



2022 COUNTY SERVICE LEARNING PROJECTS

HS 430 – COMMUNITY HEALTH PROGRAM PLANNING

This document includes abstracts describing the 6 Service Learning Projects completed by senior-level Community Health majors at Iowa State University in collaboration with 7 Iowa County Health Agencies during the Fall 2021 semester (Cerro Gordo, Crawford, Dickinson, Ida, Marshall, Story County, Wapello)

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CERRO GORDO COUNTY SERVICE LEARNING PROJECT

ACCOMPLISHMENTS & OUTCOMES FROM CERRO GORDO COUNTY SERVICE-LEARNING PROJECT

Taylor Manusos, Lauren Clark, Megan Burke, Jesus Rodriguez & County Health
Leader Cassidy & Alyse

With the help of our county health partner Cassidy Flory, and the support of Alyse DeVries, we were able to complete this resource guide for all middle schools across Cerro Gordo County. This guide

“THE RESOURCES WILL PROVIDE A
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TO HEALTHY LIVING.”

would primarily be used to increase awareness of the importance of physical activity to improve health, decrease rates of childhood obesity, and improve cognitive performance in school.

The project our group came up with was implementing Move Your Way resources into middle school classrooms to improve the overall health of Cerro Gordo. We decided to use Move Your Way resources because there is evidence that they are working in public health today. These materials are not only visually appealing, but they are also very easy to understand and readily available. These resources include ways to get active such as playing soccer with friends or dancing around your living room. We will also use posters from Move Your Way that explain why it is important to get 60 minutes of physical activity each day.

We wanted to implement this in middle schools because we know that young people are very

malleable, and they will be able to encourage future generations with personal experience. Plus, Move Your Way is proven to work and shows that getting active during the school day can improve cognitive learning. Working with our county health leader, Cassidy, we were able to further discover the health needs within Cerro Gordo County, which is how we narrowed our project to middle school students who were in need of physical activity programs and resources. The reason we chose to focus on physical activity is that Cerro Gordo county, as a whole, is ranked in the 25th percentile of the least healthy counties in Iowa.

Pledge sheets, posters, and tutorial-like videos will be included in this resource guide to encourage physical activity. The pledge sheets are a way for students to plan out what their physical activity will be for that day/week. They will then be able to share them with parents, teachers, and other classmates. Posters will be used to show how physical activity can be incorporated into their daily lives. The videos will provide a sense of togetherness and common ground for each school to have a shared guide to healthy living.

With the help of our county health partner Cassidy Flory, and the support of Alyse DeVries, we were able to complete this resource guide for all middle schools across Cerro Gordo County. This guide would primarily be used to increase awareness of the importance of physical activity to improve health, decrease rates of childhood obesity, and improve cognitive performance in school.

STUDENT SERVICE-LEARNING OUTCOMES

Taylor Manusos, Lauren Clark, Megan Burke, Jesus Rodriguez

This project has allowed our team to discover and further explore the various resources that are readily available to the public. Resources include Move Your Way, the CDC's Active People Healthy Nation, and Community Health Needs Assessment (CHNA) and rankings. Often-times we were trying to address our issue of childhood obesity by creating a new resource on our own. However, we were quickly redirected to programs that are already put into place and working today. We learned the importance of awareness as many people are not familiar with current initiatives that aid in improving healthy lifestyles.

Professional and effective communication was also another aspect in which we developed. Not only with our county health leader but with each other on project goals, community needs, and health outcomes. We found that communication is a very valuable skill within the public health field. Discussing goals, priorities, and keeping an open mind to differing ideas are all skills that bring about an impactful program, which is exactly what we have been working on and learning to do. We have learned how to create and utilize logic models to effectively incorporate evidence-based practices and evaluate outcomes.

While there is so much more that has impacted us during this project, service learning has set the foundation for a successful career in community

and public health. We have observed the characteristics displayed by our county leader, and truly learned what it means to serve others in your community. It was intriguing to us that we were able to be involved with Cerro Gordo's public health and community even though we were miles apart.

