

## Introduction

### The Guardian Engagement Team

- We are 10 students from the School of Public Health, School of Medicine & Health Sciences, and School of Nursing
- Our goal was to equip guardians/parents with tools and knowledge to promote their child's health

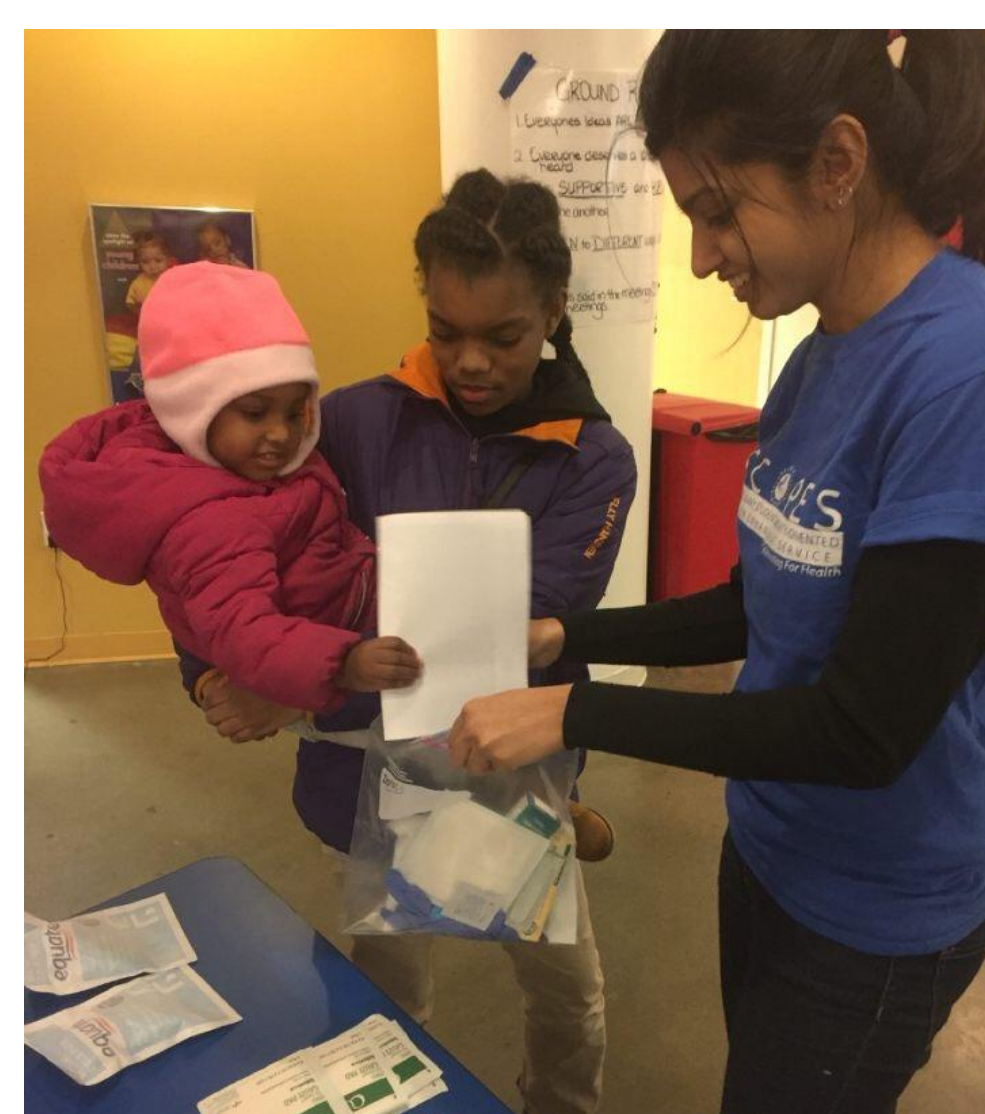
### Joining ISCOPE 2015-2016: I'm excited about...



