



2019 COUNTY SERVICE LEARNING PROJECTS

HS 430 – COMMUNITY HEALTH PROGRAM PLANNING

This document includes abstracts describing the 12-week Service Learning Projects completed by senior-level Community Health majors at Iowa State University in collaboration with 5 Iowa County Health Agencies during the Fall 2019 semester (Cerro Gordo County, Dickinson County, Madison County, Story County, Ida County, Harrison County)

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CERRO GORDO SERVICE LEARNING PROJECT

ACCOMPLISHMENTS & OUTCOMES FROM COUNTY SERVICE LEARNING PROJECT Jasmina Amidzic, Raija Johnson, Emily McDermott and Matthew Senger

& County Health Partner Alyse DeVries

The task we were assigned by our county partner was to create the Health Status Assessment portion of Cerro Gordo's CHNA report. This portion lays out the main problems or concerns of the county as well as statistics and figures providing the specific numbers and findings. This document can be referred to when county officials are trying to allocate funds throughout the county or anyone wanting summarized county data.

The CHNA report can lead to the public health department and other organizations to recognize and address the pressing problems and concerns within the county. This will allow for the critical issues facing the county residents to be resolved. This improves the overall quality of life, safety, and convenience for the residents.

**“A COMMUNITY HEALTH NEEDS ASSESSMENT
IDENTIFIES KEY HEALTH NEEDS AND ISSUES
THROUGH SYSTEMATIC, COMPREHENSIVE DATA
COLLECTION AND ANALYSIS.”**

In this project we were tasked with researching different categories of county health data for Cerro Gordo

County. Our partner provided us with a list of 12 data categories and source material. We were to then compile this data to formulate a portion of a current County Health Needs Assessment for Cerro Gordo County Iowa.

Working with our community partner we researched the sources given and also found new sources such as the County Health Rankings site and made use of the Community Toolbox Resource. We then took the 12 categories of data and using a previous CHNA Report on Cerro Gordo, we added sub-categories of data for each of the 12. We used these to construct an outline for the report. We each took three of the 12 categories between group members and began compiling data. Our project consisted of county health data that would give an accurate representation of the public health status of Cerro Gordo County.

A County Health Needs Assessment serves many purposes. It's critical to have an updated and current report to address issues and health disparities in a county. It also serves as a guide to prioritizing problems based on severity and what level of attention and funding should be paid to each. This project will enable out community partner to gain an overall understanding of the health of the county and its needs.

STUDENT SERVICE LEARNING OUTCOMES

Jasmina Amidzic, Raija Johnson, Emily McDermott and Matthew Senger

The service learning was very helpful for future health promotion/public health professionals. It shows us the overall idea and some of the main things that public health professionals do. We want to go into public health line of work at either a county organization or health promotion center. It gave us the opportunity to talk to a professional in this field and figure out how they do their work in this field.

Our county project was to do the health status assessment of a CHNA/HIP. That is one of the most important foundations you can learn. Having that foundation helps you become more successful in targeting/starting later programs.

We also learned that communication and collaboration are essential to the success of any project. This is exemplified when organizations and individuals work together to accomplish a goal. These skills need to be applied continually throughout the project to achieve an ideal outcome. Being able to clearly convey goals and objectives when collaborating on a project produces better results and benefits for organizations and community members.

These skills relate to the practice of the Collective Impact model employed when multiple organizations work together to accomplish a goal. In public health multiple organizations can collaborate through the use of the Collective Impact model to achieve results better than if they were all working separately. It serves as a

guide to facilitate the most efficient and effective teamwork between organizations towards a central goal. This will be a process we will utilize in our future careers so experience with it now is a great benefit.

The work involved in this experience, particularly with regards to the quantity of research required of us, was directly correlated with the material we were taught regarding how to seek out and make use of public health resources at our disposal such as county health rankings, community health needs assessments and community health assessments. Because our service learning project demanded a plethora of quality research, we were able to better our understanding of how to utilize the county health rankings, community health needs assessments and community health assessments as the project progressed to accomplish the tasks which we were assigned subsequently delegated amongst ourselves.

**“WE DEVELOPED KNOWLEDGE THAT WILL
HELP US FURTHER OURSELVES AS PUBLIC
HEALTH PROFESSIONALS”**

The cumulation of all these skills and the experience as a whole better prepared us for our future careers and how to employ effective strategies in an effort to better the health of the communities we will work with.

