

Curriculum Analysis:

Prime Time Sister Circle to Millennials Sister Circle

DORNSIFE SCHOOL OF PUBLIC HEALTH

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MARCH 11, 2020

Philadelphia Black Women's Health Alliance [PBWHA]

- Founded in 1983 by 100 women from Philadelphia
- Recognized the silenced and unheard voices of Black women in Health Community

Mission: Improve health care outcomes and reduce health disparities for African Americans and minority women through advocacy, education, research, and support services

Values

Diverse & Inclusive

Empowering & Self-sustaining approaches

Ethically & Morally Guided

Excellence beyond Expectations

Responsive to present and emerging needs

Relentless resolve to eliminate and/or reduce health disparities



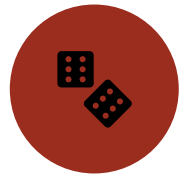
BLACK WOMEN'S
HEALTH ALLIANCE
PHILADELPHIA

Healthy Women Healthy Families Healthy Communities

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PBWHA Programs & Services



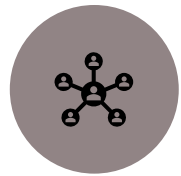
Gambling away the Golden Years



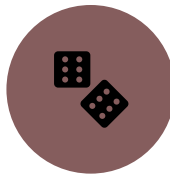
Support our Sisters Family Leadership Program



Safe Dates: Teen Dating Violence Prevention Program



Girls Circle



Kids Don't Gamble: WANNA BET?



Peers Making Peace



Prime Time Sister Circle Program



Background:

Health Disparities

Some sociodemographic factors can worsen the size of disparities but generally **exist across the board** for black women (Belgrave & Abrams, 2016)

African American women are **60% more likely** to have high blood pressure compared to Non-Hispanic White Women (OMH, 2020)

In 2017-2018, Non-Hispanic Black women had **the highest prevalence of obesity** at 56.9% (Hales et al., 2020)

African American women are **1.8 times more likely** to have diabetes than white women (NCHS, 2014)

African American women are **more likely to die from** breast and cervical cancer, although not more likely to be diagnosed with it (NCHS, 2014)

Based on six-year trends ending in 2016, if rates of HIV infections continue, **1 in 48 Black Women** will be diagnosed with HIV in their lifetime (CDC, 2019)



Prime-Time Sister Circle [PTSC]

developed by Drs. Marilyn Gaston & Gayle Porter

Evidence-based, socially innovative, and culturally competent support group intervention designed to improve the lifestyle of African American women between 40-75 years old

- Stress management
- Nutrition
- Fitness
- Prioritizing own health

GOALS:

1. Increase knowledge and improve attitudes/behaviors in designated areas
2. Empower African American women to take charge of their health outcomes & reduce emotional and physical disparities



Launched at the African
American Museum of
Philadelphia on August
10, 2011



Facilitated by PBWHA



102 women in the first
graduating class from
the Philadelphia cohort

PTSC in Philadelphia



Philadelphia Preliminary Evaluation Findings

20% of participants had reduced stress levels

40% indicated that their health became a priority

30% increase in participants who reported exercising 3 times or more a week

68% of participants lost weight

17% decrease in hypertension



Millennial Sister Circle Project [MSC]

Goal: impact prevalence of chronic disease when they reach the age of eligibility for the PTSC program

- i. Successful program utility was identified with PTSC
- ii. Full circle moment
- iii. Prevention
- iv. Intermediary generation



Millennials

Who & Why?

- Defined as...
 - Age 18-35*
 - Women of color*
 - Reproductive age group
 - Intermediary generation
 - Reach up and down*
 - Caregiving*
 - Prime age for prevention
-



CURRICULUM ANALYSIS & ADAPTATION

Stage 1

- Develop questions
- Recruitment
- Survey
- Focus group

Stage 2

- Synthesize focus group & survey data
- Assess gaps in existing curriculum
- Curriculum Report

Stage 3

- Meet with...
 - Kassandra,
 - Ms. Brenda
 - Dr. Gaston
 - Dr. Porter
- ILE Presentation

Millennial Sister Circle [MSC]

1. Demographic Survey
2. Focus Group: June 29, 2019 & November 2, 2019

- Example questions:

- *How do finances impact your wellness?*
- *What must be included for your regular attendance to a wellness program for African American women?*
- *In what ways do you have or not have control over your health? over your sexual health?*
- *What do you do routinely to manage stress and avoid triggers? (healthy and unhealthy)*
- *What makes you feel you want to get high or drink?*
- *What are the challenges to maintaining a good relationship?*
- *What are your sources of support for being healthy?*



JUNE 29, 2019
12PM – 2PM

BWHA 'BE HEARD' FOCUS GROUP

Be Young, Black, Female, and HEARD!

