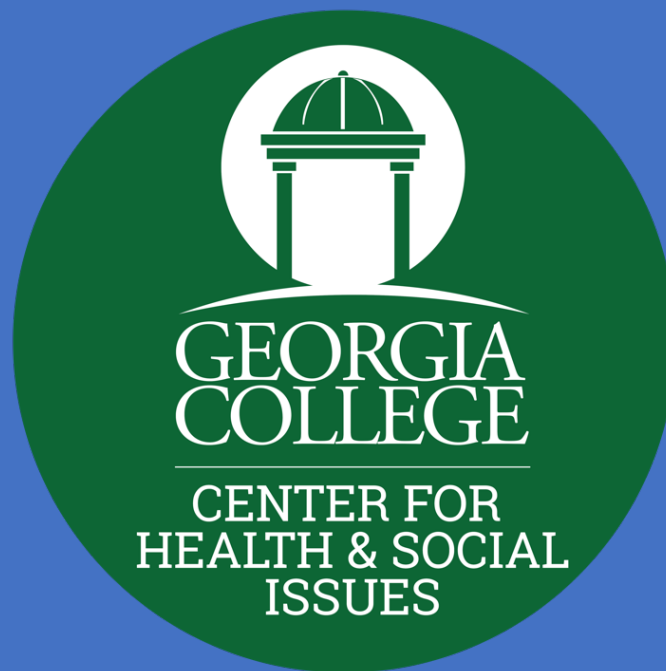


CHSI REPORT

SPRING 2023



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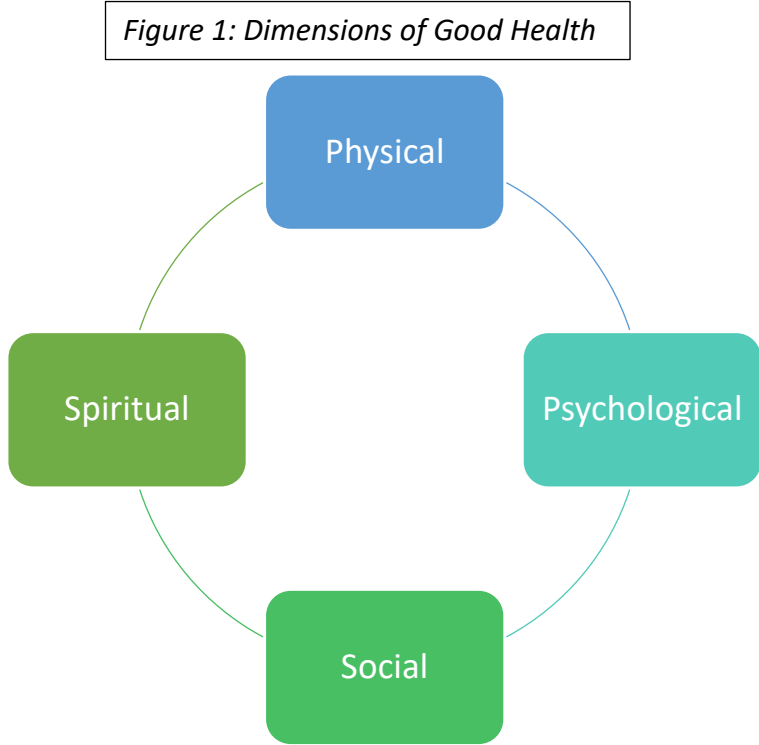
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Introduction

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.



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

Event Overview

Obesity & Cardiovascular Disease Prevention

- Heart healthy meal demonstration at Taste and See Plant Based Eatery
- Heart healthy exercise challenge on-campus tabling
- Exercise challenge and hypertension screening at the Milledgeville Mall
- Hypertension screening events at the Collins P. Lee center, Taste and See Plant Based Eatery, Cafe Central, and the ArtHealthy Festival

Diabetes (Type 1 & Type 2)

- HbA1c Screening events at:
 - The Collins P. Lee Center
 - Cafe Central
 - Taste and See Plant Based Eatery
 - Milledgeville Mall
 - Dublin St, Patricks Day Festival
 - The Art Healthy festival