ALYSE, THANK YOU FOR TEACHING US AND SHAPING US INTO FUTURE PUBLIC HEALTH PROFESSIONALS. THE KNOWLEDGE WE GAINED FROM YOU WAS INVALUABLE.

SINCERELY,

JASMINA AMIDZIC, RAIJA JOHNSON, EMILY MCDERMOTT AND MATTHEW SENGER

DICKINSON COUNTY SERVICE-LEARNING PROJECT

ACCOMPLISHMENTS & OUTCOMES FROM DICKINSON COUNTY SERVICE-LEARNING PROJECT

Camryn Mork, Kalley O'Donnell, Kathrine Groh, Kyle Sweeting, & Brandon Rohrig, Director of Population and Public Health

Throughout this service-learning experience, our team created a partnership with Dickinson County and its Director of Population and Public Health, Brandon Rohrig, to revise the current 5-2-1-0 curriculum. The 5-2-1-0 Healthy Choices Count Program is an initiative promoting healthy and active lifestyles in daycares, workplaces, and schools. Our goal was to condense the current 5-2-1-0 registration information packet and make other resources readily available for individuals in Dickinson County to easily implement it.

“OUR GOAL WAS TO CONDENSE THE CURRENT 5-2-1-0 REGISTRATION INFORMATION AND MAKE OTHER RESOURCES READILY AVAILABLE FOR INDIVIDUALS IN DICKINSON COUNTY TO EASILY IMPLEMENT IT.”

After looking into 5-2-1-0 Brandon concluded that people may be discouraged from registering for 5-2-1-0 because currently, it is extensive in length and further action is required by participants after registration. We were able to create these resources to distribute to different schools, workplaces, and daycares to make the implementation process easier. Examples of those resources include checklists and specific action plans for the organizations to implement, social media posts to be utilized on different platforms, and a presentation to provide the organization's information all about 5-2-1-0.

With these materials now readily available, Brandon will be able to utilize what we created by presenting them to the schools, workplaces, and daycares in the Dickinson County area. Because we simplified the registration documents and created the resources for them after they register, Brandon will be able to confidently provide people with the information they need, as well as address any areas of concern, making it a painless process for all that are involved in the implementation of 5-2-1-0. When creating the different resources, we also had to take into consideration different methods of communication for the three organizations. Schools, workplaces, and daycares all had their own unique action plans, checklists, and social media posts. It was of utmost importance to address the correct audience to ensure the communication was as effective as possible and the resources were tailored to their needs.

The revised checklists and action plans have a lot of potential to impact Dickinson County because reducing obesity, improving physical activity levels, and making people aware of resources available in their county are all objectives mentioned in the County Health Needs Assessment and Health Improvement Plan. The 5-2-1-0 Program will help work towards achieving the goals of the county. Additionally, with the increase in technology use by all, Dickinson County has a goal of using social media as a way to communicate with residents to promote wellness. The purpose of the graphics and presentation we created was to instill a brand for 5-2-1-0 in order for the community to easily recognize the program and reach a wider array of individuals.

STUDENT SERVICE-LEARNING OUTCOMES

Camryn Mork, Kalley O'Donnell, Kathrine Groh, and Kyle Sweeting

Our experience with the Dickinson County Department of Public Health taught us many things we will be able to take advantage of in our future endeavors. During our service-learning opportunity, we learned first-hand the importance of program evaluation. Brandon evaluated the 5-2-1-0 program and concluded that the resources currently provided would not be beneficial to the schools, workplaces, and daycares in Dickinson County, therefore they needed to be revamped. As a group, we were able to practice the evaluation process by collaborating with Brandon on what specifically he was looking for as well as brainstorming our own ideas for improvement. Our participation in this will help us to evaluate programs in the future to ensure proper implementation for different communities, populations, and targets.

Through this service-learning opportunity, we were also able to learn that using effective communication and collaboration should always be a priority in any project within public health. People communicate in different ways and it is crucial to make an impact through communication from the start. This was obvious because school-age children are going to use different communication methods and language than employees in the workplace. Our partnership with Brandon allowed us to enhance our communication skills and gain confidence

by participating in weekly calls to assess the progress and needs of our assigned tasks in a professional setting. We were able to utilize knowledge gained in previous classes to work together as a team and successfully complete a cohesive 5-2-1-0 project.