“OVERALL, SERVICE LEARNING HAS PUSHED US TO THINK OUTSIDE THE BOX, ENABLING US TO MAKE AN IMPACT ON THE COMMUNITIES AROUND US.”

Overall, service learning has pushed us to think outside the box, enabling us to make an impact on the communities around us. CHNA and our Service-Learning Partner have helped us discover health needs and potential solutions. We can use these solutions now, as students, as well as when we enter the field of public health as working adults.

AS A GOURP, WE ARE VERY THANKFUL FOR CASSIDY FLORY FOR HER TIME AND GUIDANCE WITH OUR SERVICE-LEARNING PROJECT. WE WOULD ALSO LIKE TO THANK LOUISE LEX FOR HELPING TO FACILITATE THE EXPEREINCES.

SINCERELY,

TAYLOR MANUSOS, LAUREN CLARK, MEGAN BURKE, AND JESUS RODRIGUEZ

Crawford County SERVICE-LEARNING Project

ACCOMPLISHMENTS & OUTCOMES FROM CRAWFORD COUNTY SERVICE-LEARNING PROJECT

Ethan Wulf, Lal Thangi, Kelly Pieczynski, & Kim Fineran

Crawford County has a physical inactivity rate of 35%, an obesity rate of 39%, and 53% in access to exercise opportunities. Knowing these facts, we knew we needed to start promoting physical activity and, overall, a healthy

“WE KNEW WE NEEDED TO START PROMOTING PHYSICAL ACTIVITY AND OVERALL, A HEALTHY LIFESTLY.”

lifestyle. We focused on these facts and came up with a project that promotes and raises awareness for physical activity through social media.

It is obvious that social media has a huge impact on the world around us, it can influence a large group of people to do something. We thought using social media would influence the community of Crawford and our county leader, Kim Fineran agreed with us. When we first met with our leader the only platform Crawford’s public health department used was Facebook. Although Facebook is good at reaching members of the community, we thought to expand that to reach even more. We helped plan out a Twitter and Instagram account as well. We also shared multiple posts with Kim as well as tools and graphics she can use to make her own posts.

We had a vision that members of the Crawford would see, interact, and then act with the posts that were created. An

example of what we shared with the community is the Healthiest State Initiative 5-2-1-0 project. This project was promoted around the state of Iowa during the month of October, but Crawford County specially has not promoted it on their social media. This was a way to raise physical activity in a fun and new way. Below is the post we shared with Kim to get it out to the members of Crawford.



Can't believe it's almost October?!? Same with us, but exciting things follow! Join us in putting 5-2-1-0 into action!

STUDENT SERVICE LEARNING OUTCOMES

Ethan Wulf, Lal Thangi, Kelly Pieczynski

The field placement with Crawford County was our first experience working directly with a county health leader. It felt like what we learned in class was put into practice. We learned that community health requires the collaboration of many people from different specializations to keep a community healthy. For instance, we were able to come up with the promotion of physical activity via social media as we may utilize them more than the county leaders due to their busy schedules. Thus, our attempt to contribute may not be as significant but played a role in keeping Crawford County physically active. Since we are only working with the county for a semester, we are interested in seeing how our project grows in the future, especially the Facebook posts we created. We also think that it was interesting to see how the county can improve and extend in terms of social media usage in health promotions. We are now more prepared for the workforce as we had the opportunity to practice time management and improve communication skills, teamwork, and responsible.

We were responsible for setting up weekly meetings and communicating our ideas for growth. Before sharing our setting up weekly meetings and communicating our ideas for growth. Before sharing our ideas, we made sure to work as a group and discuss how we wanted to convey our messages. Doing this helped us stay on track with our projects and improved our productivity working with Kim. It also helps in taking on a role in the real-life work setting and being responsible for our specific duties. Not only were we successful in communicating our ideas, but we were also able to make new suggestions for further improvements, such as extending health promotions to Twitter and Instagram. As we are living in an era of social

ideas, we made sure to work as a group and discuss how we wanted to convey our messages. Doing this helped us stay on track with our projects and improved our productivity working with Kim. It also helps in taking on a role in the real-life work setting and being responsible for our specific duties. Not only were we successful in communicating our ideas, but we were also able to make new suggestions for further improvements, such as extending health promotions to Twitter and Instagram. As we are living in an era of social media and electronic devices, it is important that we adapt quickly to reach broader audiences in the county. What we learn in our commitment to improving Crawford County's health can also apply to our future careers in public health and the healthcare system in general.

