



Field Experience

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Field Experience Outline

- Background
- Scope of Work
- Learning Objectives
- Activities Performed
 - Be Well Bergman
 - Recommendations
- Conclusion



Background

- Via Christi 2015 Implementation Strategy Plan (ISP)
 - Four largest health needs:
 - Mental health needs
 - Access to primary care physicians
 - Fruit and vegetable consumption
 - Meeting physical activity guidelines

Scope of Work

- Working within the community
 - Connecting with community partners
 - Development of materials for programming
 - Conduct assessment of programming
 - Represent the hospital at various meetings



Learning Objectives

1. Assist in 2015 ISP in focusing on specific PA and healthy eating programming
2. Join Be Well Bergman (BWB) task force and attend all BWB engagement sessions
3. Strategize with Douglass Community Rec Center for programming



Learning Objectives- continued

4. Attend Flint Hills Wellness Coalition (FHWC) meetings and Manhattan Bike and Pedestrian Meetings
5. Comprehensive analysis of Manhattan's wellness/community health system.



Be Well Bergman

- Purpose: To improve healthy eating/PA of families at Bergman elementary
- Partnership with Bergman elementary school
 - Target audience: Lower SES families of the school
- High interest in nutrition education and healthy meal planning program
 - 38/60 (63%) respondents interested



Be Well Bergman

- Some of my tasks:
 - Marketing
 - Assisted coordination/planning of sessions
 - Development and administration of:
 - Pre/post surveys
 - Log Sheets
 - Additional materials for program



Be Well Bergman

- Program Overview:
 - 4 sessions over the course of 3 months (Feb-April)
 - Core themes centered on healthy meal planning and preparation
 - Breakfast, Lunch, Dinner, Snack
 - Free wellness coaching outside of sessions



Example course

1. Introduction of presenter
2. Presentation by presenter (35-50 min)
 1. Demonstration of preparation of a possible meal
 1. Most of the preparation was hands on
 2. Discussion of nutritional information for the meal
 3. Discussion around a relevant meal planning topic
 4. Q & A
3. Debrief/Dismiss



Be Well Bergman

- 6 families
 - Approximately 3 kids each
- Desired Learning outcomes
 - Making healthy food choices
 - Cooking healthier meals for kids
 - Meal planning skills
- Barriers
 - Time
 - Too tired
 - Organization of menu
 - Kids



Be Well Bergman

- Qualitative Results
 - 4/5 respondents noticed increase in F&V consumption
 - 2/5 noticed increase in PA
 - Learning outcomes (self-reported):
 - Getting outside of my comfort zone
 - Planning meals for kids
 - Small changes can add up to great health benefits



Be Well Bergman

- Recommendations
 - More planning time
 - Careful review and use of evidence
 - Possible expansion of number of sessions
 - Broader content
 - More of a PA component
 - Give a ‘say’ to participants on content
 - Other school involvement
 - Partnership with another ‘health entity’



Conclusion

- Perspective on how community health is done right now
 - How to improve the process
- Public Health Policy in action



Core Competencies

- Biostatistics
 - Thesis research, other lab research using learned principles
- Environmental Health
 - Regional Food and Farm Council and RCPHAC meetings
- Epidemiology
 - SBM
- Health Service Administration
 - Field Experience and interview with VP of rehab hospital
- Social and Behavioral Sciences
 - Most of my KIN coursework and research

Questions?