

HEALTH WITHOUT BARRIERS – LARIMER & WELD COUNTIES

PLANNING AND IMPLEMENTATION OF A FAMILY-INCLUSIVE LIFESTYLE INTERVENTION FOR MENTAL HEALTH PROMOTION & CARDIOMETABOLIC DISEASE PREVENTION

PROJECT INTRODUCTION

- My project focused on planning for implementation of a community-based health intervention to Colorado communities disproportionately impacted by mental health and cardiometabolic health concerns
- Health Without Barriers (HWB) is a whole-family inclusive lifestyle intervention for adolescents (11-19 years) and their whole families (Figure 1); HWB incorporates components of:
 - Mindfulness-based stress reduction training
 - Physical activity for youth
 - Whole-family nutrition education and hands-on cooking
 - Health education for parents/caregivers
- This evidence-based program is currently being piloted for delivery in Southwest rural Colorado in partnership with Extension; planning is underway for Larimer and Weld counties
- families.
- Whether implementation is feasible and acceptable in Larimer/Weld counties and can be delivered with fidelity by trained community health educators must be determined

INTERNSHIP GOALS

- Submit HWB-Larimer/Weld Counties evaluation protocol to the CSU Institutional Review Board
- Form relationships and connections with key community partners
- Increase knowledge of empirically-supported community nutrition and health interventions
- Leverage skills/knowledge gained from assisting with delivery of a similar program, the Healthy Living Program, to prepare for implementation of HWB

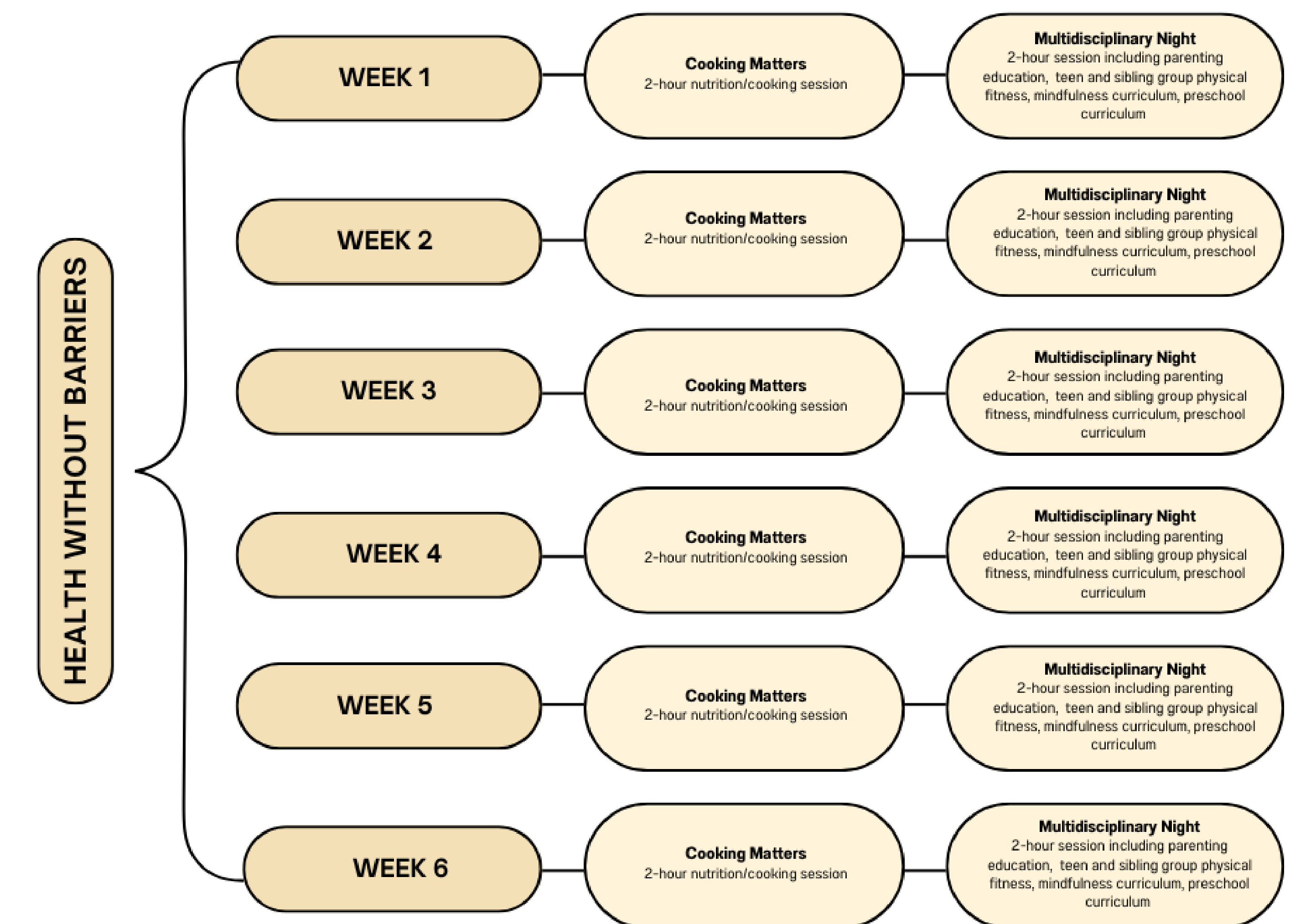
HOW DOES THIS APPLY TO YOUR EDUCATION

- My previous research experience was in basic science, using stem cells to study type 2 diabetes and treatment medications, which inspired my interest in prevention of chronic disease
- Community-engaged programs like HWB translate to a more immediate impact for youth and their families and emphasize prevention instead of treatment
- My internship experiences align with my educational goals as a Human Nutrition Master's student

