

# EDISON EASTLAKE COMMUNITY CHILDHOOD AND PARENTAL ENGAGEMENT FOR HEALTHIER LIFESTYLES INTERNSHIP

*Health Educator at Maricopa Department of Public Health · Arizona*

## PROJECT

**Description:** The purpose of this project is to increase children's physical and social interaction in HUD housing and increase parental knowledge of tools and resources for a better, healthier life for themselves and their children.

Using the framework of Million Hearts 2022, a health educator from Maricopa Department of Public Health (MCDPH) will recruit a group of 12 parents (aged 35-64 years) to establish a health committee and engage their children in physical activities at Edison Park. This group will be engaged by connecting with Edison Eastlake Community (EEC) in Phoenix. The EEC is home to the largest concentration of public housing in the City of Phoenix, making it a great community for impact.

A recent Health Impact Assessment (HIA) in the EEC, completed in February 2017, recommended providing regular, organized recreation programs in Edison Park. Gaining access to this population will be done through the communities Resident Leadership Council (RCL). During the first phase of the project, the health educator will organize a meeting and develop a presentation on the project to RLC members, with the intent of increasing access to community members. Individuals recruited will initially be educated on the intent of the program as well as the incentives for their continued retention. Participants will be tasked to meet once a week at a shared use facility, Edison Park, to engage in physical activities with their children.

The initial phase will entail parents engaging with the health educator, who will educate them on the importance of their and their children's health, specifically on increasing physical activity, reducing sodium intake, and decreasing tobacco use.

With the combined effort of MCDPH and Edison City Park, materials for physical activities (ex, cones, jump rope, elastic bands, medicine balls, rainbow tarp etc.) will be gathered. The health educator will provide them with picture material depicting activities they can engage the children with, as well as ten program session activities they can choose from, lasting a minimum of 40 minutes. In conjunction with the health educator, a Community Health Worker (CHW), will assist in engaging the adult priority population, issuing them a health risk assessment (HRA), Body Mass Index (BMI) check and blood pressure check. Each adult will be provided with a packet of resources, and educational material regarding physical activity, reduction in sodium, and decreasing tobacco use. Lastly adult members will be issued surveys pulled from the Self Management Resource Centers evaluation tools (cont.).

## STUDENT CHARACTERISTICS

The student should have:

- A background in program planning and facilitation,
- Strong interpersonal skills,
- Group management skills,
- Strong technical skills,
- And the ability to develop fitness programs with given resources.

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## PROJECT (continued)

The mentioned objectives, provide both subjective and objective data to reference for evaluation to measure the effectiveness of the program. In reference to the Health Belief Model (HBM), engaging the priority population with education materials, HRAs, a BMI check, a blood pressure check, and surveying, will increase ones perceived susceptibility/seriousness of health diseases, thus increasing ones likelihood of engaging in health promoting behavior.

These parents will be approached by the health educator to facilitate a health committee. Within the committee, the HBM can be further engaged by the priority population, by collectively identifying perceived benefits and barriers to health, as well as constructing among each other self-efficacy to increase willingness to cue healthy behaviors.

For this programs short term outcomes, we plan on seeing an increased awareness of physical activity opportunities and an increase in priority populations knowledge, skills and attitudes (KSA), in regards to the Million Hearts goals. On an intermediate level, a health committee among the priority population will be established, capacity for impact will be increased through continued partnership with Edison City Park, and a commitment from priority population to meet weekly and sustain activities. For long-term outcomes, parent and children physical activities will have increased to the appropriate amount set by the 2008 Physical Activity Guidelines for Americans, long term social support for physical activity and better nutrition engagement through the health committee, lastly, if any member who engages in tobacco use will participate in at least one smoking cessation program.

**Location:** Edison Park  
901 N 19th St  
Phoenix, AZ 85006

**Timeline:** Spring Semester 2019. Ideally, the chosen candidate could work from December 1, 2018 – April 30, 2019.

Phase 1 (12/1/2018 – 1/ 15/2019): Participant recruiting and education

Phase 2 (1/15/2019 – 2/15/2019): Program planning & data collection 1

Phase 3 (2/15/2019 – 2/28/2019): Program implementation & data collection 2

Phase 4 (3/1/2019 – 3/15/2019): Program implementation & data collection 3

Phase 5 (4/1/2019 – 4/30/2019): Data Analysis & Assessment - Final Report

-for more details, contact [john.trevino@Maricopa.gov](mailto:john.trevino@Maricopa.gov) -

## ORGANIZATION

Maricopa County Department of Public Health (MCDPH)  
Our mission here at Maricopa Department of Public Health is to protect and promote the health and well-being of all of our residents and visitors, as well working on the prevention of chronic diseases. Operating a program as previously mentioned is congruent with our vision which is, to establish “a healthy and safe community”.

<https://www.maricopa.gov/3849/Public-Health>

## SUPERVISION & CONTACT INFO

**Mark Gallegos**, Community Health Development Supervisor with 20+ years of experience in program facilitating and operations.

Contact John at [john.trevino@maricopa.gov](mailto:john.trevino@maricopa.gov) for more information about this project.