



HBCU
WELLNESS
PROJECT

at Meharry Medical College



Raising
the Bar
to Healthy
Lifestyles
and
Choices.



What is the HBCU Wellness Project?

Abbreviated for Historically Black Colleges and Universities (HBCU), The HBCU Wellness Project is an intervention designed to utilize the human and social capital at private historically black colleges and universities to promote health and modify risks for chronic diseases among individuals living in the surrounding communities. The primary goal of the HBCU Wellness Project is to leverage educational and service oriented resources at HBCUs to positively impact the health and well being of Tennessee residents.

Project Objectives:

- Conduct needs assessments for local communities and campuses.
- Enhance the capacity of faculty to integrate service learning into the curricula.
- Recruit, train and guide student health ambassadors to develop health and wellness projects to promote readiness for change.
- Assess short and long term outcomes of service learning activities in communities of color.
- Develop and maintain a pipeline of students of color interested in entering health professions workforce.



The participating HBCUs include: Meharry Medical College, Fisk University, Lane College, Knoxville College, LeMoyne-Owen College, and Tennessee State University.

Healthy choices



are not a secret!

Student Health Ambassadors

Student health ambassadors (SHAs) are full-time students who attend one of the participating Historically Black Colleges or Universities associated with the HBCU Wellness Project. SHAs are exposed to service learning pedagogy that will enable them to work with local health and social service agencies in addition to serving as community representatives. In this role SHAs will positively impact the health and well being of underserved community residents in culturally sensitive and culturally relevant ways.

SHA Key Roles:

- SHAs are health promotion and disease prevention advocates.
- SHAs are change agents who work with community partners and residents.
- SHAs are trained to investigate key community health issues through extensive study.

“I became a SHA because I enjoy giving back to society and I also plan to pursue a career in Public Health.”

~ Cleydy Avila, Knoxville College

Student Research

The SHAs take pride in being able to touch the community through their research of disparities plaguing our minority communities. As health promotion and disease prevention advocates, they disseminate health information on topics associated with health priority areas for communities of color using evidence based methods shown to be effective in targeted communities. While conducting research the SHAs participate in community and campus events to further increase their knowledge on their particular research by working within the local communities. With access to the community the SHAs are able to disseminate information on local resources that will provide guidance to community participants. The local resources are usually local nonprofit organizations that focus on particular disparities that affect minority communities. These organizations are identified as community partners.

The community partner helps the SHA identify underlying causes of health inequalities in communities of color. With this partnership, the community partner is able to gain an outside perspective on their resources while giving the SHA insight on their research. Together the goal is to increase health protective behaviors in communities, empower residents through education, information and skills; building activities that will lead to long-term solutions for social and/or environmental factors that contribute to disease development, disability and early death.

Reaching into the Community

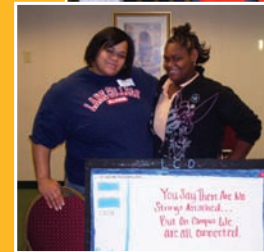
Fisk University

Queen Afua teaches Holistic Wellness at the HBCU Wellness Project community forum at Fisk University



Lane College

HBCU Community Wellness Event



"The HBCU Wellness Project is vital to me as a student because of the opportunity it allows to make a difference in someone's life."

~ Keiara Gallien
Student Health Ambassador
Lane College

Meharry Medical College

Meharry Student Health Ambassadors



Knoxville College

HBCU Wellness Health fare

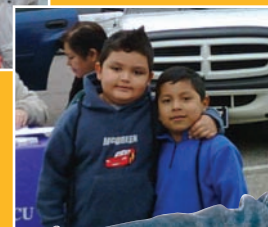


Lemoyne- Owen College

The LeMoyne-Owen College/Meharry HBCU Wellness Program worked in conjunction with the National Urban League and Walgreens "Take Care Health Tour" Health Fair in the Hispanic Community located at the Iglesia Nueva Vida Church.

"The HBCU Wellness Project is important to my community regarding the spread of HIV/AIDS. HIV is becoming common for some Tennessee communities. Through the HBCU Wellness Project, it is imperative that the awareness lectures, test screenings, and instructions on the proper way to use contraceptives are properly addressed to the community."

~ Zuhura Aminah Ndidika Bediako Blake
LeMoyne Owen College



Community Perspective

How the HBCU Wellness Project Community Forum Impacted my Life

By Abimbola A. Wali, Community Participant

Queen Afua's visit to Fisk University reawakened and reinforced my belief that food is indeed your medicine.

- > Instead of eating out weekly, I began to prepare my own food and have limited eating out to once per month.
- > Now I bring my lunch weekly, and include a fresh spinach salad.
- > I began purchasing fresh vegetables instead of frozen vegetables, and I eat starches in the afternoon, and not at dinner.

I have joined a group of women and we are preparing to begin a detoxification diet, which will eventually lead to us doing the purification fast.

The results I experience thus far are my bowels are no longer blocked, and I eliminate several times per day. This makes me feel lighter, and I've notice a small change in the appearance of my abdominal area.

What will always stick with me, is how Queen Afua was able to inspire and encourage so many people to form wellness groups. I thank the HBCU Wellness Project for this life changing opportunity.