“THE OVERALL SERVICE-LEARNING EXPERIENCE HAD A SIGNIFICANT IMPACT ON OUR ACADEMIC SKILLS, PROFESSIONAL SKILLS, AND PERSONAL LIVES.”

The overall service-learning experience had a significant impact on our academic skills, professional skills, and personal lives. We were able to grow in different areas that are used in everyday life activities and develop new tools to utilize in our future careers.

Through this experience, we discovered there are many elements in public health that require attention when implementing a new initiative that we were previously unaware of. We now feel as though we are better prepared to enter into the field of community and public health as a result of all that we have accomplished throughout service-learning.

WE WOULD LIKE TO EXTEND A SINCERE THANK YOU TO BRANDON ROHRIG FOR HIS TIME, DEDICATION AND GUIDANCE THROUGHOUT THIS SERVICE-LEARNING EXPERIENCE. THE TIPS AND RECOMMENDATIONS GIVEN TO US WILL BE VERY APPLICABLE AND BENEFICIAL IN OUR FUTURES IN THE PUBLIC HEALTH FIELD. WE WOULD ALSO LIKE TO THANK LOUISE LEX FOR HELPING US FACILITATE THE LEARNING EXPERIENCES.

SINCERELY,

CAMRYN MORK, KALLEY O'DONNELL KATHRINE GROH, AND KYLE SWEETING

HARRISON COUNTY SERVICE LEARNING PROJECT

ACCOMPLISHMENTS & OUTCOMES FROM HARRISON COUNTY SERVICE LEARNING PROJECT

Delaney Goldsworthy, Claire Gilmore, Hannah Bennett, Katelyn Fielder & Brad Brake

This semester, our group got the chance to work with Brad Brake, Administrator for Harrison County’s Public Health Department. Brad joined the department a little over a year ago, so he is working to develop an effective public health department to improve the health and wellness of Harrison County residents. Brad tasked us with finding gaps in current data for Harrison County because while they have a 2016 CHNA, they had never developed a 2016 HIP. Our goal was to describe how the key needs listed in the 2016 CHNA have changed and find the most current data so Brad can presume his work on Harrison’s 2021 CHNA and HIP. Our group collected data from County Health Rankings, the CDC, Harrison

is ranked 55th out of 99 for the most populated county in Iowa. The racial makeup of Harrison County is 96.5% white, 1.6% Hispanic, and another 1% is two or more races. The Harrison County Community Health Needs Assessment (CHNA) survey identified substance abuse, overweight and obesity, mental health and child abuse and neglect as key priorities for a Health Improvement Plan.

Our group analyzed these four needs and how they have changed throughout the past three years.

In 2016, the ratio of mental health providers to the population for Harrison County was 4,470:1 compared to the state of Iowa overall at 830:1 as reported by the 2016 County Health Rankings and Road Maps. According to the updated data, the number of mental health providers in Harrison county decreased significantly (38%) in 2017 but returned to near the 2016 ratio by 2019. According to the 2016 Iowa Youth Survey, the rates of feeling “worthless some, most, or all the time in the past 30 days increased for all age groups (sixth, eighth, and eleventh graders), as did the Iowa averages.

The rate of overweight and obesity in Harrison County has increased by 2% from 2016 to 2019, from 32% to 34%. From 2016 to 2019, the rate of physical inactivity decreased by 3%, from 28% of Harrison County’s population being physically inactive to 25%. There was also a 3% increase in access to exercise opportunities.

The prevalence of child abuse and neglect in Harrison County has increased by 4.19% per 1,000 population as of 2018. However, the average rates in the state of Iowa also increased by 4.4% per 1,000 population. The prevalence of child abuse and neglect in 2017 was 11.96% and in 2018 it was 16.15% per 1,000 population.

OUR GOAL WAS TO DESCRIBE HOW THE KEY NEEDS LISTED IN THE 2016 CHNA HAVE CHANGED AND FIND THE MOST CURRENT DATA

County Public Health Records, and the United States Census Bureau.

