

Promoting Health through Education for 6-8th Graders

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Background

Bolton School is a public school in Cleveland, OH that serves PreK to Grade 8 children. The goal of Bolton is to provide high-quality education through a student-centered approach to learning. Through partnering with the Cleveland Clinic Lerner College of Medicine, a course of classes focusing on various aspects of health (including nutrition, hygiene, exercise, diet and puberty) was developed to be taught by medical students. This collaboration aimed to introduce these topics to students at Bolton while simultaneously promoting community engagement at the medical school.

Population

Students enrolled in grades 6 through 8 who attend Bolton School.

Learning Objectives

1. Promote health and wellness among the community by introducing health-related topics at an early age
2. Learn how to deliver culturally competent care and develop educational learning materials
3. Recognize and understand health needs of the local community

Activities

- Helped to develop activities and learning objectives for each of the topics covered during sessions
- Develop educational materials in the form of PowerPoints and presentations
- Help to deliver education in the form of small group education at Bolton

Deliverables

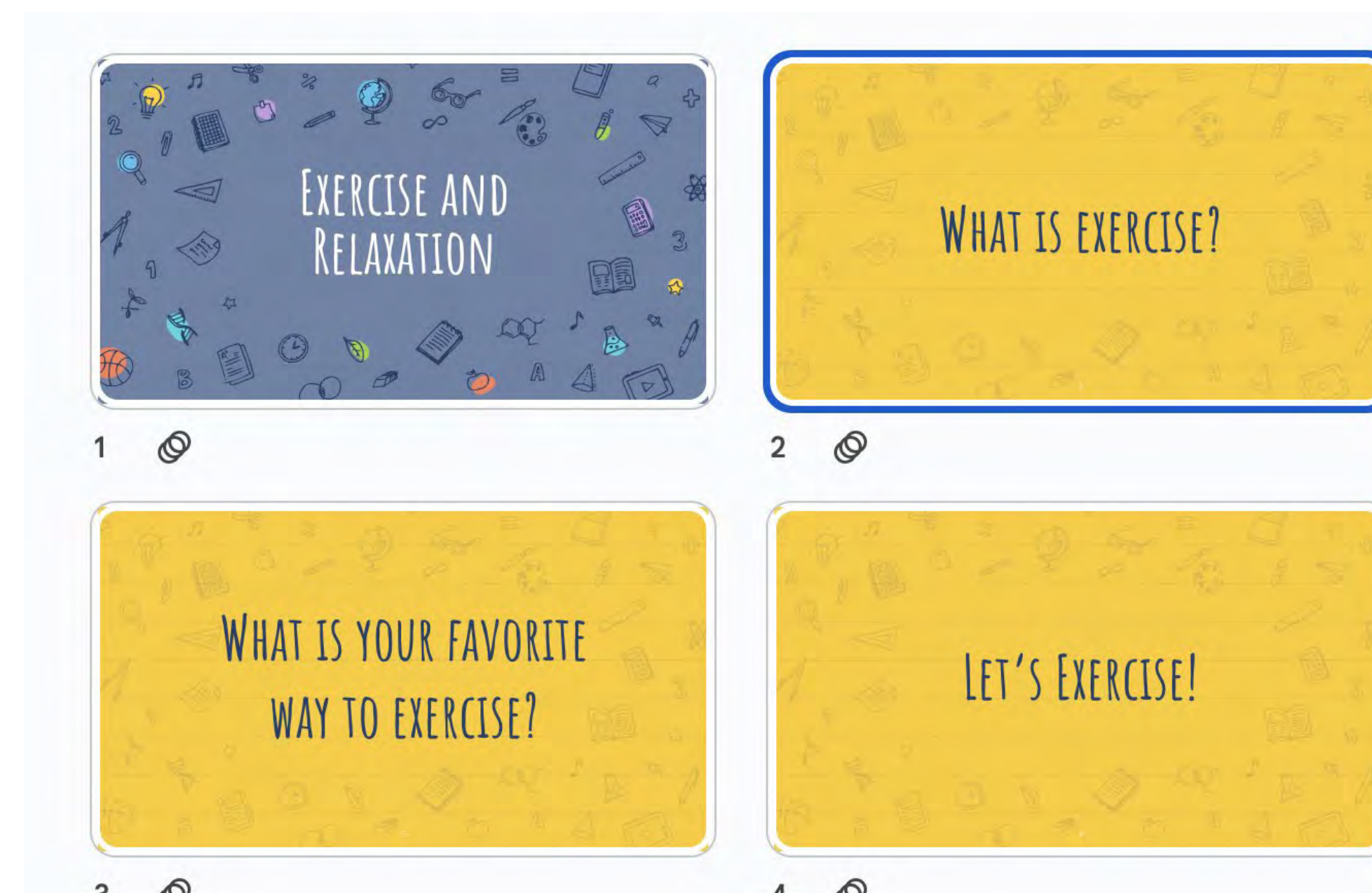


Figure 1.