Service Learning

Service learning is a system of structured learning opportunities and experiences in local communities that expose students to the real-life problems and concerns of stakeholders. Students become civically engaged through active participation, collaboration, problem-solving and providing community service. In this regard, students are given an opportunity to connect what they have learned in the classroom with their actual community experiences and facilitate that connection through journaling and reflection. It differs from traditional learning because it:

- > Strives to achieve a balance between service and learning objectives
- > Places emphasis on addressing community concerns
- > Involves community partners
- > Emphasizes reciprocal communication and learning
- > Emphasizes reflection
- > Development of civic engagement and responsibility

Community Based Participatory Research (CBPR)

The SHAs are trained to incorporate community based participatory research into their studies. You may ask what is CBPR? According to the Community Health Scholars Program, CBPR is a "collaborative approach to research that equitably involves all partners in the research process and recognizes the unique strengths that each brings. CBPR begins with a research topic of importance to the community and has the aim of combining knowledge with action and achieving social change".

"I became a SHA because I believe it provides me an opportunity to work with members of the community and provide them with information to make good choices when facing difficulties in life."

~ Sarah Price

Student Health Ambassador
School of Medicine
Meharry Medical College



Health Disparities

“Promoting Change”



J.L. Osei Mevs, MPH
Meharry Medical College,
Sr. Associate Vice President for
External Affairs, Principal Investigator,
HBCU Wellness Project

Our nation has made tremendous progress in the health sciences. Today, we stand apart from the rest of the world with our many advances in the biomedical sciences. Mapping and sequencing the Human Genome is essentially complete, putting us at the threshold of a new era of discovery and therapeutic promise. However, that promise will not be fully realized if we fail to make similar progress in opening wide the doors for the health professions to all of our citizens who will ultimately influence health outcomes and continue the process of promoting healthy changes.

We live in a world, where there are significant differences

in health status. These differences influenced by where we live, what and how we eat, whether we have access to resources, and who our ancestors were. By 2045,

more than half of the population in the United States will be people of color, African-Americans, Latinos, Native Americans and those living in communities underserved with limited access to health care and diminished health outcomes.

In 2003, the Institute of Medicine (IOM) warned of the “unequal treatment” minorities receive when engaging the health system. Thus, the IOM recommends increasing the number of minority health professionals as a key strategy to reducing and eliminating health disparities. Health services research has shown that minority health professionals are more likely to serve minority and medically underserved populations. Despite this fact, there is a significant dearth of minorities in our nation’s health professions.

My challenge and vision is to transform our high school and collegiate students to seriously consider their roles in changing the statistics that despairingly describe a world that may be sicker and less hopeful to one that is healthier and productive. We want to increase the likelihood of that every baby born reaches their 1st birthday, the incidence of HIV-AIDS among African Americans decreases as we make better decisions, more men and women will engage in breast and prostate screening and obesity reduction leads to decreased prevalence of diabetes, cardiovascular conditions and a greater affinity for daily physical activity.

As a public health administrator, I am wholly committed to increasing opportunities for our Tennessee communities to become healthier through education, outreach and advocacy through the Tennessee-Meharry Medical College Historically Black Colleges and Universities Wellness Project strategically positioned to continue to promote change for those who need it most.

Source: The Kaiser Family Foundation, September, 2010

“The HBCU Wellness Project is important in my community because it provides information to the underserved about current issues that are affecting us. It serves as a tool to encourage, educate and motivate people in the community to take care of ourselves and provide information on how to seek proper care for different health conditions.”

~ April Nellum

Student Health Ambassador
Lane College



Indisputable Health Disparity Facts

- > Patients of lower socioeconomic position are less likely to receive recommended diabetic services and more likely to be hospitalized for diabetes and its complications.
- > Many racial and ethnic minorities and persons of lower socioeconomic position are more likely to die from HIV. Minorities also account for a disproportionate share of new AIDS cases.
- > African Americans and patients on lower socio economic status have higher rates of avoidable hospital admissions
- > Hispanics and people of lower socioeconomic status are more likely to report unmet health care needs
- > Minorities are more likely to be diagnosed with late-stage breast cancer and colorectal cancer compared with whites.
- > Minorities have higher rates of cardio and cerebrovascular disease that result in premature death
- > African American infants have higher mortality and morbidity due to poor preconception health information

Source: The National Healthcare Disparities Report

"I became a SHA in order to make a difference in the community I live in."

~ **Timothy Anderson**

Student Health Ambassador
LeMoyne-Owen College

Changing Lifestyle Patterns

"Adopting healthy eating and active living initiatives..."

Kimberly Vaughn, B.S. in Exercise Science and ACSM Certified Health Fitness Specialist, stands by the HBCU Wellness Project's mission to impact the health and overall well being of Tennessee residents. As a Fitness Trainer in the Center for Women's Health Research and Department of Pediatrics' Children's Health Lifestyle Center, she believes healthy eating habits and physical activity is the key to improving our community's overall quality of life. Health disparities such as diabetes, obesity, cardiovascular disease and many other chronic diseases can be controlled, prevented, or even eliminated by simply being physically active.

The HBCU initiative fights against these health disparities by pulling healthcare resources and partners into the underserved communities to educate, motivate, and provide services that otherwise would not be easily accessible for its residents. The HBCU Wellness Project also makes a conscious effort to reach out to our young adults and youth in order to further enforce a collective effort to improve our underserved communities. Kimberly often says, "Change is good, but lasting change and maintenance is better". The HBCU Wellness Project, Health/Wellness Professionals, and other community programs strive to continue making small steps forward that result in a major push in the right direction toward our communities leading better and healthier lifestyles.