Being able to describe the current health status of a community is essential for knowing what aspects need improvement and what the outcomes of the public health department should be. Needs are constantly changing, so data must be updated as frequently as possible. The updated health summary is useful for Brad to be able to organize future goals and actions for improving health within his county.

Harrison County Iowa is located on the Westernmost edge of Iowa and shares a border with Nebraska. The county has a population of 14,134 people as of 2018 and

From 2016 to 2019, Harrison County's smoking rates decreased by 3% from 17% to 14%. Iowa's average smoking rate decreased by 2% from 19% to 17%. The rates of excessive drinking decreased by 2.5 % from 2016 to 2019 moving from 21.5% to 19%. The overall state average for excessive drinking increased by 0.6% from 21.4% in 2016 to 22% in 2019. The rates of alcohol-impaired driving deaths decreased from 32% to 19% from 2016 to 2019.

STUDENT SERVICE LEARNING OUTCOMES

Working with Brad throughout this semester gave us real-world experience and knowledge we couldn't have gotten from just coursework. However, the coursework completed throughout the semester was helpful in guiding our experience and research. This project made us realize how data is constantly changing due to a variety of factors. We learned how valuable it is for public health departments to have accurate and updated data about their community. This data guides all the decision-making and projects that are created to improve the health and wellness among all residents.

We also learned how important it is for community partners to work together to achieve a common goal. Brad shared with us a variety of collaborative initiatives within Harrison that are aimed at improving health. One of these is called "Healthy Harrison Coalition". Established in 2013, it is a combination of health, education, business, agriculture, civic/volunteer, government, and other organizations. Seeing this real-life example of collective impact was helpful for supplementing our learning throughout this course.

Collaborating with Brad we learned how valuable and important utilizing resources, especially from other communities is. Brad sent us information and the CHNA regarding Linn County which is being used as a model for the future of Harrison County's health goals. This is an excellent illustration of how important collaboration and

In addition to updating the health information of Harrison county for use in their 2021 CHNA/HIP, we created a wider and more inclusive range of survey questions for the population of Harrison County to complete. These questions are about the four key needs addressed in our research.

goals are being worked towards the development of a HIP.

Towards the end of the completion of our project, Brad notified us that he would be using the data we laid out in an upcoming meeting. He used it during a meeting with leaders of the city of Woodbine. They are constructing a

IT WAS A GREAT FEELING KNOWING
THAT OUR WORK IS BEING PUT TO
USE TO HELP IMPROVE HARRISON
COUNTY'S HEALTH

new recreation center and they asked Brad to go over the community health priorities for the next 3-5 years so they can plan ahead for grants and programming. It was a great feeling knowing that our work is being put to use to help improve Harrison County's health.

WE WOULD LIKE TO THANK BRAD FOR HIS SUPPORT AND FLEXIBILITY THROUGHOUT THIS SEMESTER. IT WAS A GREAT LEARNING EXPERIENCE FOR US, AND WE HOPE IT WAS FOR YOU AS WELL. WE WOULD ALSO LIKE TO THANK LOUISE LEX FOR HELPING TO MAKE THE SERVICE LEARNING POSSIBLE.

SINCERELY, DELANEY GOLDSWORTHY, CLAIRE GILMORE, HANNAH BENNETT, KATELYN FIELDER

IDA COUNTY SERVICE LEARNING

ACCOMPLISHMENTS & OUTCOMES FROM IDA COUNTY SERVICE LEARNING PROJECT

Jessica Driscoll , Bethany Millard, Prabin Khadka, Nick Ruffolo, & our county Supervisor Patti Andrews

For this project our group of 4 students took the initiative to research the topic of Colon Cancer, and the proper steps it takes to go through with a screening. Our county representative specifically wanted us to get background information of community members in Ida county to compare data on how familiar they are with with topic as well as if they have been talked to by their personal doctors to stress the importance of being screened for colon cancer. After completing hours of research for us students to become more familiar with this topic we created a 9 question survey that was both clear and simple for Patti to email out the residents of Ida. This survey was to help us and Patti to see where the people of Ida needed to increase their knowledge and prevention resources. This is so important to Patti because she was diagnosed with colon cancer years ago and if because of a quick screening it was caught very early and her treatment was started immediately and it was not nearly as intense as it

this survey will help add resources in Ida to stress the importance of getting screened.

