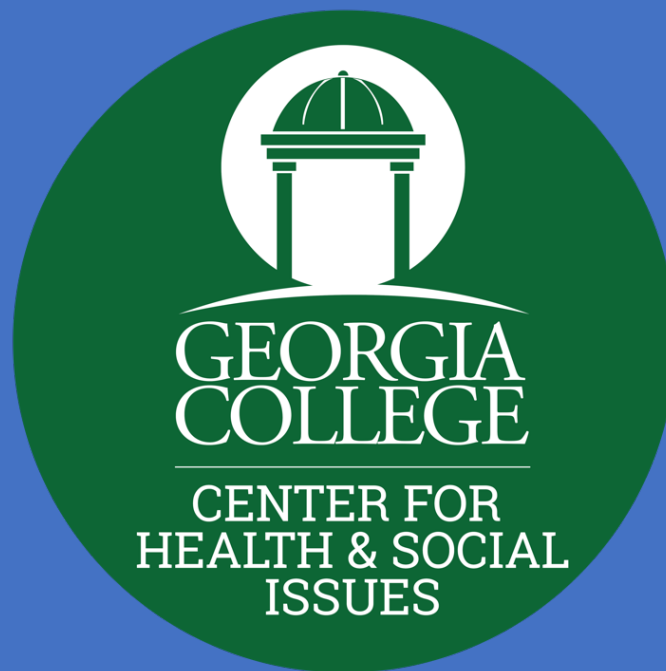


CHSI REPORT

FALL 2022



Prepared By:

Dr. Damian Francis – Director

Tanner Cobb – Graduate Assistant

Ivey Whitworth – Research Fellow

Madeline Meiser – Community Outreach Coordinator

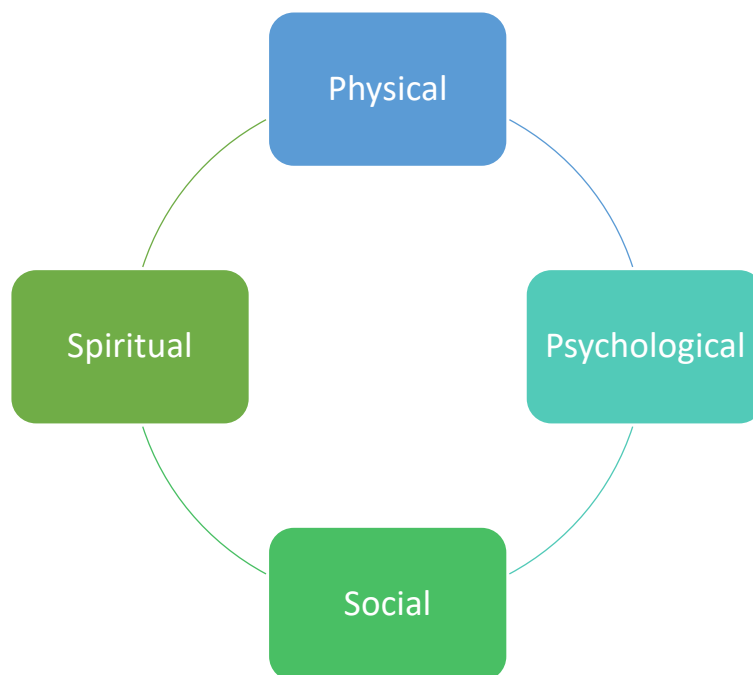
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Introduction

The purpose of the Center for Health and Social Issues (CHSI) at Georgia College is to improve the health of Central Georgia residents through collaborative campus/community partnerships to provide research and education concerning contemporary health problems and social issues. CHSI believes that good health is a multidimensional phenomenon of balance as demonstrated below in figure 1.

