



Teens Make Health Happen

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Background

Adolescents are forming lifelong habits and beliefs during their teenage years. HealthCorps is an organization ran through AmeriCorps. Service members guide and educate at a local school with interactive, teen-relevant health lessons. Health is encouraged to students by having them lead health promoting events.

Population

Three teens with limited access to health education resources.

- Age: 14-16 years
- Sex: female
- Race: African American
- Location: Cleveland Heights

Learning Objectives

To empower teens through innovative evidence-based programming, and near peer mentorship to make healthy behavioral choices, and improve the health of their community. Health education topics included physical activity, mental health, nutrition, and leadership. Also how to manage a classroom and build a course schedule for a 6 week program.

Activities

Educated students about health through PowerPoints, videos, and discussions. They did interactive worksheets and activities that require teamwork. During the 6 weeks, the teens performed 2 health promoting events, both centered around mental health since this is the topic they enjoyed learning the most.

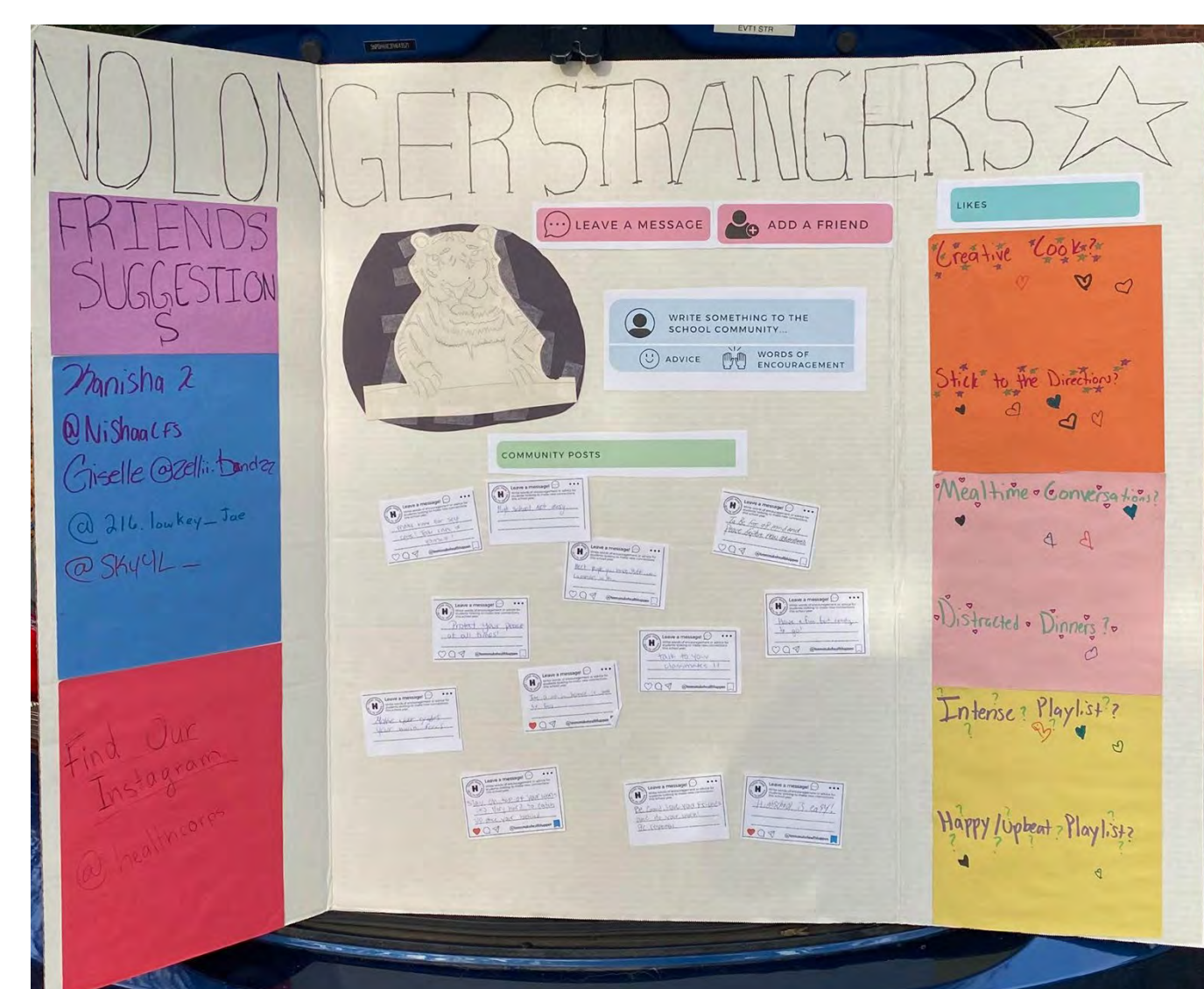
Deliverables

Teenagers put together and lead an activity called No Longer Strangers to build relationships throughout the school.