Kimberly Vaughn, B.S
Exercise Specialist,
Center for Women's Health Research,
Meharry Medical College

“The public health and university partnership is a natural fit to get students involved at the community level on issues of public health importance. Training that the next generation of leaders to be public health savvy, as well as even more “community competent” will not only give voices to those we are interested in helping, but also assure that these voices are respected and valued.”

*Fisk University Community Partner – Kimberlee Wyche Etheridge, M.D., M.P.H.,
Director Family Youth and Infant Health,
Metro Nashville/Davidson County Public Health Department*

Community

LeMoyne Owen College Community Partners

American Cancer Society
American Diabetes Association
American Heart Association
Balm in Gilead
Baptist Memphis, Baptist DeSoto, and
Baptist Collierville
Big Brothers and Big Sisters
The Blues Project
Boys and Girls Club
Champion Pharmacy
Children and Family Services
Christ Missionary Baptist Church
Church Health Center
Community HIV Network
Congressman Steve Cohen
Cummings Elementary Schools
Department of Children Services
Douglas, Bungalow, and Crump
Neighborhood
First Baptist Church Lauderdale
Friends for Life Corporation
Girls Scouts
Girls Incorporated of Memphis
Knowledge Quest
LeBonheur Hospital
LeMoyne-Owen College Owen College
Community Development Corporation

March of Dimes
Memphis City Beautiful
Memphis City Schools
Methodist Healthcare –
Methodist University Hospital
Memphis Health Center
Memphis Housing Authority
Memphis Shelby County Health
Department
Mustard Seed Inc.
PEAS, Inc.
Porter Leath
The Red Door Foundation
St. Andrew AME Church
St. Jude Cancer Research Center
Shelby County Government
Shelby County Head Start
Shelby County Sheriff Department
Sierra Club Environmental Justice Program
Susan G. Komen Breast Cancer Foundation
Tennessee Legislative Black Caucus
Tennessee State Representative
GA Hardaway
University of Tennessee- Memphis

Knoxville College Community Partners

American Diabetes Association
Center for Disease Control
Cherokee Health
Clinton AME Zion
Covenant Health Systems
Eternal Life Harvest Center
Fourth United Presbyterian Church
Gam's Barber and Beauty Salon
Helen Ross McNabb Center
KCBC Knoxville Comprehensive
Breast Center
Knox County Health Department

Meharry Medical College Community Partners

Adventure Science Museum
American Diabetes Association,
Nashville Chapter
American Heart Association
Power to End Stroke
Americorps
Center for AIDS Health Disparities
Center for Women's Health
Research-Meharry Medical College
Clark Memorial United Methodist Church
Delta Sigma Theta Nashville
Metropolitan Alumnae Chapter
Dr. Gwinnett Ladson
Green Meadow Church of Christ Shelbyville
Hadley Park Community Center
Health Equities Commission, State of
Tennessee
Kroger Corporation Community Affairs
Lee Chapel AME Church
Mathew Walker Comprehensive
Health Clinic
Meharry Medical College
Department of Pediatrics
Metropolitan Nashville Public Schools
Vanderbilt Coalition for Healthy Aging
National Cancer Institute
Sisters Network Inc.
Tennessee Voices for Children
United States Department of Agriculture
Vanderbilt Coalition for Healthy Aging
W.O.M.E.N – Catherine Wyatt-Morley

“Clinton Chapel AME Zion Church is excited about the opportunity to work with Knoxville College HBCU Wellness Project. The relationship with the college has helped our congregation to become more aware of taking care of their health”

Knoxville College Community Partner ~ Reverend John A. Butler

Partners

Lane College Community Partners

Tennessee Donor Services
Top Ladies of Distinction,
Jackson Tennessee Chapter
Alpha Kappa Alpha Sorority Incorporated
Gamma Alpha Omega
Phi Beta Sigma Fraternity Incorporated
Delta Epsilon Chapter
Zeta Phi Beta Sorority Incorporated
Tau Gamma Chapter
Mrs. Marie Maxie
Life Line Blood Services
Jackson-Madison County General Hospital
Jackson Star Center
St. Paul CME Church
Society for African American Culture
Bethlehem Missionary Baptist
New St. Luke Missionary Baptist
Mt. Zion Missionary Baptist
Alexander Elementary School
NAACP - Lane College Chapter
West Tennessee Planning and
Consortium Group
Street Works- Nashville, Tennessee
State Farm, Greg Milam-Agent
Dream Center

Fisk University Community Partners

Athletic Odyssey Youth Association
American Diabetes Association,
Nashville Chapter
American Heart Association, Nashville
AmeriGROUP Community Cares
C.E. McGruder Family Resource Center
SALT Program
Silver Program
Hadley Park Community Center
March of Dimes
Matthew Walker Comprehensive Health
Center
Meharry Medical College
Metropolitan Public Health Department
Family, Youth and Infant Health Bureau
TN Adolescent Pregnancy Prevention and
Parenting Partnership
Adolescent Programs
Music City Healthy Start Program
Nashville Health Disparities Coalition
National Step Show Alliance,
Nashville Chapter
Northwest YMCA
Tennessee State University Cooperative
Food Extension

Tennessee State University Community Partners

Community Food Advocates
18th Avenue Family Enrichment Center
C.E. McGruder Family Resource Center
St. Paul A.M.E. Church
Boy Scouts of Middle Tennessee
Elam Mental Health Center Meharry
Medical College
TN Department of Health Maternal and
Infant Health Division
YMCA Urban Services
92.1 FM WQQK
Gamma Phi Chapter- Omega Psi Phi
Fraternity, Inc.
Prince Hall Lodge F&AM
Hella Temple #105 Shriners
Eclipse Chapter #220 OES
Nashville Branch NAACP

