

Community Health Education in Riley County

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Outline

- Public Health Issue
- Applied Practice Experience
- Project Description
- Results
- Discussion
- Competencies



Public Health Issue

Chronic Disease Prevalence

- Chronic disease can be widely defined as any condition that lasts 1 or more years and also requires ongoing medical attention or can limit daily activities or both (CDC, 2019)
- 45% or 133 million suffer from at least one chronic condition (Raghupathi, 2018)
 - Expected to increase in coming years
 - 4 in 10 have 2 or more conditions
- Risk factors
- Modest decreases in unhealthy behaviors could postpone 40 million cases annually

Cost of Chronic Disease

- Accounts for the largest percentage of the nation's \$3.3 billion spent on health care costs each year
 - \$5300 per person annually
- Treatment plus productivity losses cost U.S. economy more than \$1 million annually
- More than two-thirds of all deaths in the U.S. are caused by a chronic disease
 - 7 in 10 deaths
 - 1.7 million Americans

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Applied Practice Experience

Lafene Health Center

- Health Promotion Office serves the student population at Kansas State University
- Participates in various health promotion activities within the community
- February 2019-May 2019

LAFENE+
HEALTH CENTER

YOUR STUDENT HEALTH RESOURCE

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Projects

- Farmers' Market Handouts
- Wellness Week Activities
- Flint Hills Wellness Coalition Meetings

Riley County Extension Office

- Serves the population of Riley County
 - Educational courses
 - 4-H Youth Programs
 - Community Events
- February 2019 – September 2019

K-STATE
Research and Extension
Riley County



Projects

- **Healthier Families Course**
- **Freezer Meals Course**
- **Updated Community Resource Guide**
- **4-H Community Events**
- **Book in a Bag**

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Project Descriptions

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Informational Handouts for University Events

- Created informational material to be handed out at campus farmer's markets, wellness week activities, and a community 5K
- Purpose of the handouts was to provide college students with information on how to eat healthy
 - Limited budget
 - Few resources
 - Campus dining centers
- Conversations about portion sizes, food groups, and daily calorie intake

Healthier Families Course

- Course geared towards lower-income families with young children
- Four session course to provide parents with the knowledge and tools to create healthier eating habits within their homes
- Designed to implement habits that could ultimately reduce or prevent chronic diseases
- Program goals
 - Increase parental self-efficacy
 - Improve eating habits for both parents and children
 - Increase the number of meals eaten at home as a family unity
 - Improve child involvement in meals

Freezer Meals Class

- Three-hour course where participants assembled 10 family size freezer meals
- Main objective was to educate and show participants how easy it can be to have healthier meals on hand
- Goal was to reduce the number of meals eaten out for convenience sake

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Results

Measurable Results

- Informational handouts for Lafene given to 2% of the student body
 - 340 out of 17,789 students reached
 - 1 in 10 students could name all of the food groups
 - 1 in 18 students correctly identified a serving size
 - None of the students knew how many servings of each food group should be consumed daily
- Many of the projects completed at the Riley County Extension Office did not have measurable results
 - Unknown number of individuals utilize each resource
 - Healthier families course was cancelled prior to completion

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Discussion

Interpretation of Results

- Initial data from healthier families class supports the literature that states that socioeconomic status directly influences healthy habits
 - More meals eaten in front of a TV
 - Less child participation in meals
 - Less fruits and vegetables consumed
 - Inadequate amount of food groups consumed throughout the day
 - More pre-prepared meals consumed
 - Food used as a reward for good behavior
- Lack of reliable transportation, lack of knowledge on the importance of healthy eating, and lack of time all contributed to the lack of individuals reached

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RE-AIM Framework

- Reach
- Efficacy
- Adoption
- Implementation
- Maintenance

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Competencies

Competency #9

Design a population-based policy, program, project or intervention.

- Healthier Families Course
 - Based upon the information provided on ChooseMyPlate.gov
- Designed to negate the belief that eating healthy cannot be done on a limited budget and that children will not eat healthier foods

Competency #10

Explain basic principles and tools of budget and resource management

- Session within healthier families course on how to meal plan on a budget
 - Discussed how to figure out a grocery budget and how to stick to that budget
- Main points included
 - Utilizing grocery store ads
 - Strategic meal planning to minimize costs
 - Importance of using what you have on hand

Competency #11

Select communication strategies for different audiences and sectors

- Information material for Lafene
- Healthier Families Course material
- Freezer Meals Class
- Book in a Bag



HEALTHY EATING AS A COLLEGE STUDENT

Yes it can be done!

TIPS FOR NAVIGATING CAMPUS DINING CENTERS

1. Avoid fried food. Fried foods have high fat and calorie content which increases your risk for numerous health problems, including obesity, stroke, and diabetes. You want things like chicken, potatoes, and vegetables to be grilled or baked, not fried.

2. Drink lots of water. Your need water, and lots of it. Our bodies rely on water to function properly, but a lot of us are dehydrated. Instead of grabbing soda, juice, or energy drinks, fill up on water. Don't like the taste? Try adding in some fruit.

3. Eat real food. Real food is food that is harvested, farmed, picked, or raised. Your diet should consist of vegetables, fruits, high quality lean meats, beans, nuts, and whole grains. So make a trip to the salad bar, get creative, and don't be afraid to customize your meals.

4. Moderation is key. All you can eat meal plans tend to encourage us to eat more than we actually need. Start with one plate of food, eat it slowly so that your body has time to digest it, and then think about whether or not you need more to eat.

5. Splurge every now and again! It's ok to enjoy a plate of fries and chicken nuggets or a slice of pizza occasionally, just don't make it a habit.

Most college students think that eating healthy is too expensive, but with a little smart shopping, planning ahead, and time in the kitchen, it can be done, even on a limited budget. Always check your local grocery ads, what's in season in your area, and what you already have when planning out what you are going to eat.

Competency #19

Communicate audience-appropriate public health content, both in writing and through oral presentation

- Healthier Families Course Lessons
 - PowerPoints
 - Handouts
 - Discussion

PARENTS GUIDE FOR DEALING WITH PICKY EATERS



Don't be a short order cook

When you frequently give in a child will quickly learn that all they have to do to get their way is whine. Planning ahead, setting rules about tasting new foods, and setting a good example are all ways to avoid this.



Stock a healthy snack bowl

Children tend to graze throughout the day so having a healthy snack bowl that they are allowed to eat from at anytime gives them the freedom to choose what they want to eat while also encouraging healthy habits.



Give them options

If you are serving a new food, pair it with something familiar. Introducing multiple new foods at once can be overwhelming, and even scary, to some children. Try serving one thing they like, one thing they have tried before, and one new thing at as many meals as possible.



Camouflage Ingredients

Sometimes what kids don't know can help them. If your child refuses to eat vegetables, try hiding them in your meals and gradually increasing the portions. Things like zucchini noodles, cauliflower rice, and shredded carrots are all easy things to hide in meals.



Get kids involved!

The best way to get children to try new foods is to get them involved! Have them help you plan out what you will eat, take them to the store to pick out produce, and include them when making a meal. Make these times fun, positive, and encouraging so that they are more willing to try new things.

Most importantly, give them time!

Be patient, remain calm, and don't give up. Eventually they will learn to love, or at least tolerate, some fruits and vegetables.

Competency #21

*Perform effectively on
interprofessional teams*

- Farmers' Market and Wellness Week Planning Meetings
- Flint Hills Wellness Coalition



Questions?