“What we learn in our commitment to improving Crawford County's health can also apply to our future careers in public health and the healthcare system in general.”

WE ARE IMMENSELY THANKFUL TO KIM FINERAN AND CHERYL LAHR FOR THIS OPPORTUNITY. THANK YOU TO LOUISE LEX FOR HELPING TO FACILITATE THE EXPEREINCES.

SINCERELY,

ETHAN WULF, LAL THANGI, KELLY PEICZYNSKI

DICKINSON COUNTY SERVICE-LEARNING PROJECT

ACCOMPLISHMENTS & OUTCOMES FROM DICKINSON COUNTY SERVICE-LEARNING PROJECT

Bayley McCormick, Loganne Basuel, Laura Kerton &

Dickinson County Health Leader Katy Burke



Our Service-Learning group created a Crisis
Resource Guide for Dickinson County.

Throughout our service-learning experience, our group met bi-weekly with Katy Burke, Director of Population and Public Health in Dickinson County. During our first meetings, Katy introduced us to Dickinson County and discussed their recent Community Health Assessment and Community Health Improvement Plan. Our original service-learning focus, physical activity promotion, was not a priority in Dickinson County. Therefore, we worked collaboratively with Katy to develop a project that would make a meaningful impact in the community. During this process, we sat in on a Hunger Coalition meeting, which gave us powerful insight into the complexity of public health processes.

By observing a hunger coalition meeting with Dickinson County, we concluded that making a monthly calendar for their food pantries and a crisis resource guide would be the best way to help. The food pantry calendar is a 2023 monthly calendar of all the event dates throughout the year. These calendars will be posted on their

Facebook page monthly for the community to see. Katy expressed to us that Dickinson County's current resource guide is outdated and contains too many resources that someone could not quickly utilize during crisis situations. Our crisis resource guide is comprised of priority resources that can be sent to schools and churches regarding food insecurity, homelessness, substance abuse, mental abuse, and transportation. We created various flow charts of priority resources that schools, and churches can utilize if individuals come to them in crisis situations. This new Dickinson County crisis resource guide is important to health because it is meant to quickly direct individuals to the proper resources. Without the knowledge of resources available, people within Dickinson County would not utilize the valuable resources available to them. This crisis resource guide is a starting point for organizations that help guide individuals to resources that will assist in their situational needs. To put things into perspective: if an individual were to come to a church looking for food to eat and a place to stay for two nights, the resource guide would have a handful of resources to call regarding food & transportation to immediately guide the individual to the help they need. Katy continued to share with us that not only is it frustrating to lack resources to help an individual but, sending these individuals to other churches to deal with them was not the ideal or the correct answer. Therefore, this updated crisis resource guide should begin a working solution to these frustrations.

STUDENT SERVICE-LEARNING OUTCOMES

Bayley McCormick, Loganne Basuel, Laura Kerton

Overall, we had a great experience with this service-learning project. We could lie and say this project was smooth sailing with no issues or obstacles, but that was far from the truth. Having freedom with how we delivered the information made it difficult to condense it and choose the resources that seemed the most beneficial. With our unfamiliarity with the county, it was difficult to determine what resources were important to the residents of Dickinson and what resources were not.

After sitting through other presentations on what other students did for their county health leaders to see what their county needed, compared to Dickinson county's needs, it was clear that every county has different priorities. Overall, there isn't one solution to fix every county's unique problems. Considering the different demographics, it is important to come up with a plan of how to reach targeted audiences in the most effective way.