WHAT YOU DID

- Formed relationships with community interest holders (Figure 2)
 - Attended other community events through Extension
 - Observed Cooking Matters family sessions
- Worked to obtain regulatory approval for HWB evaluation
 - Prepared IRB protocol and materials
 - Researched point-of-care devices to evaluate program effects on health behaviors and cardiometabolic health
- Assisted with recruitment and implementation of the Healthy Living Program in Weld County
 - Scheduled families for orientation sessions
 - Assisted with consents for ~20 families
- Established connections with community interest holders in Larimer/Weld Counties that will be key for HWB implementation

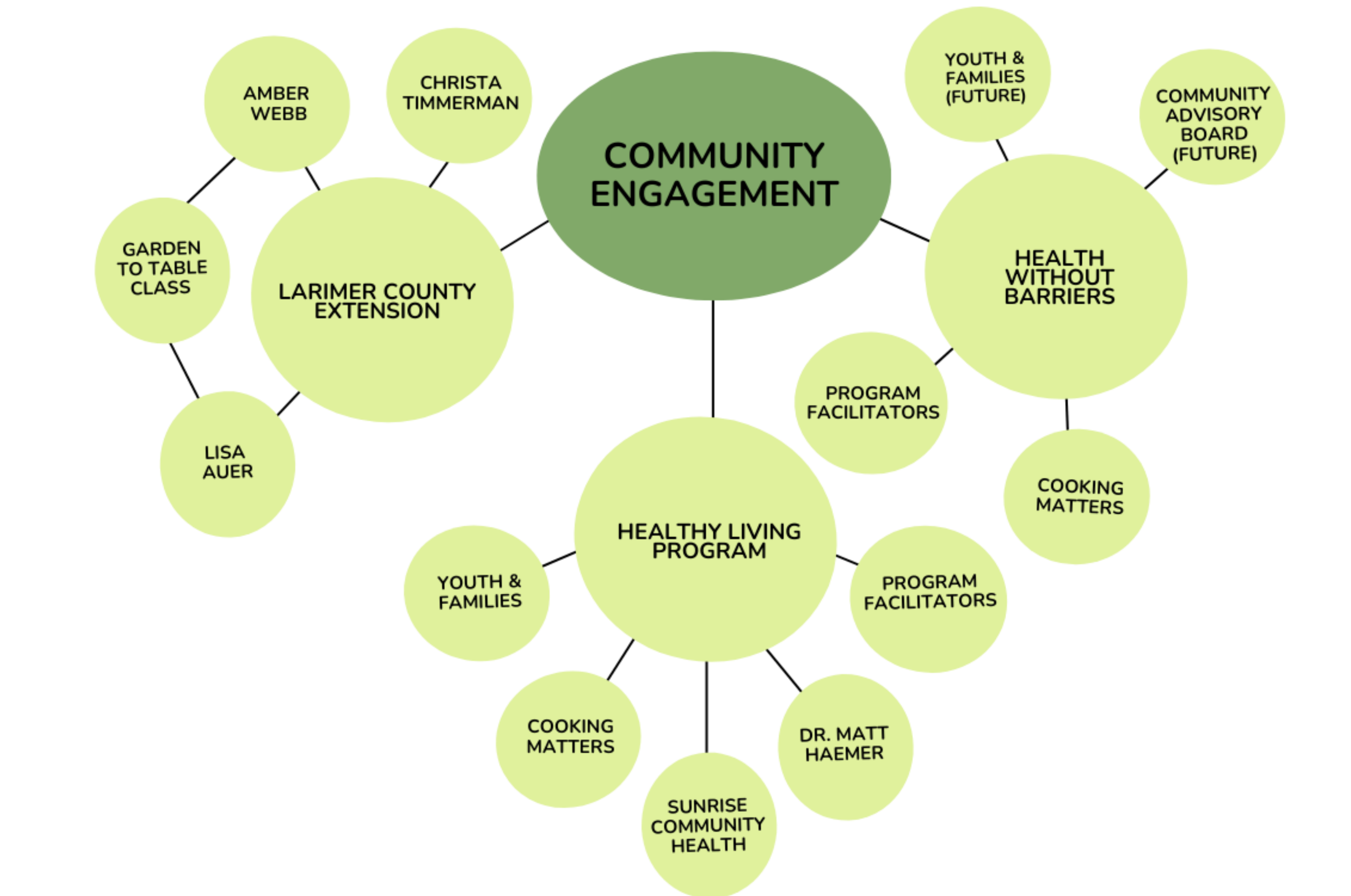
Figure 1. Health Without Barriers



WHAT YOU LEARNED

- Working with mentors this summer gave me extremely valuable career and life skills that will be very applicable to my future career. I learned:
- How community stakeholders are vital to a community health intervention
 - How research translates into the community, and how we can then tailor the feedback we receive for future program iterations
 - Increased knowledge of regulatory processes in research and grant funding
 - Skills for forming partnerships centered in community-based participatory research and engaged scholarship principles

Figure 2. Community Engagement



NEXT STEPS

- Once we receive IRB approval for our Northern Colorado HWB protocol, our future directions include:
- Establishing a community advisory board (CAB)
 - Plan program implementation and logistics
 - Tailor the facilitator training
 - Enroll families
 - Evaluate feasibility, acceptability, and perceived health benefits of HWB