Exercise and relaxation PowerPoint presentation

- Promotes the importance of exercise and relaxation in wellness
- Interactive activities with students with demonstrations of exercise and meditation

Figure 2.

Growth and development

- Explores the stages of growth and changes experienced during puberty
- Normalizes changes experienced during this time

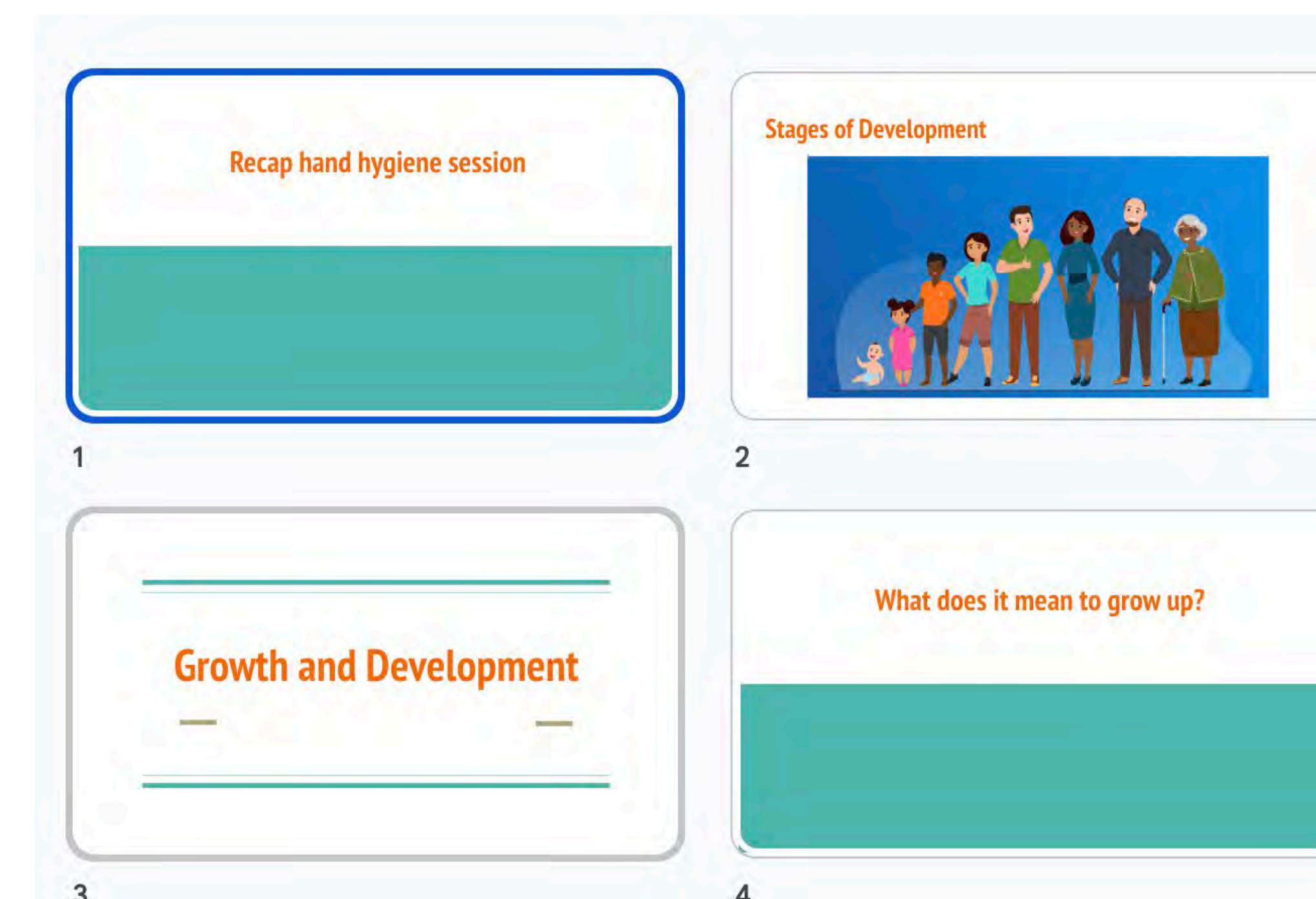


Figure 3.

Hand and oral hygiene presentation

- Promotes the importance of daily oral hygiene and hand washing in health
- Hands-on activities with agar bacterial growth plates to emphasize importance of cleanliness
- Demonstrations of effective hand washing in class



Lessons Learned

Through this experience, I learned about the importance of introducing various health topics early in education. Students were often very interested and had many questions regarding their health and bodies. Additionally, I learned how important it is to make health education accessible and how community engagement could be fostered between neighboring institutions.

Additionally, we received feedback after each session and learned to be flexible with the design and structure of our education sessions. We learned what worked best and most engaged students through trial and error.

Public Health Implications

This program aimed to promote health practices that benefit individuals throughout their entire lives by introducing concepts early on. We aimed to emphasize the importance of preventative practices such as exercise, relaxation, sleep, hygiene and a health diet. These practices ultimately promote overall public health and wellness throughout the community.

Acknowledgements

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