When taking on this task of making a crisis resource guide, we learned a lot about the resources within Dickinson County and what the public health department had access to. We found it interesting that many of the resources in their resource guide were outdated and no longer in service, making it difficult for individuals to use that guide as a reliable source of help. Katy stressed to us that this guide was something they needed for a long time; however, there was no time in their busy schedules to fix

this resource guide. Not only did they not have the time to create an updated resource guide, but they lacked the staff to do so. Many individuals who are a part of Dickinson County's coalitions are volunteers and simply help when they can.

We learned a lot about ourselves, teamwork, and combining ideas throughout this process. We all have

Many of the resources in their resource guide were outdated and are no longer in service, making it difficult for individuals to use that guide as a reliable source of help.

worked in group settings before; however, this experience was a little different due to the extended timeline. This project required plenty of research, communication, and patience to complete. We needed to work together, attend meetings, and obtain the most suitable information to give our county leader, Katy, the best product we could.

This project has set us up for success when we enter the workforce because these are daily tasks we will be doing after graduation. With all of us being Public Health majors, we will be given challenging tasks similar to those given during this experience.

WE WOULD LIKE TO THANK KATY BURKE, BETH WILL, AND LOUISE LEX FOR THEIR TIME THIS SEMESTER. WITHOUT ALL OF YOUR HELP, NONE OF THIS WOULD HAVE BEEN POSSIBLE. WE ARE INSPIRED BY YOUR PASSION AND DEDICATION TO YOUR COUNTIES AND APPRECIATE THE OPPORTUNITY TO LEARN FROM YOU ALL.

SINCERELY,

BAYLEY MCCORMICK, LOGANNE BASUEL, AND LAURA KERTON

IDA COUNTY SERVICE LEARNING PROJECT

ACCOMPLISHMENTS & OUTCOMES FROM IDA COUNTY SERVICE-LEARNING PROJECT

Devonny Goodman, Ahnet Boggess, Katie Hyberger, & Rebecca Burns

Our Service-Learning Project outcome was creating a flyer that was paired along with Move Your Way campaign. The flyer included a QR code that went to the Move Your Way activity planner. We decided on this outcome due to the lack of physical activity within Ida County. A flyer is a way to relay information to people of

THIS IS IMPORTANT TO PUBLIC HEALTH BECAUSE PHYSICAL ACTIVITY IS ONE OF THE MOST CRUCIAL FACTORS IN MAINTAINING A HEALTHY LIFESTYLE.

all ages and to reach the people who need it the most. It was important to our county health leader to help get the community members of Ida County more active and engaged. This will make impacts within the community by including everyone and keeping in mind the limitations of Ida County being mostly rural.

A crucial stage in our program development was deciding who we wanted to reach. We landed on targeting the entire community to try and motivate a bigger population. Providing resources for audiences and community members can help them learn about the benefits of PA, find activities that work for them, and then ideally be able to fit those into their busy lives. For this reason, we knew that a flier would be our best bet for reaching all age

demographics. A QR code is attached for individuals to scan, learn more, and find ways to fit more physical activity into their lives. We considered the older population in Ida or individuals who do not know how to scan a QR code and have a phone number and email address attached to Rebecca Burns. The Ida County Public Health Leader will be able to assist further with their needs.

To change the lifestyles of residents in Ida County, we needed a program that was easy to use for every age demographic. We needed to implement a program that everyone could use, so we chose to work with Move Your Way. It was also important that the County representatives could make changes throughout the years to adhere to the county's needs. This program offered many activities ranging from activity pledges to creating a physical activity planner. We also thought it was important to incorporate incentives within this program to keep the community engaged. These incentives could include but are not limited to a grocery store gift card to get healthier food options or free exercise equipment so people can work out at home.

This is important to public health because physical activity is one of the most crucial factors in maintaining a healthy lifestyle. It improves cognitive function, reduces the risk of diseases, improves bone and muscle health, and it could influence healthy eating.

