

MAKING SUSTAINABLE HEALTH IMPACTS IN UNDERSERVED NEIGHBORHOODS THROUGH COMMUNITY PARTNERSHIP



- *This project targets women and their extended families by providing tools and resources to confidently make healthy lifestyle choices for themselves and their families. The project will be delivered through cultural centers or faith based organizations within the community. It is hoped that this project creates shared experiences across neighborhoods and cultures where we can learn from one another and work to build social empathy and understanding that will create healthy environments for all families.*

OVERVIEW

- *The Lincoln Community Endowment Data from the 2019 “Place Matters” identified the North West quadrant of Lincoln as having the greatest health disparities within the city. This collaborative effort will work with community partners, within the neighborhood, to adapt the Walk and Talk Toolkit, which is a 12 week physical activity program. Though the project will target women, education and activities will be adapted for all ages. Potentially families could participate in any or all venues. Completion is recognized after attendance of 12 different Walk and Talk sessions. Each week will focus on a different healthy lifestyle behavior e.g. preventive screening, increasing fruits and vegetables, tracking and monitoring steps/minutes of exercise, stress management, etc. Community implementation will be staggered to allow for participation to extend to the larger community and across all neighborhoods within the City of Lincoln.*

- *DHHS programs will assist in:*
 - *Recruiting community partners to expand resources and educational supports for each of the 12 week sessions,*
 - *Providing support and utilization of existing tools for data collection,*
 - *Training or provision of topical expertise as needed,*
 - *Adapting core components to meet the needs of the community served.*

Making Sustainable Health Impacts in Underserved Neighborhoods strives to attain DHHS goals of decreasing health disparities and helping all people live healthier lives.

Objectives

The primary health outcome is to increase physical activity across all ages.

Secondary health outcomes include: Decrease in BMI, Increase in minutes/week of physical activity, Increase in number of women with current well woman visits, Increase number of adults with controlled hypertension and Increase number of participants who report increased fruit and vegetable consumption.

DHHS Collaboration

Chronic Disease and Health Promotion- Topical Expertise and resources for healthy supports around hypertension, physical activity, nutrition and diabetes, (National Diabetes Prevention Program, Living Well).

Women’s Health Initiative- Program Management and Support, Topical expertise around Maternal and Child Health issues, funding support from Maternal and Child Health.

Women’s and Men’s Health Programs- Topical expertise around preventive cancer screening, Navigation/ access to health care, Physical Activity-Walk and Talk toolkit, Data collection tools (redcap blood pressure tracker and risk assessment), funding support from Breast and Cervical Cancer screening program and WISEWOMAN.