National Partners

Discovery Channel
Dream Systems
Office of Minority Health
American Heart Association-
Power To End Stroke
Research Centers for Minority Institutions
(RCMI)

Participating Colleges and Universities



Meharry Medical College

The Tennessee Meharry Medical College HBCU Wellness Project was funded by the Tennessee Legislative Black Caucus in an effort to engage the four, private historically black colleges and universities to assist with health and wellness initiatives among underserved communities across the State of Tennessee. This project evolved under the direction of Dr. Valerie Montgomery Rice as a grassroots effort to enhance the mission of Meharry Medical College through the provision of campus-community health promotion activities and cultivating the development of collegiate student health ambassadors guided by the principles of service learning and health services theory and practice. The project's major emphasis is on reducing and eliminating the incidence and prevalence of preventable diseases and conditions such as HIV/AIDS, diabetes, cancers, cardio-cerebrovascular problems and the incidence of infant mortality rates that disproportionately impact Tennessee citizens.



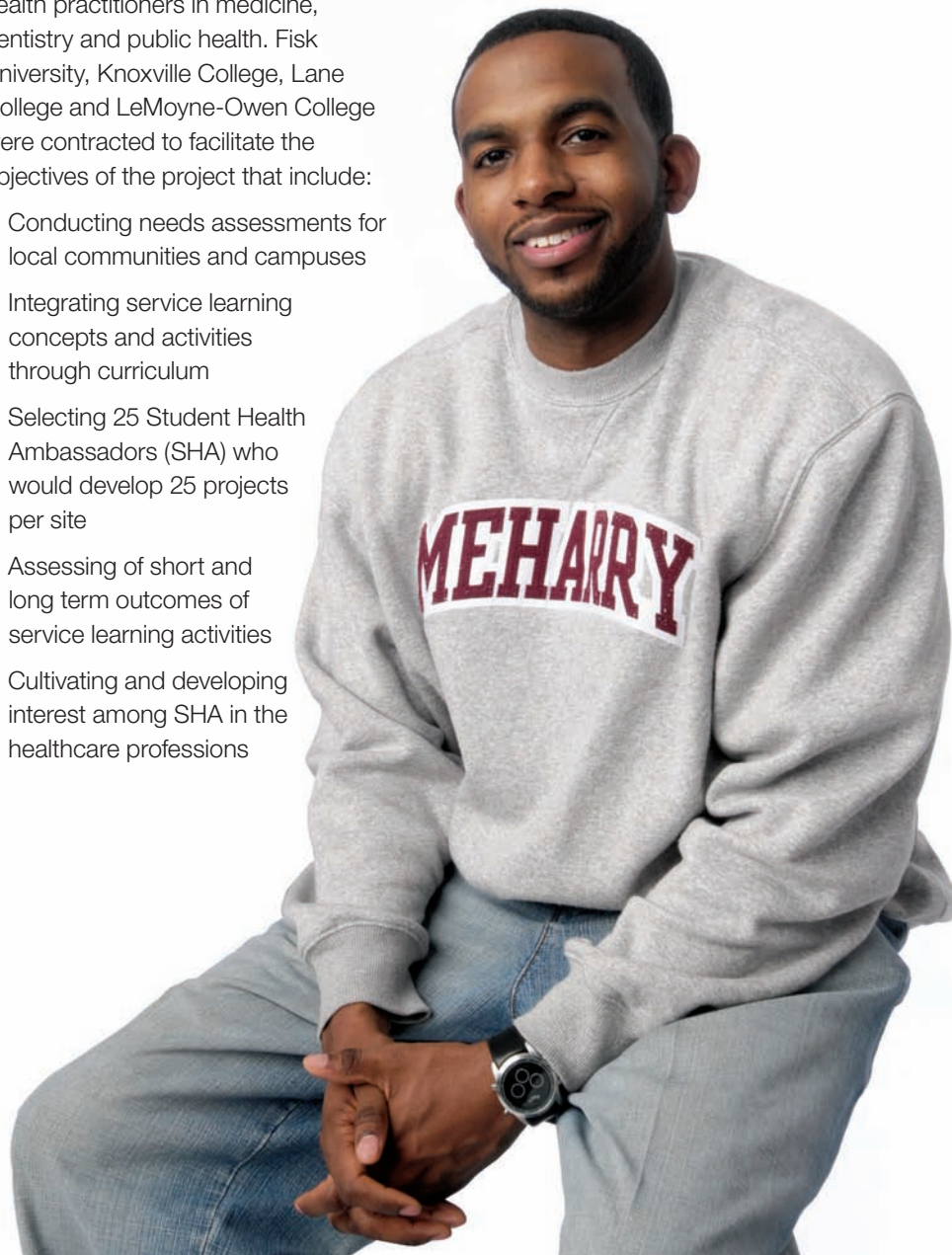
Meharry Medical College became the coordinating center as a natural occurrence of its history in the training health practitioners in medicine, dentistry and public health. Fisk University, Knoxville College, Lane College and LeMoyne-Owen College were contracted to facilitate the objectives of the project that include:

- > Conducting needs assessments for local communities and campuses
- > Integrating service learning concepts and activities through curriculum
- > Selecting 25 Student Health Ambassadors (SHA) who would develop 25 projects per site
- > Assessing of short and long term outcomes of service learning activities
- > Cultivating and developing interest among SHA in the healthcare professions

"The HBCU Wellness Project embodies the mission of Meharry, "serving the underserved". I intend to continue the mission when I become a dentist."