STUDENT SERVICE-LEARNING OUTCOMES

Devonny Goodman, Ahnet Boggess, and Katie Hyberger

The experience from this project was great for our future work, and the chance to apply the information learned in class was crucial. This allowed us to learn how it works in the real world. Community Health has many aspects to it. You must be able to understand the work that goes into creating change. The demographics and the background information are important to understand the target audience.

One major aspect of Community Health is the limitations and barriers many people face. We learned how to produce ideas that can certainly overcome barriers. Overall, we learned how to work with a county health leader and have the freedom to create a program that would benefit the community through physical activity. This gave us vast experience. Working with Rebecca Burns also taught us all the work that goes into her job and what tasks she performs daily. We also learned that some campaigns do not align with the goals of our project. Although many great campaigns have great campaigns with good goals and ideas, some may not be a good fit when dealing with populations, age groups, and barriers.

The biggest challenge throughout this project was figuring out a plan that would work for everyone in the county. As we said before, there are barriers within different age demographics that can prevent some people from engaging in physical activity. From this, we learned how to focus on the bigger picture and not worry about

YOU MUST BE ABLE TO UNDERSTAND
THE WORK THAT GOES INTO
CREATING CHANGE.

focusing on each individual but their needs. This reduced much stress because we had a specific goal now and not just a vague idea. Regardless, working through these barriers gave us a deeper understanding of how program planning works and how difficult it can be to make a program that accommodates everyone in the county, but in the end, it made us better programmers.

WE ARE THANKFUL TO IDA COUNTY HEALTH DEPARTMENT PARTNER FOR THEIR TIME AND GUIDANCE. THANK YOU TO LOUISE LEX FOR HELPING TO FACILITATE THE EXPERIENCE.

SINCERELY,

DEVONNY GOODMAN, AHNET BOGGESS, AND KATIE HYBERGER

MARSHALL COUNTY SERVICE LEARNING PROJECT

ACCOMPLISHMENTS & OUTCOMES FROM MARSHALL COUNTY SERVICE LEARNING PROJECT

Shane Rogers, Shannon Dougherty, Payton Maddy, & Pat Thompson

The overall goal of our service learning project was to offer a healthier lifestyle in terms of nutrients and physical health to the young adults of Marshall County and to assist in the difficult transition of independent living as a young adult. As adult obesity continues to increase within Marshall County, as a team we worked with our service learning partner to make some effort to

Our nutritional guides were to be distributed through local grocery stores and businesses as well as posted on social media of the public health department in the county. Pat had mentioned that she was in the process of looking for an intern to work under her in the public health county office. We expect this intern to be tasked with the creation and distribution of these guides in the hope that our goals can be continued after our partnership concludes.

“Our nutrition guide and 1st-time renter guide aim to educate and provide people with the resources to better their nutrition and make their own lives easier.”

Lastly, we worked with our county health leader to assist young adults in the area in their transition from living in co-dependent households to independent living on their own. As three college students, we first-hand knew the struggles that come with living on your own all of a sudden, and Pat was encouraged by her granddaughter who was gearing up to being in college and living independently.

try and curb this rise. Through initial discussions with Pat. We wanted to institute something that would not only be accessible to our community, but also something that would be convenient for the already busy lifestyles of young adults. It's important to note the stress we wanted to put on the convenience of our programs. We discussed how we live in a society that thrives off the convenience of all aspects. People enjoy doing things that allow them to manage their time and are not too distracting to their daily lives.

In order to smooth out this transition, we wanted to collaborate with local businesses in “apartment drives” that allocate essential resources one would need on a daily basis within their home. We created lists of cleaning supplies, kitchen supplies, and other materials that can work efficiently to ensure that these young adults have everything that they require.

To help try and develop our ideas, we came up with the concept of a nutrition guide. With the goal of allowing our community to adopt long-term healthy eating habits, we found it to be most efficient by offering the community nutritional guides that contained things such as recipes, healthy eating tips, etc. Our goal was to focus on the younger generation so as they reach adulthood, they have maintained a healthy weight and nutritional diet.