Healthcare Access

- Monthly free health screenings at the Collins P. Lee center.
- Cafe Central Pop-up clinic
- St. Patricks day festival health screenings, Dublin GA
- Harrisburg flu clinic
- ArtHealthy Festival free health screenings
- Milledgeville Mall free health screenings

Food Access

- Monthly food drives
- Collaborative food bank breakfast
- Online resource for local food banks

Obesity & Cardiovascular Disease Prevention

Heart Healthy Meal Demonstration – Taste and See

The plant-based eatery, Taste and See, partnered with the CHSI to host a heart healthy cooking demonstration. Attendees were educated on various heart healthy foods and were taught how to make heart-healthy black bean tacos. Roughly 30 people attended and were given cardiovascular health education materials. Around 25 attendees were also screened for blood pressure, HbA1C, and cholesterol.



Black Bean Tacos

Taste and See chef performing food demonstration.



Attendees at the Heart Healthy Meal Demonstration

Obesity & Cardiovascular Disease Prevention

Heart Healthy Exercise Challenge on GCSU Campus

The CHSI hosted a table on campus during Heart Healthy Week to promote cardiovascular health and exercise. Students were challenged to complete a variety of different exercise challenges for prizes.



Students participating in exercise challenge.



Student volunteers spreading awareness for cardiovascular health on campus.

Heart Healthy Exercise Challenge & Screening: Milledgeville Mall

The CHSI offered free blood pressure and HbA1C health screenings at the Milledgeville Mall. Approximately 17 people were screened. Participants were also encouraged to participate in an exercise challenge.



Community members participating in Milledgeville Mall screening event.

Diabetes (Type 1 and Type 2)

The CHSI offered HbA1c screenings at the Collins P. Lee Center, Café Central, Taste and See Plant Based Eatery, the Milledgeville Mall, Dublin Saint Patrick's Day Festival, and the Art Healthy festival. The Center brought along GCSU nursing student volunteers to perform these screenings and educate people about what their results mean.



GCSU nursing students testing HbA1c at a mobile food drive



Participants having HbA1c tested at Milledgeville Mall screening event.

Healthcare Access

The CHSI provided free health screenings including blood pressure, HbA1c, and cholesterol at nearly every event held. The Georgia College Nursing students, supervised by nursing professors administered blood pressure, HbA1c, and cholesterol tests and educated individuals on the results on their screening. The CHSI distributed health education materials regarding cardiovascular health, healthy eating, Type 1 and Type 2 diabetes, and cancer.



CHSI performing health screenings at Taste and See Plant Based Eatery.



CHSI performing health screenings at regular Harrisburg mobile food drive.

Events CHSI Participated in

Harrisburg Mobile Food Drives



Every third Wednesday of the month, the CHSI helped with the Harrisburg Mobile Food Drives and provided free health screenings.

St. Patrick's Day Festival - Dublin



The CHSI offered free blood pressure and HbA1c screenings at the St. Patrick's Day Festival in Dublin, GA.

Art Healthy Festival



The CHSI offered free blood pressure and HbA1c screenings at the Art Healthy Festival on GCSU campus.

Senior Center Garden Bed Project



The CHSI built garden beds for the Baldwin City Senior Center in Milledgeville, GA.

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

In the Fall of 2022 the CHSI had one graduate assistant and eight service-learning students. In the Spring of 2023, the CHSI has one public health intern and three student assistants.

Contracts

The CHSI has an ongoing contract with the Georgia Department of Public Health, in which the CHSI is working with 17 of the Georgia Public Health districts on nutrition and physical activity program evaluation plans. The CHSI also has a contract to conduct a community health needs assessment regarding tobacco use in Dougherty County, Georgia. The CHSI has conducted a community health needs assessment (CHNA). This included a windshield assessment of the various tobacco retailers in Dougherty County, a quantitative survey, and a listening session.

Conclusion

The Center for Health and Social Issues would like to thank all of those who volunteered and participated over the course of the Spring 2023 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.