Are you an African-American female age 18-35 yrs.? If so, join us for a bold discussion on the health and wellness of young, black women in Philly. Your input will help ensure programs developed truly address your needs. Be heard.

Confirmation and/or inquiries to bwhaorg@gmail.com

Your voice matters!

—
\$25 for
participation
—

—
Refreshments
served
—

—
Free resources
provided
—

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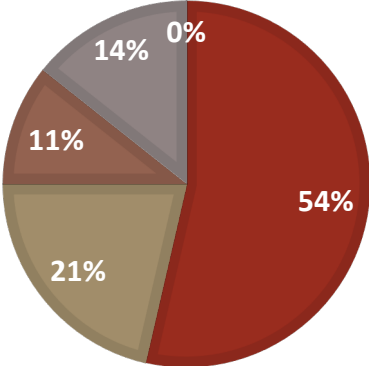




Survey Demographics

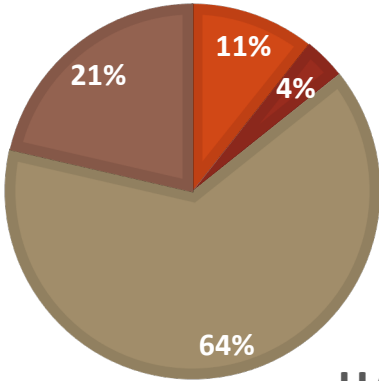
AGE

18-20 21-24 25-28 29-31 32-35



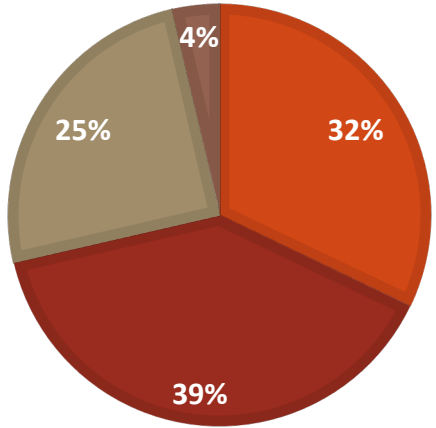
EDUCATION

High School/ GED Less than High School
Some College or Higher Graduate School



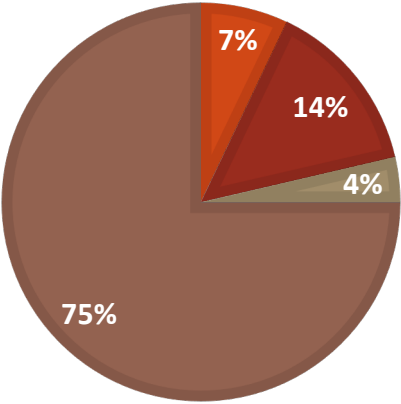
INCOME

0-19,000 20,000-34,999
35,000-69,999 Greater than 70,000



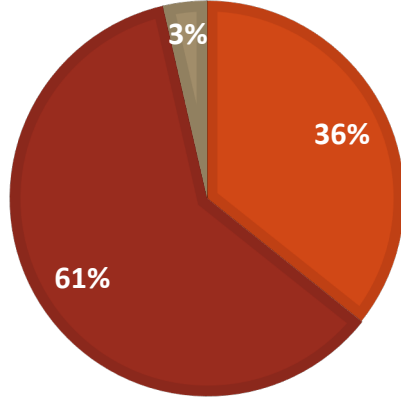
MARITAL STATUS

Married Living with Partner
Widowed/Seperated/Divorced Not married



HAVE CHILDREN OR EXPECTING

Have children No children 3rd Qtr





Expressed Needs

Major Topics:

- Emotional and mental health
- Physical activity and nutrition
- Relationships and sexual health
- Substance Abuse

Additional topics:

- Finances
- Personal health efforts
- Cultural health needs
- Methods of communication

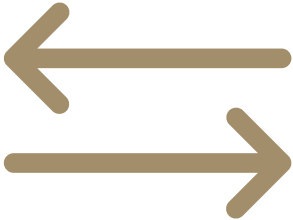


Approach



Intergenerational

- Nutrition
- Physical Fitness
- Sexual Health



Intermediary Generation

- Defining millennials as such provides broader scope of impact
- Taking care of children and their parents