In order to achieve this goal, we would need collaboration of a county health office, a college, The Salvation Army, and grocery stores. The Salvation Army would run the apartment drives along with hanging up flyers that contained information on a 1st-time renter guides tips on independent living. This would mainly target high school students and college students in the area.

STUDENT SERVICE LEARNING OUTCOMES

Shane Rogers, Shannon Dougherty, and Payton Maddy

In order to complete the guides mentioned above we had to collaborate with Marshall County's Public Health leader through online platforms. We had bi-weekly Zoom meetings and would email reminders of meetings or any other questions that required a quick response. Aside from communication with our leader our group used google drive to complete projects and a group chat to communicate outside of class time. One lesson we learned early on is that online platforms aren't always reliable and can easily fail. With that being said we had to learn the importance of communication. Alongside communication we also learned how much time and effort goes into project planning.

This experience has helped us gain insight on how county public health offices operate and how important they are to community health. Pat had a very small amount of help running the county health office and would often talk about all the people she was working with. A couple examples are many times she was off working flu shot clinics and mentioned that another community office might be able to assist her with the Facebook post. After learning that Pat was on her own was when we stressed making our project convenient as possible.

Being able to help Pat create something that will be convenient and beneficial to Marshall County overall helped our group create and enhance skills that we will use in our future careers in the healthcare field. Aside

from communication skills we learned about project planning for community health. In class we went through many different public health models used to create health inventions. Having this opportunity of working with Pat was unique because we got to apply the material we were learning as we were learning it

When looking back at the semester our group had an overall positive experience. Through the many projects we had to use outside sources to create professional looking products. Outside sources we used included google slides, google docs, and Canva. Google slides were used to create presentations and google docs were used to create visuals that were clean, easy to follow, and professional. We used Canva to create our guides to the same quality. As a result we gained hands-on experience and insight on how these offices function. Aside from experience our greatest take away was the connections we created that will help us in our future career paths.

“Having this opportunity of working with Pat was unique because we got to apply the material we were learning as we were learning it.”

WE WANT TO SEND A SPECIAL THANK YOU TO PAT THOMPSON FOR GIVING HER TIME AND SUPPORT THIS SEMESTER TO HELP US COMPLETE PROJECTS AND GAIN REAL LIFE EXPERIENCE WITH PROJECT PLANNING. ALSO A THANK YOU TO LOUISE LEX FOR ORGANIZING AND ALLOWING STUDENTS THIS OPPORTUNITY TO LEARN AND GAIN EXPERIENCE IN A UNIQUE WAY.

SINCERELY,

SHANE ROGERS, SHANNON DOUGHERTY, AND PAYTON MADDY

STORY COUNTY SERVICE LEARNING PROJECT

ACCOMPLISHMENTS & OUTCOMES FROM STORY COUNTY SERVICE LEARNING PROJECT

Ellie Blosser, Morgan Kane, Priscilla Macias & Story County Health
Representatives

Our Service Learning Project involved working with Story County in order to implement a successful physical activity program. We decided to create program flyers for

“BY CREATING HEALTHY HABITS IN
CHILDHOOD, INDIVIDUALS ARE MORE
LIKELY TO CONTINUE THOSE
HEALTHY HABITS IN THE FUTURE.”

elementary schools in the area, including resources for the schools to participate in said programs. Our four flyers consisted of ExerCYse partnership, the SWITCH program, Mileage Club, and Physical Activity week.

The ExerCYse partnership works directly with Iowa State Kinesiology students to directly engage with elementary students in fun physical activity. The SWITCH program is an online-based program including the following: students participate in 60+ minutes of physical activity each day, 2 or less hours of screen time per day, and consume 5 or more servings of fruits and vegetables per day. The Mileage Club includes individual packets for students to track how many miles they complete during recess in a designated time period. Lastly, Active Schools encourages the use of free physical activity programs.

It was important that we offered a wide range of choices to give teachers and schools the autonomy to implement the program that would work best for their students. We

chose to do this in order to increase physical activity in elementary schools and instill healthy habits at an early age. This is important to health because by creating healthy habits in childhood, individuals are more likely to continue those healthy habits in the future.