Sara at Southeast Children's Fund sharing some healthy snacks



Nikki sharing ways to keep your heart healthy during our Valentine's Day visit



Nisha building first aid kits for the families to take home



Jenny showing off how to brush her teeth at our session about dental hygiene

## Our Project

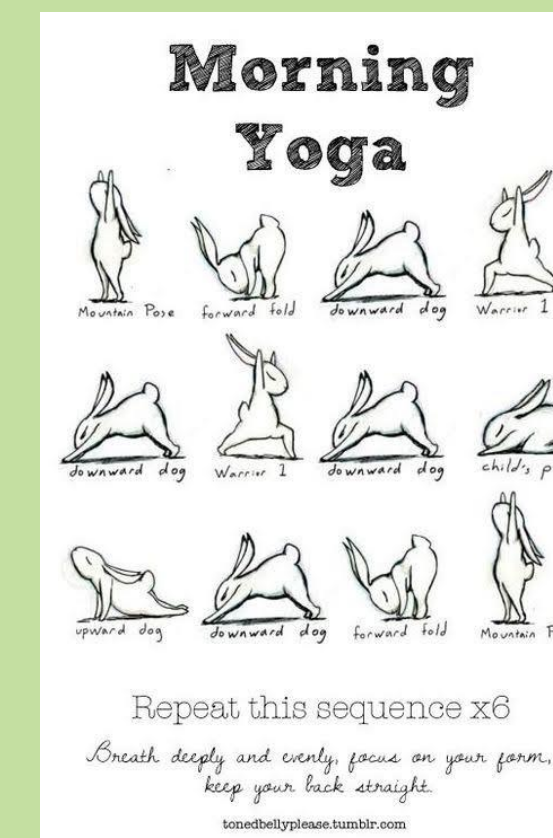
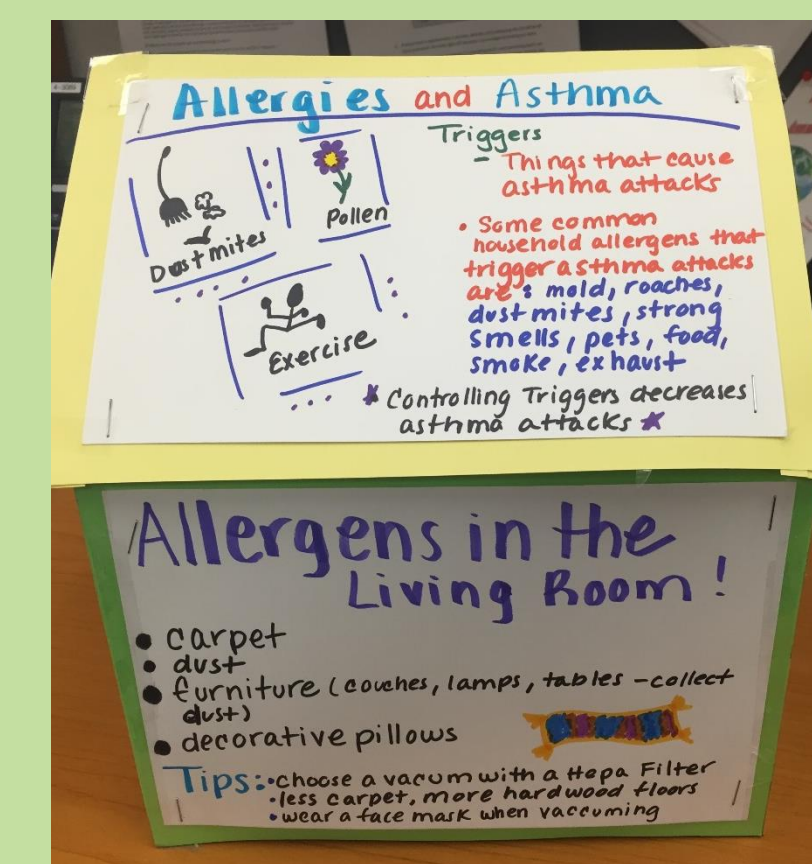


- Connect parents and guardians with accurate health information and where to access resources in the community
- Increase awareness about disease prevention by promoting nutrition, exercise, and stress management

### Our Activities

At the Southeast Children's Fund, the GE Team delivered weekly interactive "Grab-N-Go" sessions on various health topics.

- Focused on disease prevention, healthcare navigation, nutrition, allergies, dental hygiene, sun protection, and more!



At Mary's Center, the GE team joined a monthly women support group to engage adult women (often mothers) in self-care and health promotion activities. We also engaged parents and children with fun activities related to health in the waiting room.

- Focused on stress management, emphasized recreational opportunities, and disease prevention



### Our Impact

- Through informal discussion, we discovered many parents used the information that we distributed
- Developed culturally competent and Interactive activities that encouraged participation among parents, guardians, and siblings
  - Parents were more likely to listen and remember information when participating in an Interactive activity
  - Engaging older children helped parents and guardians to engage as well
- Influenced opinions about common health myths, healthier eating, and staying active during different seasons
- Created relationships between the GW community and greater DC community

## Recommendations

### Recommendations for Implementations

- Make activities fun and engaging
- Build relationships with families
  - Listen to and ensure their health concerns are addressed
- Understand the roles of various stakeholders involved in the community
- Make sure every member of the team is aware of the do's and don'ts involved in conducting oneself at site
  - For example, when purchasing foods, be mindful of potential allergies