Figure 1: Dimensions of Good Health



GC uses CHSI as an outreach arm to direct resources to empower individuals to positively change their health status as well as influence local public health policy. To achieve this, the CHSI has six areas of prevention including: 1) obesity, 2) cardiovascular disease, 3) Type 1 & 2 Diabetes, 4) mental health, 5) cancer, and 6) healthcare access. CHSI is also actively involved in various community outreach projects including community-based participatory research, community collaboratives, and Live Healthy Baldwin. In addition to these continuous efforts, CHSI also plans and participates in community engagement promotional and advocacy events. This document serves as a project plan for the Spring 2022 semester and events that the CHSI will plan and partner with, as well as budgetary consideration

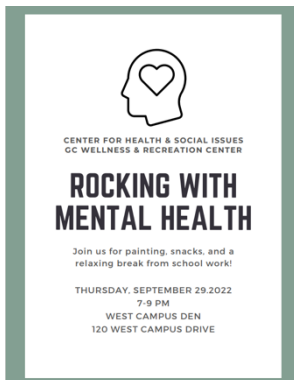
Timeline Of CHSI Hosted Events



Rocking With Mental Health

Description of the Problem

- Mental health issues are a large burden among college students. Approximately 11.9% of college students suffer from an anxiety disorder and between 7% and 9% of college students suffer from depression

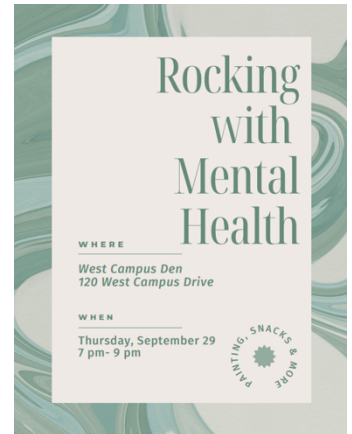


Program Goal

- The goal of our program is to provide an opportunity for mental health awareness and intervention on the Georgia College campus.

Objectives

- The objectives of this intervention are to increase awareness of mental health conditions in college students, to screen for mental health conditions, and to implement art as a coping strategy for mental health conditions.



Target Population

- The target population for this intervention is all college students at Georgia College and State University.

Description of Intervention

- At the individual level, students will learn about the common mental health conditions that many college students struggle with, along with mental health resources. At the interpersonal level, students will be participating in art therapy and learning about mental health conditions on college campuses within groups. At the institutional level, students will be collaborating with the University to learn about mental health. Finally, at the community level, after participating, students will be given the tools to teach other students within the community to be aware of mental health and how to intervene using art as a therapeutic measure.



Students participating in the Rocking with Mental Health event.

Breast Cancer Awareness Walk

Description of the Problem

- Lack of Breast Cancer Awareness

Program Goal

- Provide Georgia College students and faculty with important information on the early signs and symptoms of Breast Cancer

Objectives

- Create a fun interactive atmosphere for college students while being able to provide useful information about breast cancer.
- Bring in guest speakers who are educated on the topic to spread awareness to the participants.
- To pair with Zeta Tau Alpha to effectively spread awareness of their philanthropy.



Target Population

- Georgia College and State University students & surrounding Baldwin County community

Description of the Intervention

- To spread awareness about breast cancer by hosting a walk for Georgia College students and the Baldwin County community.



Breast Cancer Walk Participants



Breast Cancer Walk Participants listening to guest speaker



Breast Cancer Walk Flyer

Dunk For Diabetes

Description of the problem

- Awareness of Type one Diabetes among the college student population. There are many people living with type one diabetes, but not many people know much about this health concern.

Program goal

- Dunk for Diabetes was an event to help raise awareness of type one diabetes and raise money for type one diabetes research.

Objectives

- Raise more than \$900 for the event and Increase awareness for type one diabetes among college students

Target Population

- Georgia College Students

Description of Intervention

- Type one diabetic awareness – using raffle prizes as an incentive to donate, passing out blue awareness ribbons, and delivering an informational short lecture before the event started



Students participating in Dunk for Diabetes event.

DUNK FOR DIABETES
DUNK COMPETITION
 THURSDAY, NOVEMBER 3RD - FROM 6-9 PM
 WELLNESS CENTER BASKETBALL COURTS

ENTER THE DUNK CONTEST BY BUYING A
 RAFFLE TICKET

PRIZE FOR BEST MALE DUNK: \$25 HOLLYWOOD GIFT-CARD AND \$25 GAS CARD	PRIZE FOR BEST FEMALE DUNK: \$25 METROPOLIS GIFT-CARD AND \$25 GAS CARD
RAFFLE PRIZE INCLUDES: YETI BACKPACK COOLER AND YETI TUMBLER	RAFFLE TICKETS: 1 FOR \$3 2 FOR \$5 VENMO: PHSOGCSU

ALL PROCEEDS GO TO SUPPORTING JUVENILE TYPE ONE DIABETES!!

