Medical Students and a Community Wellness Center Collaborate to Address Urban Health Issues

Sharon Younkin, Ph.D., Director, Community Service Programs, University of Wisconsin School of Medicine and Public Health
Susan Corrado, RN, MS, Community Parish Nurse
Travelle Franklin-Ford, University of Wisconsin School of Medicine and Public Health
Oluyemisi Adeyemi, University of Wisconsin School of Medicine and Public Health
Odinakachukwu Ehie, University of Wisconsin School of Medicine and Public Health
Jessica Connor, University of Wisconsin – Madison
Overview

- The Community/Campus Partnership
  - The Allied Drive Community
  - The Allied Wellness Center
  - Medical Students in Service
- Community Health Survey
  - Health Topics Desired by Residents
  - Resident-Identified Health Promoters or Detractors
- Social Determinants of Health
- Program Goals
- Funding
The Community

- Diverse nationalities present in the neighborhood
  - 75% African American, 12% Latino, 11% Asian and 2% Caucasian
- Transient resident population
  - 50% Transience Rate
- Significant threats to health:
  - Hunger
    - Limited access to fresh fruits and vegetables
    - Food pantry limitations
  - Poverty
    - 41% of residents earn less than $15,000 annually
    - 95% of children participate in free/reduced cost lunch program
  - Safety
    - Gangs
    - Drugs
    - Violence
  - Hopelessness
    - Apathy
    - Unemployment
    - Political issues
Allied Wellness Center: The Partner

- Established 2004
- Grass roots, community resource
- Place of respect and pride for residents
- Community parish nurse and volunteers work together to provide holistic health promotion services
- One of several new service initiatives to increase neighborhood vitality
- Only organization conceived without initial governmental or national programmatic support
Sporadic health education programs on topical issues in 2005

- Initiated December 2004: World AIDS Day door-to-door educational campaign
- 2006: formal partnership via a “Caring for Communities” grant from the American Association of Medical Colleges (AAMC)
Medical students conducted face to face survey interviews at two community events
- Open ended questions designed to identify
  - specific health concerns
  - (perceived) individual and community barriers to health

Pre and Post surveys conducted at the conclusion of the first academic year of programming
(10 month interval)
## Community Identified Health Issues of Interest

Similar issues identified in both surveys

Hypothesis: (1) Programs increased awareness of issues; (2) Many individuals were unable to attend programs

<table>
<thead>
<tr>
<th></th>
<th>2006</th>
<th>2007</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Total of All People Surveyed</strong></td>
<td>Healthy Eating Children's Health</td>
<td>Children's Health Women's Health</td>
</tr>
<tr>
<td><strong>Gender</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Male</td>
<td>Healthy Eating Smoking</td>
<td>Men's Health Healthy Eating</td>
</tr>
<tr>
<td>Female</td>
<td>Children's Health Healthy Eating</td>
<td>Children's Health Women's Health</td>
</tr>
<tr>
<td><strong>Age</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Under 18</td>
<td>Smoking West Nile</td>
<td>Smoking Asthma/Allergies</td>
</tr>
<tr>
<td>19–25</td>
<td>Children's Health Healthy Eating</td>
<td>Smoking Children's Health</td>
</tr>
<tr>
<td>26–39</td>
<td>Healthy Eating Children's Health</td>
<td>Children's Health Asthma/Allergies</td>
</tr>
<tr>
<td>40–64</td>
<td>Healthy Eating Domestic Abuse</td>
<td>Children's Health Diabetes</td>
</tr>
</tbody>
</table>
## Community identified factors promoting and interfering with health

<table>
<thead>
<tr>
<th></th>
<th>2006</th>
<th>2007</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Aspects that Make Community Healthy</strong></td>
<td>Working Together Good People</td>
<td>Good People Programs and Facilities</td>
</tr>
<tr>
<td><strong>Aspects that Make Individuals Unhealthy</strong></td>
<td>Unhealthy Food Lack of Motivation</td>
<td>Smoking Physical Ailments</td>
</tr>
<tr>
<td><strong>Aspects that Make Community Unhealthy</strong></td>
<td>Drugs and Violence Lack of Resources</td>
<td>Drugs and Violence Lack of Participation</td>
</tr>
</tbody>
</table>
Factors negatively contributing to health

- 7.3% of residents identified smoking as an unhealthy behavior in the first survey
- 19% identified smoking as unhealthy in our second (post programming) survey.

- Results suggest that programming efforts addressing the hazards of smoking may have increased awareness of the significant health costs of this behavior.
Factors improving and detracting from community health

- Both Surveys
  - Drugs/violence continued to be the major detractor of community health

- Resources
  - In the first survey, the most common response was "lack of resources"
  - In the second survey, this was replaced with "lack of participation"
  - We believe this indicates:
    - Increase of awareness of available resources
    - An enhanced recognition of taking responsibility to access resources appropriately

- Results from the second survey suggest that an awareness of programs is positive
  - "Good people, programs and facilities"; exclusive to the 2nd survey
Social determinants of health

Commission on social determinants of health (WHO, 2007) notes that true improvement in health equity demands more than disease control and medical care—it will require the *empowerment of individuals* along three interconnected dimensions:

- Material
- Psychosocial
- Political
Program Goals

- Petition and Include residents
  - Solicit their guidance and input
- Empower residents
  - Their ideas, needs and concerns are heard
  - Their expertise and opinions are valued
  - Their life experiences and leadership are vital in execution
- Compensate residents
  - For time and effort
  - Increase ownership of programs
- Work respectfully
  - Improve individual and community health and well being
Funding

- This program was funded by a AAMC Caring for Communities Grant with matching funds from UW–SMPH Academic Affairs
- The Allied Wellness Center receives funds from local faith communities, businesses, individuals, and the City of Madison, WI.