~ Simeon Udunka

Student Health Ambassador
Meharry Medical College
School of Dentistry





Fisk University

The Fisk-Meharry Wellness Initiative has afforded an opportunity for Fisk University to maintain our reputation and legacy of “town and gown”. Through this partnership, we have been able to integrate our student body with the local community around issues that really matter...our health. We have empowered our students with opportunity, and have encouraged them to become translators and disseminators of vital information in hopes of modifying behaviors to eventually eradicate health disparities along racial lines.



“I became a health ambassador because I identified myself, my friends and many of the people I care about as the population at risk for many various health disparities. Also, learning to assess and effectively influence people’s behavior is a significant part of my aspirations in the fields of psychology and sociology.”

~ Joseph Bazelaïs

Student Health Ambassador
Fisk University



Participating Colleges and Universities



Lane College

Since the conception of the Historically Black Colleges and Universities (HBCU) Wellness Project in 2006, Lane College (LC) has actively assisted in finding better solutions for community residents to gain better access to health care through the use of the resources provided through the project. The project has provided free educational literature and brochures, educational workshops, health activities, testing/screenings, health fairs, and information about access to healthcare agencies and healthcare professionals. These critical factors permit LC to be a vehicle through which the community learns about health disparities, how to prevent them, and how to maintain one's health once diagnosed.

Lane College has opened its doors to numerous community partners. The HBCU Wellness Project has changed the lives of individuals by promoting education, providing needed access to healthcare, developing a network of caring healthcare professionals and utilizing community outreach opportunities.



The project's primary focus is on the elimination of health disparities. This focus involves partnering with community partners and healthcare organizations to offer educational workshops and free and confidential screenings for citizens. Student Health Ambassadors gather surveys, analyze data, and track participants' health knowledge. At least one major activity is sponsored each month.

The Project has also assisted the target community and Lane College students in community-based service learning, developing effective intervention programs, and assisting the college to better prepare its students for graduate school and/or careers in the healthcare professions.

"This is a great opportunity for me to have hands on experience in promoting good health as well as reaching the community."

~ Amrael Brown

Student Health Ambassador
Lane College





"I became a SHA to make a difference!"

~ **Chester Hurlston**

Student Health Ambassador
Knoxville College

Knoxville College

Knoxville College Staff envisioned an integrated public health and wellness program that would focus on health disparities in underserved populations. That dream is coming to fruition as Knoxville College announces the Center for Public Health due to the Meharry HBCU Wellness Project at Knoxville College. The HBCU Wellness Project is the cornerstone of the Center for Public Health and Wellness. Because of the center the college now offers a degree in public health, and is part of the college work program.

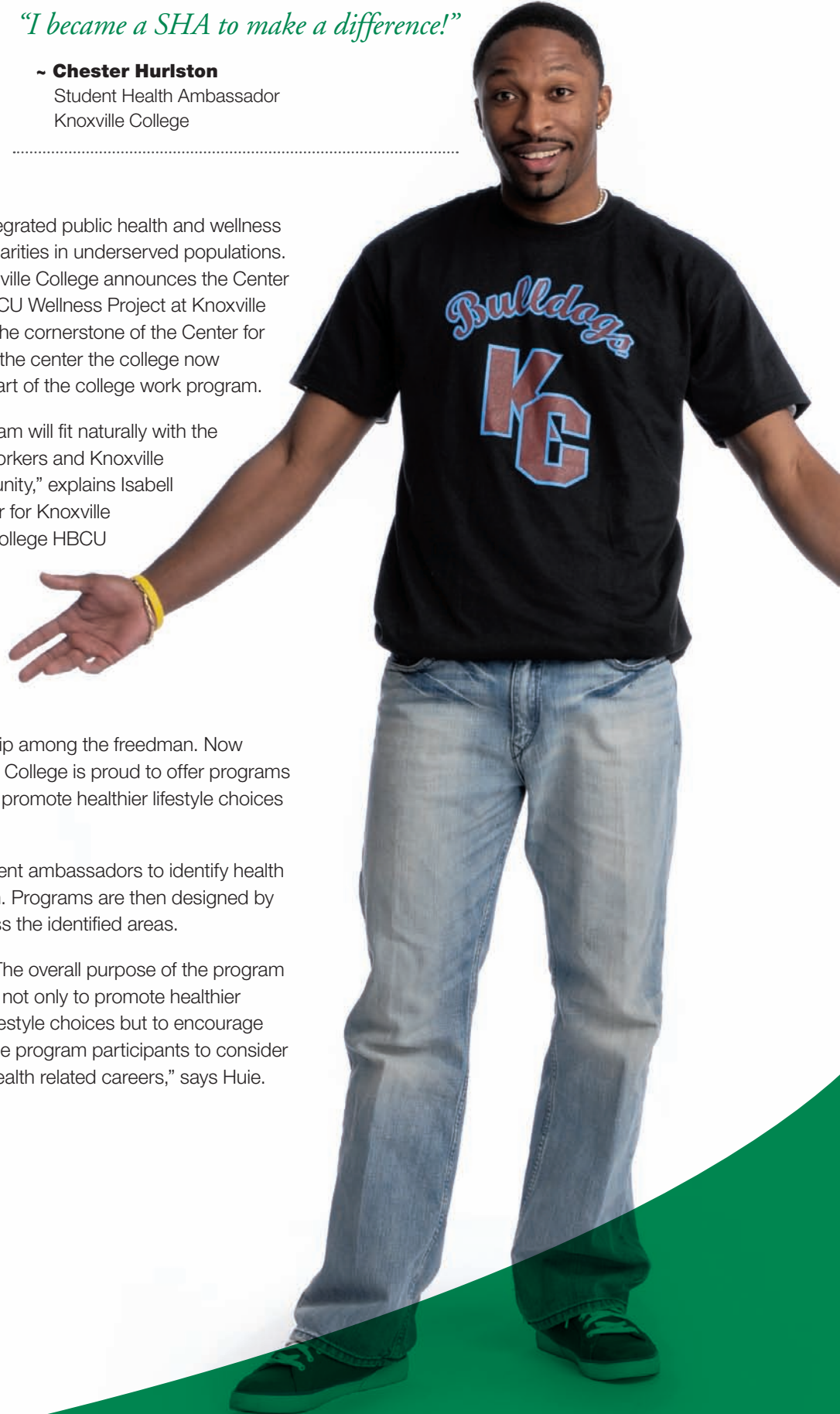
"The new Center for Public Health Program will fit naturally with the nation's demand for public healthcare workers and Knoxville College's strategy for serving the community," explains Isabell Huie, M.P.H., M.S., Public Health Director for Knoxville College Center and Meharry-Knoxville College HBCU Wellness Campus Coordinator.