SPONSORED BY:    

Dunk for Diabetes flyer

Coopers Fall festival

Description of the problem

- Lack of Health Screenings for Diabetes, Thyroid & Hypertension

Program Goal

- Provide the community of Cooper with information about the signs and symptoms of diabetes, thyroid issues & hypertension.
- Provide the community of Cooper with information about the new park they are trying to raise funds for.
- Provide the community of Cooper with a provided health fair.

Objectives

- Create a fun interactive atmosphere for community members while being able to provide useful information about Diabetes, Thyroid & Hypertension.
- Bring in members of the community to help with the health fair.

Target Population

- The community members surrounding Coopers Park.

Description of Intervention

- Creating an engaging community event to encourage community togetherness while also providing access to healthcare for community residents.



Volunteers face painting



Free food



Free health screenings provided

Events CHSI Participated In

Allison Everett 5K (10/15/22)

ALLISON EVERETT 5K

October 15th, 2022
Georgia College West Campus
Check-in @ 7:45 am
Race begins @ 9:00 am

RUNNERS:
\$20 to run
\$30 to run (includes a t-shirt)

GEORGIA COLLEGE STUDENTS:
\$15 to run
\$20 to run (includes a t-shirt)

All money raised will go towards the Allison Everett Scholarship in her honor.



Heir Property Seminar (10/6/22)



Sparta Flu Clinic (11/4/22)



World AIDS Day (12/1/22)



Monthly Harrisburg Mobile Food Distributions (3rd Wednesday of every Month)



Budget

Rocking With Mental Health

Item	Amount	Cost
Flyers	20	\$0
Pizza	12	\$71.88
Water Bottles	3 (40 pack)	\$13

Total Amount For this Event: \$84.88

Breast Cancer Awareness Walk

Item	Amount	Cost
Tshirts	50	\$596
Yard Signs	6	\$22.99
Breast Cancer Awareness Banner	1	\$9.99
Breast Cancer Bracelets	120	\$26.99
Donuts	12	\$21.00
Balloons	5	\$34.03

Total Amount For this Event: \$711.00

Dunk For Diabetes

Total Amount For this Event:

Coopers Fall Festival

Item	Amount	Cost
Face paint kits	1	\$12.28
Infographic- diabetes and hypertension	100	\$0
Sign/poster to make free face painting sign	6	\$11.41
Flu shots	25	\$625
Bouncy House	1	\$203.89
Tin foil for hot dogs	2	\$3.28

Table covers	2	\$.97
Duct tape	1	\$4.70
100 Plates	1	\$11.94
Drinks	3	\$6.98
42 bag chips	1	\$19.48
Hot Dogs	12	\$30
Hot Dog Buns	12	\$30

Total Amount For this Event: \$987.75

Total Amount Spent by CHSI on Fall 2022 Semester Events:

\$1,783.63

Ongoing Efforts

Community Collaboratives

The CHSI is actively involved in three community collaboratives. The Harrisburg Collaborative meets every Tuesday at 11:00 AM at the Collins P. Lee Center. The Oconee Heights Collaborative meets the 1st Thursday of every month at 5:00 PM at Wesley Chapel AME. The Coopers Collaborative meets the 3rd Thursday of every other month at 5:00 PM at the Coopers Fire Station. CHSI attends these meetings and acts as a catalyst for advocacy, change, and empowerment.

Mentorship

Since fall 2020, CHSI had two undergraduate public health interns that worked alongside Dr. Damian Francis in assessing blight and physical food environments. CHSI also had four community health service-learning students that assisted in CHSI community outreach efforts. In the fall of 2021, CHSI had one public health intern, one graduate assistant and eight service-learning students. Now in the Fall of 2022 the CHSI has one graduate assistant and eight service-learning students.

Contracts

The CHSI has a contract with the Georgia Department of Public Health, in which the CHSI is working with 17 of the Georgia Public Health districts on their program evaluation plans regarding nutrition and physical activity.

Conclusion

The Center for Health and Social Issues would like to thank all of those who volunteered and participated over the course of the Fall 2022 Semester. A special thanks to the partners of CHSI that continue to make our community better through the tireless work that is done week in and week out. Also, a special thanks to the Community Health service-learning students for creating, planning, executing, and evaluating the various events that took place over the course of the semester.