring the raised arm and the opposite leg together. **IF YOUR KNEE AND ELBOW DONT TOUCH EACH OTHER IT IS FINE, just do what you can.**
4. Go back to the starting position and do the same movement with opposite arm and leg.

MAKE SURE YOU:

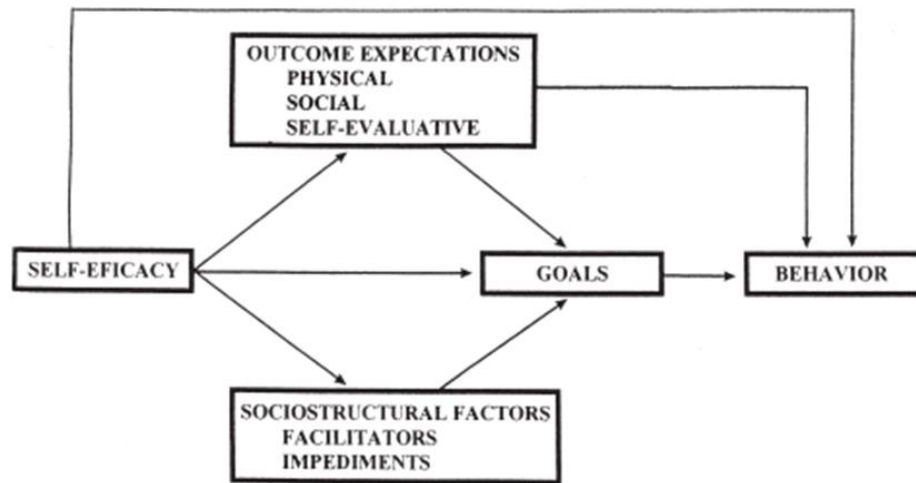
- Keep a good posture
- Don't hold your breath



Activities Performed and Products Developed

Products developed:

- Behavioral Change Activities
 - Goal setting
 - Action planning
 - Coping planning





Activities Performed and Products Developed

Products developed:

- 4-H Verde Clovers Camp

Verde Clovers Day Camp

Wednesday, July 19th

9-9:30 am **Ice Breaker and Snack**

10:00 am **Depart for Civics Plus**

10:15 – 11:15 am **Tour of Civics Plus**

11:20-Noon- **Lunch**

Noon-1:20 pm **STEM with Eric**

1:30 pm **Depart for Meadowlark Hill**

1:45-2:45 pm **Meadowlark Hills Exploration/ Olympics**

Thursday, July 20th

9-10:05 am **Ice Breaker and Snack**

10:05 am **Depart for Insect Zoo**

10:30-11:30 am **KSU Insect Zoo**

11:45-12:30 pm **Lunch**

12:30- 2:00 pm **STEM with Eric**

2:00- 3:00 pm **Painting on Canvas 101**

Friday, July 21st

9-9:30 am **Ice Breaker and Snack**

9:30 am **Depart for Ahearn Fieldhouse**

9:45-11:00 am **Ahearn Fieldhouse**

11:15-Noon **Lunch**

Noon-12:30pm **Finish STEM Projects**

12:30 pm **Depart for Vanier Sports Complex**

12:45-2:00 pm **Tour Vanier**

2:15-3:00 pm **Call Hall Ice Cream**



MPH Foundational Competencies

1. Interpret results of data analysis for public health research, policy or practice.
2. Discuss the means by which structural bias, social inequities and racism undermine health and create challenges to achieving health equity at organizational, community and societal levels.
3. Assess population needs, assets and capabilities that affect communities' health.
4. Propose strategies to identify stakeholders and build coalition and partnerships for influencing public health outcomes.
5. Select communication strategies for different audiences and sectors.



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Conclusion

- Put into practice MPH knowledge
- Real world public health perspective
- Memorable and useful in my future as a public health professional



References



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Questions?