This was important from our county representatives' standpoint because they were passionate about health and physical activity. Implementing a program that will have a high future success rate was important to them. They also believed that healthy habits begin in childhood, and elementary schools were a great place to start. In addition, our public health leaders emphasized the importance of reaching schools in rural populations of the county. Overall, there was a lack of public health education and programming in all elementary schools in Story County. With this, we decided that elementary schools were the best place to start.

Overall, our project was successful and instilled successful initiatives within Story County. The Story County Health Representatives were eager to send our flyers out to school districts in the area, and we had much support from them. We built our service learning project from the ground-up and worked hard to accomplish this task.

STUDENT SERVICE LEARNING OUTCOMES

Ellie Blosser, Morgan Kane, & Priscilla Macias

Through this project, there was an abundance of things to learn about community health. To start, we learned how important logic models are to community health. After our final presentation, county health leaders mentioned how they would continue to use the logic models we had created for them, which we found to be very rewarding. With this comes leverage points, which are key to creating change and initiating it. However, we had no knowledge about such factors before this project.

In addition, we learned the importance of using evidence-based strategies. To highlight, we felt really confused about how and where to begin at the beginning of the project. However, it was important for us to create a program that showed significant effects, and that's when we began to research evidence-based programs within Iowa. By using an evidence-based approach, we were able to jumpstart our program. With this, our county health leader was able to endorse our project. The utilization of evidence-based programs and strategies impacts community health by promoting support and funding, but it may also be challenging. Overall, we learned many important skills for our future careers and increased our professional development skills.

One interesting thing about this project was how impactful our work was. Our county health representatives mentioned that they will continue to utilize our work and impact the health of communities. Another interesting thing about our project was the amount of work that went into reaching our target audience for a set outcome. The utilization of framework models, such as Logic Models, Precede-Proceed Models, etc., helped to create a successful process toward the

desired goal. However, it is important to note that the process included a continuous amount of trial and error for us. This was interesting because we had the opportunity to expand our knowledge on this topic.

In this project, we learned how to work professionally with Story County health representatives. Consistent communication was essential for our group's success. Within our group, we created a game plan at the beginning of each week that included our goals and objectives. By doing this, our meetings were able to flow

“WITHIN OUR GROUP, WE CREATED A GAME PLAN AT THE BEGINNING OF EACH WEEK THAT INCLUDED OUR GOALS AND OBJECTIVES.”

smoothly. As a group, we took these experiences as learning opportunities. These experiences taught us that it is important to be prepared in order to provide the correct information and ideas to employers.

During our meetings, communicating with our county health representatives was essential for us to understand what they wanted in their community and how we could help. This experience provided us with the opportunity to practice professional communication and critical thinking skills in a real-world setting. Additionally, we gained confidence over leading meetings. This will help us to be more prepared in future similar situations. Three essential qualities that are directly related to our careers in the future are planning ahead, teamwork, and communication.

WE ARE THANKFUL TO OUR COUNTY HEALTH DEPARTMENT PARTNER FOR THEIR TIME AND GUIDANCE.

SINCERELY,

ELLIE BLOSSER, MORGAN KANE, AND PRISCILLA MACIAS

WAPELLO COUNTY SERVICE LEARNING PROJECT

ACCOMPLISHMENTS & OUTCOMES FROM WAPELLO COUNTY SERVICE LEARNING PROJECT

Jessica High, Haley Sharp, Jarrett Van Wyk, & Lynelle Diers

While working with Lynelle Diers, our county health leader, she helped and supported us in designing and creating many different flyers to encourage physical activity within the 9-13 age range population in Wapello county. These flyers would mostly be used and hung

THE MOVE YOUR WAY CAMPAIGN IS
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PHYSICAL ACTIVITY GUIDELINES
GUIDELINES TO HELP PEOPLE LIVE
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around all school buildings, parks, and recreation centers. The goal of these flyers is to improve obesity within this age range as well as to improve the mental health resources for children in this community as well. The project our group came up with was researching and finding a variety of flyers that Wapello county could use. We utilized the Move Your Way flyers and resources, and materials. We wanted to find visually appealing flyers for this age range and encourage physical activity in various ways. A few of our flyers, for example, are pledge sheets where it gives students a prompt such as “This week I will be active by their response” this flier is not only visually appealing but involves everyone, and once all are

posted and hung up around the schools, this can give others ideas on the many different ways and things you can do to become physically active each day.