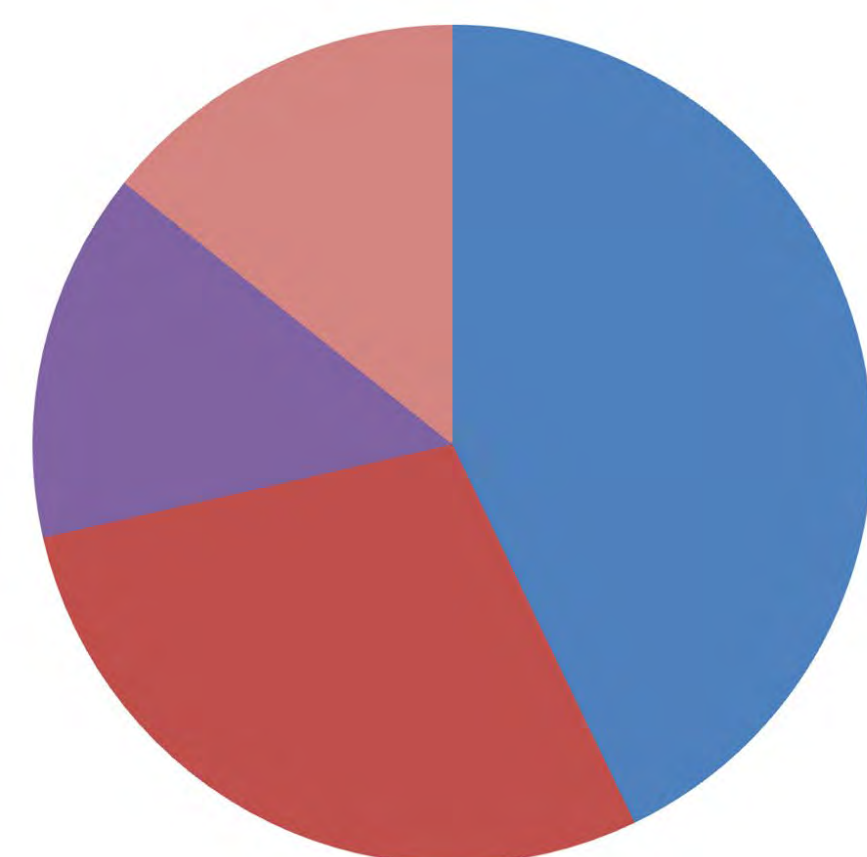
Prior to the 6 weeks of summer programming, a pre-survey was filled out by the teenagers, followed by a post-survey after the 6 weeks was completed.

Results

Students used assigned roles to put together the poster board, allowing them to learn organization and leadership skills. The students had an hour to get peers to participate by either becoming friends on social media, leaving a message for incoming students or participating in a game of this or that.