We were able to reach over 140 survey participants within Ida county in 2 weeks. This was a great accomplishment for our project and for Patti because we were able to have a sample size for our questions. This sample size helped identify a need for more knowledge about colon cancer and the benefit screenings can have on saving lives. With Patti retiring near the end of this project, we wanted to do our best for her to get some results to see how many people within her county of residence. From our results, we identified the need for better preparation methods and to be aware of the screenings in the first place. From this sample size, we could distribute more surveys to gain more results to make the study more reliable. The outcome from this is to give Patti more insight on the people within her country because she had colon cancer as previously stated, and wanted everyone to know about the need and benefit from getting these screenings. The reason this project was so important is because increased awareness about where to get screenings and to have your doctor talk about getting them, will benefit the health of each individual and the collective community health. This was one of Patti’s main objectives when we talked about what she was interested in doing for the project. If we can reach all members of Ida county, it will increase the screening method usage and general information about colon cancer screenings. Overall this project has given more insight about these screenings to all members of our group and how it can save your life by getting regular screenings as advocated by Patti.

“ONE OF THE REASONS PATTI WANTED US TO FOCUS ON COLON CANCER WAS BECAUSE THEY RECENTLY COMPLETED THERE CHNA REPORT AND FOUND THAT ONE OF THE HIGHEST PREVAILING ISSUE IS CANCER”

would have been years down the road. The impacts of

STUDENT SERVICE LEARNING OUTCOMES

We had a fantastic experience with the service-learning project. Working with Patti and getting an insight view of the work of a community and public health manager is responsible for was a great experience. The experience we gained from patterning with Ida County will help us in our future professional career. Because of this project, we became proficient at creating surveys and collecting data. This skill will help us excel in our profession because creating surveys, researching, collecting data, and understanding your community need is a crucial skill to have as a kinesiology student. We learned to use Qualtrics to create a survey to be sent to Ida County residents. We were required to look at peer review articles to gain or improve our knowledge about colon cancer. Since some of us are planning to attend graduate school and being able to read and dissect peer-review articles is expected for graduate students. This service-learning project would look great in our resume. We can about this project during our internship or job interview, which can give me an advantage over other candidates. Being able to talk about the previous experience will be a valuable asset and shows that we are a good fit for the job or internship.

This experience also helped us gain collaboration skills. We were in a team of four. We had to hold each other accountable, making sure everyone was heard and felt part of the team. Collaboration is an essential part of the workplace. Improving our collaboration will help us excel in our future profession because collaboration will divide the work and make it efficient.

**“THE EXPERIENCE WE
GAINED FROM PATTERNING
WITH IDA COUNTY WILL
HELP US IN OUR FUTURE
PROFESSIONAL
CAREER.”**

One thing we did during this project was that we had to learn how to accommodate with each others busy schedules so we could keep in contact and keep the progress of our project going. This experience gave us the chance to practice our flexibility of scheduling and give us a chance to know what the real-world will feel like. We can now be more confident with any curve ball thrown our way and know that having a back up plan is always a good idea just to be prepared for a situation that could arise. This will help us be prepared to show our future employer we are critical thinkers and plan ahead for things which is always a good trait in an employee.

Thank you Patti for being a great mentor over this semester and helping us learn more about the researching process. We also want to thank Louise Lex for helping us to facilitate this experience.

SINCERELY,

PRABIN KHADKA , NICK R, JESS DRISCOLL AND BETHANY MILLARD

USE THIS SPACE TO INDICATE THAT YOU ARE THANKFUL TO YOUR COUNTY HEALTH DEPARTMENT PARTNER FOR THEIR TIME AND GUIDANCE. YOU SHOULD ALSO SEND A SIMPLER THANK YOU TO LOUISE LEX FOR HELPING TO FACILITATE THE EXPEREINCES.