We implemented these within the schools because that was the best way to target our population of 9-13. While discussing with Lynelle, we discovered the needs that needed the most attention, and that is how we came up with our target audience and how we can best support their needs. She mentioned that ages 9-13 in Wapello county were struggling with obesity rates and mental health, and they needed to find ways to hopefully decrease these rates of obesity. This is the reason why we choose to focus on physical activity, as it is proven to not only help the obesity rates but also can improve mental health as well.

These flyers and pledge sheets are a way for students to feel encouraged to participate in physical activity. These flyers focused on providing education to the students, the parents, and some of the faculty that could be responsible for a student's health. If the information is provided to the right people, it can prevent future obesity or even start a decrease in the current rates. With this education starting now, these students can age into a healthier lifestyle when they reach adulthood, along with seeing an increase in their mental health when they just reach high school. With continued efforts, Wapello county can see the benefits of simple flyers that will inform the public about obesity and increase awareness for years to come.

STUDENT SERVICE LEARNING OUTCOMES

Jessica High, Haley Sharp, and Jarrett Van Wyk

Throughout this project, as a team, we learned about how many different avenues and roles someone in the county health department has. While working hands-on with her, we discussed her experiences, responsibilities, and ever-changing schedule. This allowed the team to be flexible with planning and discussing in different formats to have productive conversations that were beneficial to both sides.

We learned that in many counties, the health community focuses on using multiple needs to fit the specific community with its resources. This helped us to focus on a project that would impact a population that had not been targeted while using efforts and programming that they find essential in the community. What was interesting about the project was the ability to focus on the community's needs and the health factors lacking or where there is a need, along with looking at the feasibility of implementing an idea.

While working together, there were many times an idea of a fun project or promotion that could take place, and great discussions took place on how we could make that happen. It was interesting to learn if it is truly applicable to the community. Many times the focus was discussing what resources or technology the community had access to and see if the idea could be implemented with success and long-term feasibility. An area we learned a lot in is to have an effective plan using the resources already in place and open to the program making the ability to implement a lot easier. Such as, when working with Lynelle, we understood that they do not have many parks and rec resources but using the school and YMCA to promote an active initiative for adolescents would be both impactful and practical within the

community. This sparked interest in understanding how to build an initiative that can be implemented and the barriers to health programming in counties.

While this project taught us many things about health initiatives within counties, it also taught us a lot and helped us practice many skills we didn't initially plan for. Working with a county to understand the landscape and the personnel running an office altered our planning. While having limited personnel to make the connections to continue the work while continuing their current efforts, we learned that programs must be somewhat self-running and easy to edit and continue. To enter the

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working field, we learned how to collaborate to build an efficient proposal. The skills we developed will help in the work for many of those collaborating with the information we have and then using each perspective and strength to bring together the best possible outcome. This project had us work on being continually adaptable to different needs and schedules. We were able to be productive and time-efficient while also being adaptable. This is different from having a long-term plan, like in a classroom setting, but during this project, we had to be more flexible in our schedules.

We would like to thank Lynelle Diers for her time and effort this semester in working with us. Lynelle was a great person to work with by being extremely helpful with any questions and flexible in meeting times. Through our meetings with Lynelle, she showed that she cares a lot about the health of everyone in her county and certainly helps make it a better place. We would also like to thank Louise Lex for helping to put together this great learning experience; this experience will help guide us in our field and greatly benefit our future careers.

Sincerely,

Jessica High, Haley Sharp, and Jarrett Van Wyk