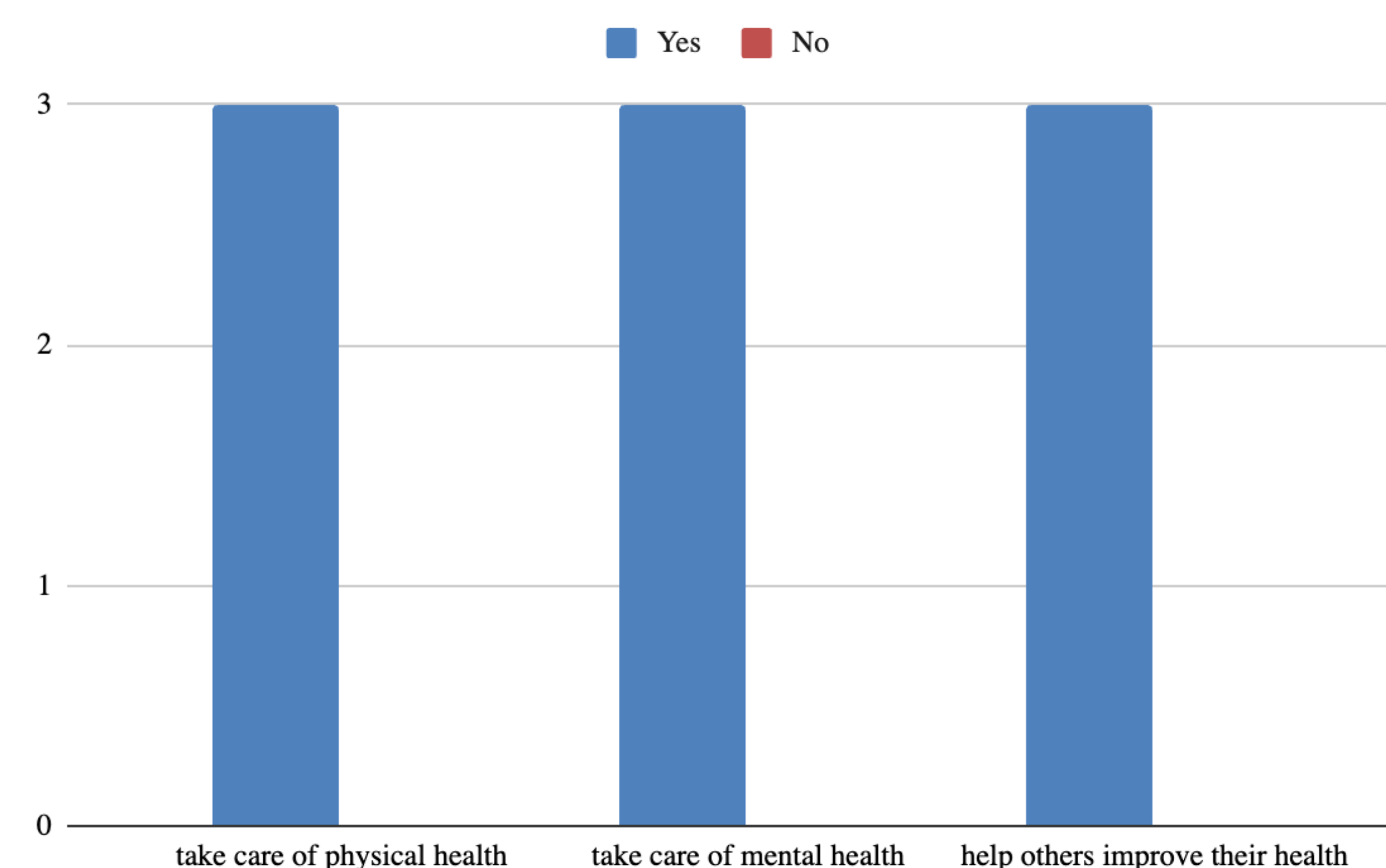


Changes Noticed Since Being Part of Teens Make Health Happen



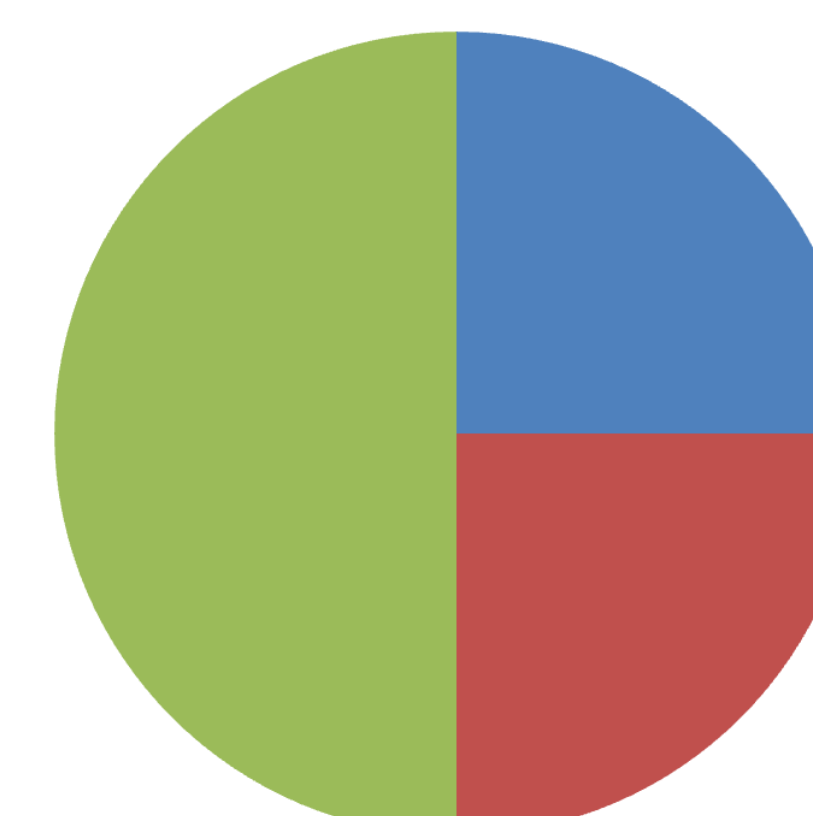
- I am more physically active
- I make better choices in what I eat and drink
- My mood is better
- I feel more connected to people at my school

Since Being Part of Teens Make Health Happen, Do You Feel More Motivated To...



What Has Teens Make Health Happen Motivated You To Do?

- Use your words or actions to help fix issues in your community
- Work with others to help improve the health of your school campus or community
- Help mentor others



Lessons Learned

Teens expressed they were more willing to focus on their health and share their health education with others. Adjustments were made to be more flexible, such as modifying the course schedule and activities so that they were better suited to the teens current reading and health literacy levels. Patience was needed in educating teenagers because they are easily distracted, and pulling out their phones. So, to help the teenagers focus, frequent breaks were promised, and kept the activities engaging.

Public Health Implications

- Prevent disease since students report eating more nutritious foods, and being more physically active
- Promotes health because students reported using mechanisms to improve their mental health and mood
- Improves community health since students are feeling more connected to their peers, and want to use the education to improve their communities

Acknowledgments

Thank you to Anna Herrman, who was my manager, and incredibly helpful in getting the supplies needed to run the curriculum.

Thank you to the Teens Make Health Happen Mentors who assisted in enacting the curriculum.

Teens Make Health Happen.
<https://teensmakehealthhappen.org/>