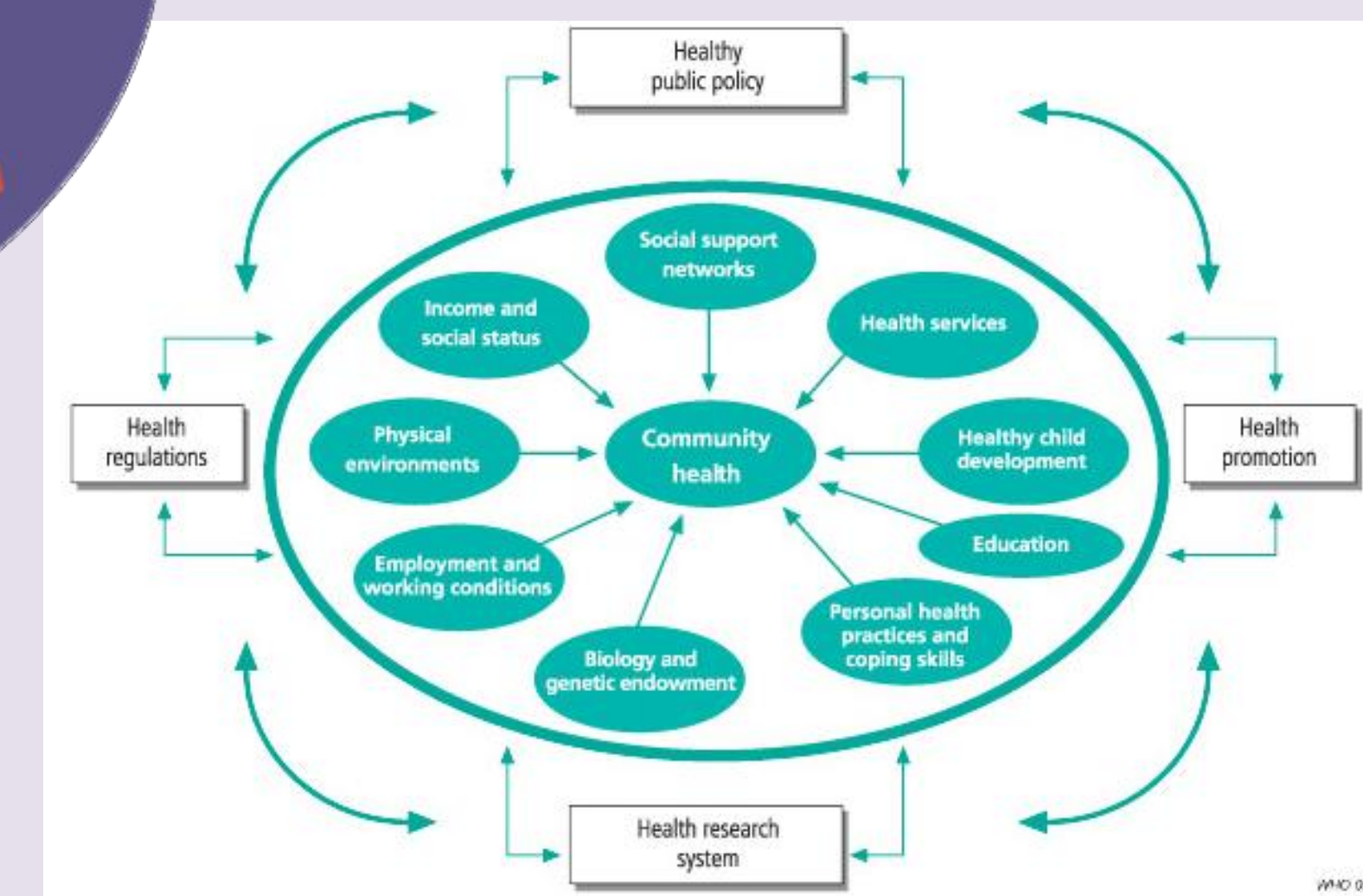
### Recommendations to build a strong GE Team

- Successful communication is more than just being heard. It also involves active listening
- Take this as a process oriented learning experience, rather than an outcome oriented one

## What We Learned



**"Teamwork is the foundation of public health!"**



From our ISCOPE experience, we realized the importance of building active and trusting relationships with communities in order to have a public health impact.



We received mid-year feedback from families at Southeast Children's Fund



Heart healthy berries for Valentine's Day!



Sara, Adnan, and Nikki ready to discuss allergies at site!