Knoxville College was founded in 1875 by the Board of Freedman's Mission of the United Presbyterian Church in North America. It was chartered by the state of Tennessee in 1901 to promote religious moral and educational leadership among the freedman. Now accredited in the state of Tennessee, the College is proud to offer programs such as the HBCU Wellness Program to promote healthier lifestyle choices to the surrounding community.

The HBCU Wellness Program uses student ambassadors to identify health disparities in the underserved population. Programs are then designed by the students and implemented to address the identified areas.



"The overall purpose of the program is not only to promote healthier lifestyle choices but to encourage the program participants to consider health related careers," says Huie.



Participating Colleges and Universities



Lemoyne-Owen College

Over the past three years, since the seating of the HBCU Wellness efforts at LeMoyne-Owen College, the College has benefitted in a variety of ways:

- > The College's infrastructure has expanded resulting in increased personnel thus increasing the local workforce. We were able to hire five staff persons to lead in implementation of institutional and community outreach.
- > The College's infrastructure has expanded technologically. The College gained a state-of-the-art videoconferencing center which not only enables us to interface with the HBCU Wellness network, but it has also provided opportunity for us to conference with other entities – e.g., our partners with the Department of Defense funded Partnership for the Asthma Trigger- Free Homes (PATH) asthma project.
- > The Wellness programs' emphasis on community outreach and the formation of partnerships has resulted in the development of relationships with more than 100 agencies in the Mid-South region. These agencies have not only supported the student health ambassadors' health projects, but they have also been accessible to the College at large. Moreover, agency experience with the Wellness programs has often proven to be foundational to the formation of additional partnerships. For example, the Wellness program fostered a relationship with the Memphis Health Center (MHC) that predated the PATH asthma study's partnership with the same medical facility. It was the HBCU Wellness program's success with MHC that allowed for an expanded relationship with the PATH asthma research study.
- > Through the College's Wellness programs, and the participation of student health ambassadors in a variety of community outreach efforts including the Mid-South Fair (70,000+), the Southern Heritage Classic (68,000+), and numerous other health fairs and community outreach events, we estimate an impact of reach more than 100,000 Mid-Southerners. Further, with our ability to host the CoverKids' program and the hiring of a Hispanic translator/ community outreach consultant, we are developing a significant outreach to Memphis' growing Hispanic population.



"As a SHA I hope to be able to change at least one life that will create a ripple effect in health despaired communities."

~ **Natalie Brooks**

Student Health Ambassador
Lemoyne-Owen College



Tennessee State University

Tennessee State University (TSU), a comprehensive urban coeducational land-grant university in Nashville, is committed to work collaboratively with other organizations to improve the quality of life in the neighborhoods surrounding the campus, where high concentrations of poverty, crime, chronic health problems, poor educational achievement, and deteriorating housing lower the quality of life for community and campus members alike. Collaborative work in and with communities, including scholarly work, is consistent with the goal that TSU be a model urban university, provide leadership to others in all facets of integrating service with teaching and research, and engage students in activities that benefit their communities as well as themselves.

Through the HBCU Wellness Project our “student health ambassadors” and faculty mentors are addressing five specific health issues: infant mortality, HIV AIDS, breast cancer, prostate cancer, and obesity. As students researched these health issues, they became aware of the “food insecurities issues” that limit access to healthy food in the low-income community around the campus. Students collaborated with community partners to create a video about “North Nashville as a Food Desert” to raise awareness of one of the serious health threats affecting the community around the campus. Tennessee has the seventh-highest rate of child food insecurity in the nation and people living in North Nashville have an 80%-90% rate of access to tobacco and alcohol products, compared to only a 25% rate of access to fresh produce. This area is considered a “food desert” because the primary food options are convenience stores and fast food restaurants. Many residents do not have their own means of transportation and therefore have little access to healthy foods. The student health ambassadors are collaboratively developing resources and programs to address this serious health disparity.