Reduce participant fallout



Developing effective and sustainable individual plans

Communication modes for alerts

Curriculum access online

Utilizing technology and social media

Tie to Incentives



Incorporate activities



Bring in Experts

Nutritionist

Physical Activity

Therapist/Psychologist

Breast/Colon Cancer

Yoga & Meditation

Financial expert

Reproductive Health



Community as the Classroom

Adaptation: Session Features



Reality and impact of violence and trauma in communities



Residual effects of slavery

Intergenerational trauma



Spirituality → Culture



Finances

Adaptation: Cultural Needs



Sexual Health

- Safe Sex, STD/HIV tests, birth control
- Dating safety, sexual empowerment, communicating needs and boundaries

Physical Activity

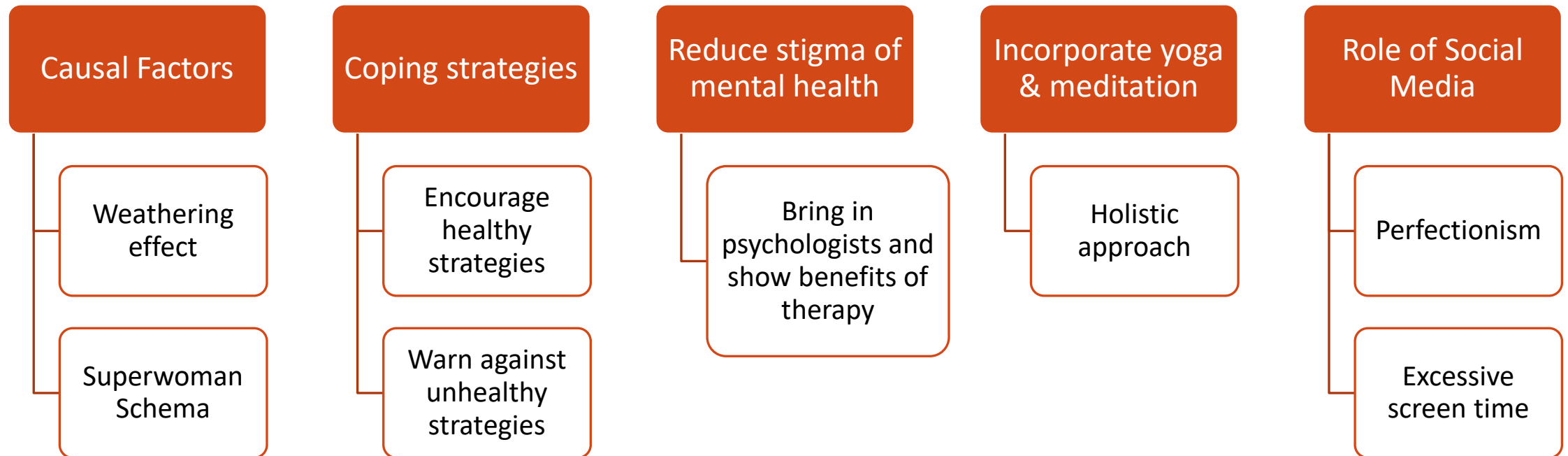
- Free workout apps
- Highlight free locations

Nutrition

- Inclusive of all levels of SES
- Increase self efficacy

Adaptation: Physical Health

Adaptation: Mental & Emotional Health



Future Directions

Curriculum re-writing

Social Media presence

Recruitment of pilot program participants

Implementation

Evaluation



Concentration Specific

1. Create a community health program implementation and evaluation plan that is **ethical, socially just, and culturally responsive**
2. Partner with communities to **contextually assess health problems and propose solutions to public health issues** and inequities that recognize the role of power
3. Conduct Community-engaged public health research and practice that **recognizes intersectional perspectives from theory in response to multidimensional processes**

DSPH- Foundational

1. Discuss the means by which **structural bias, social inequities, and racism undermine health and create challenges to achieving health equity** at organizational, community, and societal levels
2. **Assess population needs, assets, and capacities** that affect communities' health
3. **Apply awareness of cultural values and practices** to the design or implementation of public health policies and programs
4. Design a **population-based program**, policy, project or intervention
5. Describe the importance of **cultural competence in communicating public health content**

Competencies

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 - (Liz, Chris, Sherrice, Yaslyn, etc.)

*Thank you all for coming
&
Special congratulations to the
class of 2020!*