SINCERELY,

STUDENT 1, STUDENT 2, AND STUDENT 3

MADISON COUNTY SERVICE LEARNING PROJECT

ACCOMPLISHMENTS & OUTCOMES FROM MADISON COUNTY SERVICE LEARNING PROJECT

Jaeda Pitman, Maris Behan, Meghan Sullivan, Madison Trow & Sharon Miller

We partnered with Sharon Miller to combat food insecurity in Madison County. On the first day we met with Sharon, she told us she would like us to focus on food insecurity in her county. She said we will not be implementing any new programs, but doing research so she can present it to other representatives of Madison County. We began our project by researching basic demographics of major towns in Madison County. This includes the population, schools, and the percentage of population that is currently food insecure. It is important for us to get familiar with the community that we will be assisting. Sharon assisted us in getting a better grasp on the people in the communities.

Then, we looked into services that Madison County already provides. We found that Madison County has a farmers market, convenience stores, a small amount of grocery stores, and one community garden. In addition, Madison County has two food banks, both located in Winterset. After we felt like we gathered enough information, we began brainstorming ideas with Sharon on how to improve the situation. Although this was not the main focus of our project, it helped spark ideas for more research into the county.

There are three levels of food insecurity, food security, moderate food insecurity, and severe food insecurity. We believe that Madison County falls under moderate food insecurity, because moderate is when a person has to compromise the quality and/or quantity of food. When a person is food insecure they are at an increased risk for negative health outcomes, such as higher rates of chronic diseases, such as obesity. For children it can put them at a higher risk for developmental problems and mental health affects later on.

Sharon explained to us that within Madison County the most at-risk groups are children and the elderly. With 12% of the population being food insecure, or approximately 2,081 individuals within the county. For our specific project she wanted to focus on children, because as she described to us it was her biggest area of worry. This is because a majority of kids in the county are on free or reduced lunch at school, causing us to focus on ensuring that the kids are being fed over the summer.

Sharon's goal of researching food insecurity in Madison County required us to research questions that were given to us, as well as creating a survey to be utilized in Madison County to measure the rate of food insecurity in the communities within the county.

Our goal is to impact the community using the information and resources we created or found to have a positive impact on the communities going forward.

Food insecurity is defined by Health People 2020 as, "the disruption of food intake or eating patterns because of lack of money and other resources."

STUDENT SERVICE LEARNING OUTCOMES

Jaeda Pitman, Maris Behan, Meghan Sullivan, Madison Trow & Sharon Miller

We learned multiple things about community health. One thing that we learned was how to value the time that we were able to meet with our community health partner as Sharon was very busy. Therefore, when we met with Sharon we learned to use our time wisely so we could get the most accomplished during this time. This was a challenge at times as we did not use the option of Zoom and we decided to meet with Sharon once every three months. Another thing that we learned about community health was that there is not a cut and dry answer at times, meaning that each community is going to be affected differently and may need different resolutions.

Most of the group had a very interesting time trying to understand what a rural community has to deal on a day to day basis compared to an inter-city. This was interesting as three of the four group members were from a city and not a rural community. These three members were amazed at the fact that when living in a rural community it could take up to thirty to forty minutes to get to the grocery store. This was shown with our group members as well as Madison County. Although it is the county right below Polk, so many people think there would be accessible resources close instead of being thirty to forty minutes away.

Overall we were all very nervous to work with someone in the actual workforce. As we now are able to apply what we have been able to learn outside of the classroom, and are very fortunate to have a group leader who was wanting to help guide us but also allowed for us to develop on our own. After this project we are confident that we are able to apply this into our internships happening in the near future. We also feel that we are better prepared to enter the workplace because we have a better understanding of how much time and effort it takes to make a significant and positive impact on a community.

**THIS PROJECT HELPED US LEARN
MORE ABOUT THE VALUE OF TIME
AND ABOUT HOW THERE IS NOT
ALWAYS ONE CUT AND DRY ANSWER.**

WE WOULD LIKE TO THANK OUR COUNTY HEALTH PARTNER, SHARON MILLER, FOR NOT ONLY GUIDING US THROUGHOUT THE SEMESTER, BUT GIVING US THE FREEDOM TO UTILIZE WHAT WE LEARNED TO RESEARCH AND RUN WITH THE PROJECT!