The TSU participation in the HBCU Wellness Project is led by the campus’ Center for Service-Learning and Civic Engagement, which enables the project to involve faculty and students from multiple schools/colleges across the university. The Center has partnered with 93 community partners in low income and minority communities. In the past two years, TSU has received four national civic engagement awards in recognition of its activities and outcomes working with the low-income communities surrounding the campus.

Most of our major initiatives involve working with youth and helping them to make healthier choices and improve the quality of their lives. TSU maintains its commitment to its core value to develop students who will “Enter to Learn and Go Forth to Serve.”



“I am a SHA to address the Health Disparities affecting my community”

~ **Stephanie Vaughn**

Student Health Ambassador
Tennessee State University



The Impact



Laura Stewart

Former Student Health Ambassador
LeMoyne-Owen College
Class of 2008

The HBCU Wellness has been very essential to me because I had an opportunity to work with 4 great colleges (Lane, Fisk, Knoxville and LeMoyne-Owen) as well as Meharry Medical College Staff. The HBCU Wellness Project educated me on health disparities in the African American community and in my own personal life. Since The HBCU Wellness Project, I have graduated from LeMoyne-Owen College, started an EMT Certification Class at Southwest Community College that I complete by the fall of 2009, and I am currently working on an MBA in Health Care Management at The University of Phoenix. I have continued to train individuals in CPR/FA in my community and other communities whenever needed. The HBCU Wellness Project has truly shaped my future in health care and rigorously educated me health conscious. I hope that the TN MMC HBCU Wellness Project continues to receive funding to continue its mission in educating African American communities on health disparities.



McAlina Niron Bell

Former Student Health Ambassador
Lane College
Class of 2008
Student, Loma Linda University
School of Public Health

The HBCU Wellness Project introduced me to the field of public health. I was able to gain firsthand experience in health promotion, health education, global health development, epidemiology and biostatistics. From my experiences I was able to form a project plan that impacted my life but also assisted in filling the gap within minority communities that lacked health care awareness on breast and ovarian cancer in African American women. After researching and challenging the inner me, the HBCU Wellness Program and I were able to come up with a project title that would provide data through pre-post test surveys, and participant involvement with the help of a community partner, the American Cancer Society. The title of the project was "Breast and Ovarian Cancer among African American Women ages 35-65 in the West Tennessee Region". I enjoyed interacting with the community and understanding the aspects of a disease that affects everyone in the family. I was also proud to have been a part of an important statewide project that I hope will continue to help people take better care of themselves and their families.

Tennessee (TN)-Meharry Medical College (MMC) Historical Black College/University (HBCU) Wellness Project



Lisa McDonald-McGee, M.Ed
HBCU Wellness Project Director

Seven years ago, members of the Legislative Black Caucus met with Dr. Valerie Montgomery Rice to identify how Meharry Medical College could assist with integrating the four private historically black colleges/universities (HBCU) to focus on health disparity elimination. What evolved from that discussion is now the TN-MMC HBCU Wellness Project. Since that time, the program has formally trained almost 500 student health ambassadors

(SHA) in community based participatory research (CBPR) techniques and practices, and many of those students continue to develop ethically-approved health and wellness projects that promote positive change in knowledge, attitudes and behaviors among community residents. These students and their parent campuses have developed almost a thousand relationships with has community based organizations like churches, community clinics, private medical practitioners, elementary schools to disseminate health and wellness projects that increase understanding and promote better health behaviors. Since the inception of this state-wide undergraduate advocacy project, both campuses and communities are more engaged in conducting monthly health forums (town hall meetings) to openly discuss public health issues such as safer neighborhoods, physical fitness, environmental dangers, healthier food choices, sexually transmitted diseases, preconception issues and other foci that impact individuals and communities daily.

Besides action at a community level, these SHA have demonstrated objective output in Tennessee's investment in their service learning CBPR training. They have had their work showcased with oral and poster presentations at several health education and disparity venues at Xavier University of Louisiana's Health Disparities Conference, American Public Health Association, Office of Minority Health Conference, Community-Campus Partnerships for Health, and Beta Kappa Chi & National Institute of Science Summit. Service learning is innovative because it positions students to contemplate how making a difference in communities to improve health behaviors can improve their own individual lives. Currently, 225 student health ambassadors have graduated with a health related or science degree field as a result of this affiliation as a student health ambassador and have gone on to further educational goals at Loma Linda University, University of Texas-Health Science Center, Tulane School of Law, University of Chicago, Bloomberg School of Public Health, Howard University Medical Center, University of Tennessee-Health Sciences Center and other post graduate institutions.

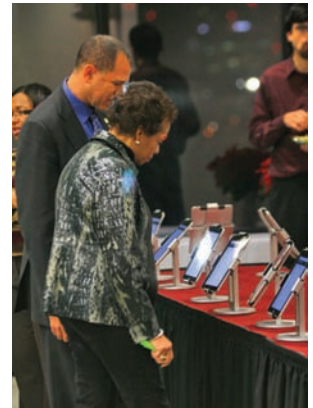
As we move forward seeking opportunities for capacity building and inclusion, we are pleased to welcome Tennessee State University (TSU) as our newest academic HBCU Wellness Project partner. This new partnership will increase health education outreach and community based participatory research (CBPR) objectives and target our most vulnerable communities. Students at TSU, a publically-funded higher education institution, will be included in CBPR and service learning goals. It is our Tennessee communities that we commit to developing relevant interventions and fostering the achievable goal of *"Wellness for Our Communities... Fitness For Our Future"*.