### Thank you

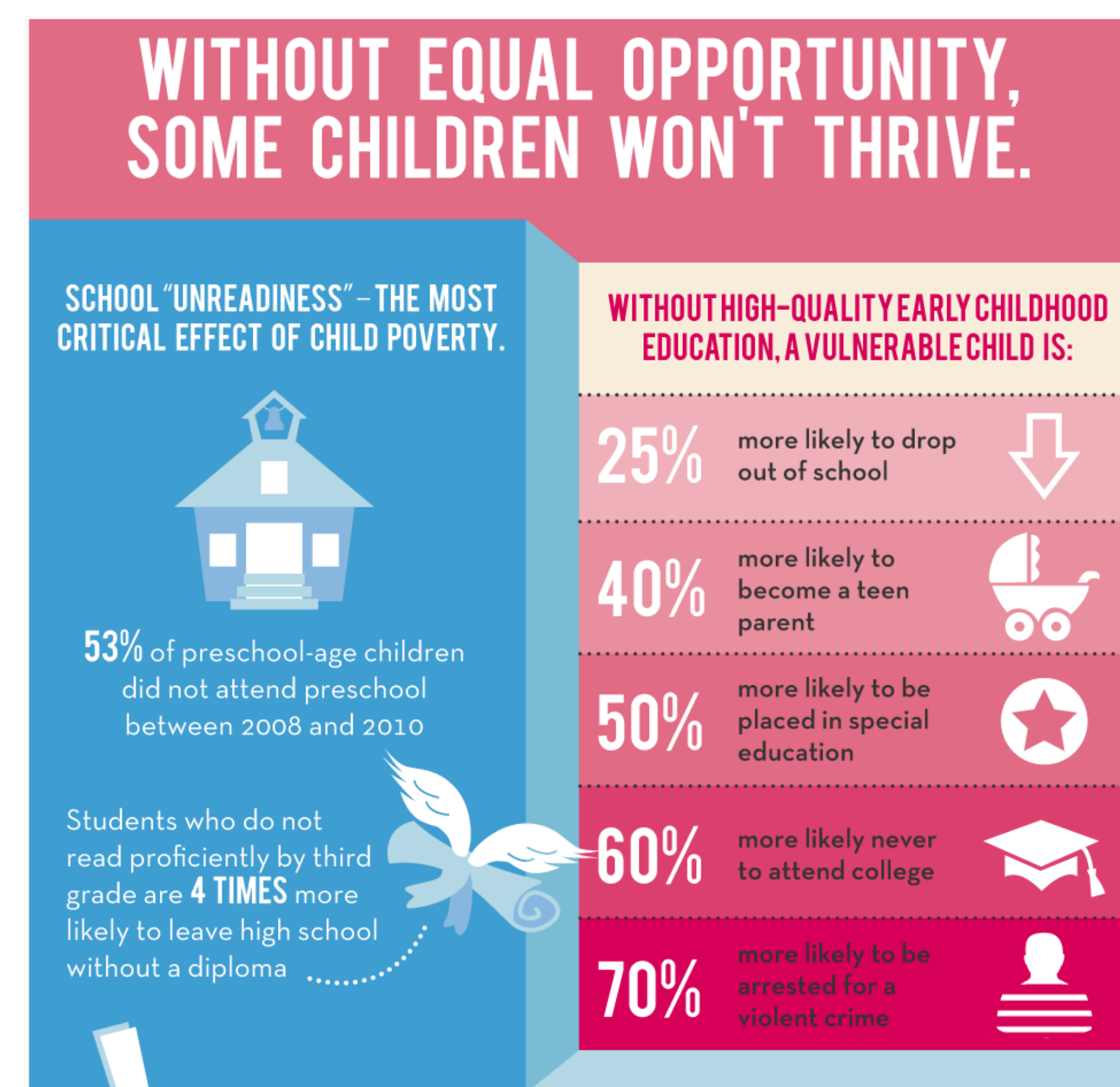
A big thank you to **Angie** and **Lindsey** for all of your kindness, creativity, and positivity throughout the year. **Adnan**, we appreciate all of your assistance and can't wait to hear what great things you do next! **Miranda**, your expertise and knowledge was a big asset to our team. And to our site partners—Southeast Children's Fund and Mary's Center—thank you for your active engagement and feedback!

## Our Community Partners

Southeast Children's Fund is a nonprofit early childcare and education center located in Anacostia.

- Serves children from 6 months to approximately 6 years of age from Wards 7 and 8
- Parents/guardians, teachers, and other staff members are also a big part of the Southeast Children's Fund community

Mary's Center is a health center that provides medical, social, and educational services to families in the Washington Metro Area whose needs go unmet by public or private healthcare systems.



We partnered with Southeast Children's Fund and Mary's Center to promote health and reduce health inequities within these communities.