SINCERELY,

JAEDA PITMAN, MARIS BEHAN, MEGHAN SULLIVAN, MADISON TROW

STORY COUNTY SERVICE LEARNING PROJECT

ACCOMPLISHMENTS & OUTCOMES FROM STORY COUNTY SERVICE LEARNING PROJECT Mason Olson, Sophie Kemp, Maria Serrano, & Les White and Les Miller

For our Service Learning Project with Story County, our main objective was to create a survey regarding the most prevalent health needs in Story County. Our mission with Story County Public Health was aimed at collecting data for public health professionals to use in future projects and reports. Trying to accomplish this task right away would have been almost impossible. We had to start from the bottom and work our way up to the survey and data collection.

We started our Service Learning Project by meeting with our professionals. We started planning and working our way up to creating a survey. We were asked to ask 15 people what they thought the most important health needs were in Story County. This gave us an intro to what we would be doing on a larger scale later on. After

**[Without different points of view, we
have no way of improving.]**

this, we had many meetings with Les Miller to learn about what data was important, and what could be discarded. He also had us research old CHNA-HIP reports to see what previous years had for us to learn from. After we did our research, it was time to put our learning to use. We were asked to create a survey to

send out to ISU students directly. Les said he would deliver the survey to other populations in person. We created a 23 question survey that gathered background information, what they thought was the biggest health needs, as well as an open-ended question to gather feedback on their overall thoughts.

Building up to creating a survey, like we did, is important in health because without the learning process we may end up with information that isn't important. Doing surveys are a great way to gather data from populations that we may not hear from otherwise. This is important to public health because this is how improvements can be made. Without different points of view, we have no way of improving. What impacts a college student's daily life probably doesn't impact an elderly person's life. It is vital to get all populations accounted for in order for things to get better.

Our project was extremely vital for our county health representative in the work that she does. She is in charge of creating the next CHNA-HIP report. In order to create this report, she needs to know the most concerning health needs of Story County. It is important for her to know these needs and what populations they are coming from so she can start planning and programming ways to improve the things that are causing people trouble.

STUDENT SERVICE LEARNING OUTCOMES

Mason Olson, Sophia Kemp, Maria Serrano

Reflecting back on this experience, there was a lot that we learned that we didn't even realize at the time. Learning to keep an open mind and see things from multiple points of view was one of the big things we learned. When thinking about a public health project, we tried to see things from a public health professional's view. That isn't always the way a public health professional should think though. Thinking about things the way a professional of another field, such as a computer scientist, can help get even better data. This helped us to be open minded and always eager to learn.

We also worked with our professionals weekly in a professional manner, whether that was through email, phone calls, or face to face interactions. This experience provided us with the opportunity to practice professional communication with many different people. It allowed us to learn how to build relationships. Through building these relationships, we learned how to work with others to build trust and accountability. We now have these skills in our back pockets that many people may not have. This will help us when we are in job interviews as well as after the interviews. We will have a running start on being able to work with our coworkers and do our jobs to the best of our abilities.

We learned how to go through different channels to get the product we desired. When creating the survey, we had to be in close contact with ISU IT, our professionals, as well as our groupmates. Sometimes this can be a difficult task when trying to get things done before a deadline. Having this experience is something that will make us better at dealing with similar scenarios in the future. Working together before a deadline can be a vital part of any job and now we have a little bit of that

experience. This will help us to remain calm in these types of situations and excel under pressure.

This project was exciting to us from the beginning. Getting the opportunity to work with accomplished professionals is something that not all students get to experience. Seeing how dedicated our professionals are, and how much time they put into their jobs, is very inspiring.

This project was unique in the fact that we got hands on experience in the real community. Being able to create a survey and actually send it out for data collection is something we weren't expecting. We thought we were

[We will have a running start on being able to work with our coworkers and do our jobs to the best of our abilities.]

going to be learning from our community health professionals and it was more of a job shadow type of experience. We learned that community health takes more than just one person or department to make things work. It takes a lot of moving parts to achieve things at a high level. We also learned that communication is what connects these moving parts and that being able to do it efficiently will make the process that much smoother.

THANK YOU BOTH VERY MUCH FOR YOUR TIME AND EFFORTS THROUGHOUT THIS PROJECT. YOUR EXPERTISE TAUGHT US IMMENSELY, AND GAVE US A LOT TO TAKE WITH US INTO OUR FUTURES. THANK YOU FOR GUIDING US THROUGH THIS PROJECT AND GIVING US THIS OPPORTUNITY.

SINCERELY,

MASON, SOPHIA, AND MARIA