Source: TN-MMC HBCU Wellness Project SCORECARD

Health Career Path Software

The HBCU Health Career Path Software is a new project initiative designed to amplify middle and high school student's responses to health care interests, identify outreach and community based participatory research opportunities through an electronic questionnaire that will populate data based on individual personality facets and overall health career comprehension. This software will be adapted to use in middle and high schools in Tennessee as an ongoing mechanism to complement health and wellness objectives in communities.

The State of TN Health Planning Division has outlined in its 2009 annual report that there should be support for the development, recruitment, and retention of a sufficient and quality health care workforce. We will pilot this program software to middle and high school students in Davidson, Williamson, Sumner, Wilson, Cheatham, Robertson and Rutherford counties to assess interest in health careers. Additional demonstrations will be facilitated in additional Tennessee school districts at a later time.



Discovery Channel



Discovery Communications is the world's number one nonfiction media company reaching more than 1.5 billion cumulative subscribers in over 180 countries. Discovery empowers people to explore their world and satisfy their curiosity through 100-plus worldwide networks, led by Discovery Channel, TLC, Animal Planet, Science Channel, Investigation Discovery, Planet Green and HD Theater, as well as leading consumer and educational products and services, and a diversified portfolio of digital media services including HowStuffWorks.com. Discovery Channel is a U.S. cable television network dedicated to programming that highlights various aspects of health and wellness.



The TN-MMC HBCU Wellness Project and Discovery Channel partnered in 2009 to develop four health messaging videos targeting Infant Mortality/Preconception Health, Obesity, and HIV/AIDS. Student Health Ambassadors developed a health messaging script that was adapted to video taping for a health message that was filmed on or near all 5 campuses. The videos were also a part of a competition that was judged independently by health and marketing experts to determine a winner. The winner of our first competition was Lane College in Jackson, TN. Student Health Ambassadors and coordinators were flown the Discovery Channel's headquarters for a tour and sightseeing in Washington, DC.

Future goals for the partnership include the development of 7 health messaging videos that will include Lane College, Knoxville College, Tennessee State University, Fisk University, LeMoyne-Owen College, Vanderbilt University and Meharry Medical School students.

TN-MMC-HBCU Wellness Project Scorecard

	2007	2008	2009	2010	2011	TOTAL
Completed SHA Applications	137	156	139	96	78	606
CITI Training	91	52	50	58	59	310
Summer Institute Participants	47	52	62	73	47	281
SHA Trained	127	146	133	91	15	512
CBPR Proposals IRB Approved	22	43	46	44	38	193
Community Partners Engaged	112	185	314	336	357	1,304
Community Outreach Events/ Activities	69	177	154	140	128	668
National Conference Abstracts Accepted	7	22	25	33	27	114
Science Degrees	42	58	79	46	56	281
Science Graduate Schools	0	9	7	8	17	41
Professional Schools (medicine, dental, law)	0	6	1	6	2	15

The staff and faculty of the Meharry Medical College (MMC) HBCU Wellness Project would like to congratulate our member campuses, their support staff, faculty mentors and college presidents for their continued success in recruiting, training, and assisting Student Health Ambassadors in their community-based projects. As the Scorecard above indicates, we all have been very successful in executing the legislative goals of the Wellness Project in encouraging HBCU undergraduates to pursue health careers through work with local community partners. We look forward to this year's Spring Symposium as a platform for future student accomplishments.

The Future of the HBCU Wellness Project



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Since its inception, the HBCU Wellness Project has used service learning training to give HBCU undergraduates experience with health disparities elimination in Tennessee as student health ambassadors (SHA). This service learning is key for our future health care providers and scientists for two reasons. First, the training emphasizes facilitation of change by promoting health-related knowledge, attitude and behaviors. Second, the SHA understand the

impact and usefulness of their interventions by interacting with community members and receiving their feedback about the intervention experience. Fortunately, through the years, the Wellness Project through its member institutions have cultivated over 200 community partners across all three Grand Divisions that have worked with the SHA to eliminate health disparities related to breast cancer, human immunodeficiency virus (HIV) infection, infant mortality, obesity reduction, and prostate cancer. Because the service learning training utilizes community based participatory techniques, SHA have received experience formally incorporating community based organizations (CBO) into their formal proposals submitted to federal institutional review boards (IRB) for ethical approval. These experiences are essential to the objective of interesting

HBCU students in health and science careers.

The additional benefits of the Wellness Project have been the different outreach characteristics demonstrated in underserved communities. The diversity of the CBO recruited by the SHA and HBCU campuses have included a variety of public and private groups, including churches, community health centers, disease advocacy organizations, local hospitals, etc. SHA-produced interventions may be the only formal interaction some community members have with trained professions advocating either prevention or diagnosis of diseases related to health disparities. Community forums bring these individuals in contact with speakers and provide them with exposure to the questions their peers might have related to these diseases. An exponential leap forward in this sort of information dissemination is the continued success of our HBCU partners and Discovery Communications with health disparity related health messaging that can be utilized with the Internet.

The plan for the future is to build on these outcomes administratively to improve and increase program success. The service learning that the Wellness Project utilizes is becoming more popular in conventional curricula because its emphasis on real-world working situations reinforces educational concepts more meaningfully. Further, service learning with community based participatory research principles (CBPR) grounds the learning experience in pragmatic clinical research paradigms. Therefore, future plans include structuring federal and private funding mechanisms that use Wellness Project outcomes to document specific service learning based interventions that address health disparities. As well, Wellness Project faculty and staff have explored funding opportunities that highlight our service learning curriculum.

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