



Sample Community Health Project Poster Boards

Currently on Display at:

UCR Palm Desert Center
Administration Building, 2nd Floor
75-080 Frank Sinatra Drive
Palm Desert, CA 92521

Using Play Activities for Heart Health Education

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Future Physician Leaders

Abstract

The purpose of the project was to educate children on how nutrition and exercise are related to good heart health. Participants in this project were fourth and fifth graders at the Indio Boys' and Girls Club. Visual aids and interactive activities were used as educational tools.

Introduction

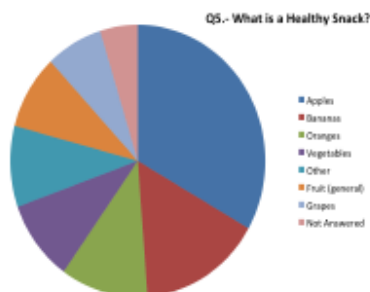
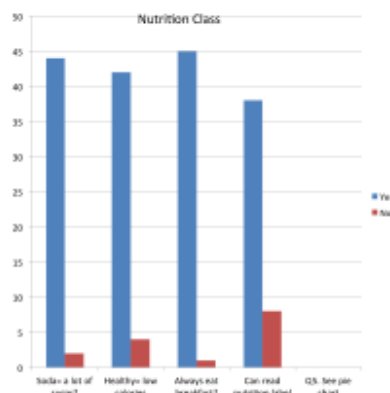
Childhood obesity is a problem in the Coachella Valley. The Coachella Valley has one of the highest childhood obesity rates in the state and a third of its children are overweight, with Pacific Islanders and Latinos having higher numbers than other ethnicities (Solvig, 2005). Major factors that contribute to childhood obesity are the lack of a healthy diet and adequate exercise or physical activity. Forty percent of the daily calories children take in are from empty calories of added sugar and solid fats, typically coming from foods such as soda, fruit drinks, desserts, and pizza (Adolescent and School Health, 2012). Additionally, most children do not get the recommended amount of exercise, contributing to the rise of childhood obesity in the last 30 years (Adolescent and School Health, 2012). Due to the growing epidemic our group chose to focus on nutrition and physical activity education to attempt to reduce childhood obesity.

Methods

- Indio Boys and Girls club - exclusively the 4th and 5th graders
- Three weeks of one class meetings
- Classes were 1 hr in length
- Week 1: Nutrition, sugar demonstration, and label reading using visual aids and posters
- Week 2: Activity Day. Games of Simon Says and Sit-Tag. Education on physical activity and fat build up were used as breaks between games.
- Week 3: Long term effect of unhealthy lifestyle on heart and body. Visual aids were used in these workshops to demonstrate the effect of a healthy an unhealthy lifestyle on the body. Class concluded with another game of sit-tag.



Results



Discussion

Overall, we believe that we achieved our goal, which was to educate youth on ways to live a healthy lifestyle in order to decrease heart disease and childhood obesity. By teaching the children activities they could continue to do at home, and a way to make healthy food choices, we believe we impacted their present and future health.

References

CDC (2012) Nutrition Facts. Centers for Disease Control and Prevention, Volume: Adolescent and School Health. Retrieved from: <http://www.cdc.gov/healthyyouth/nutrition/facts.htm>
Branin, Joan. Martinez, Rebecca Martinez. (2000-2006) Coachella Valley Health Needs Assessments. A summary of Coachella Valley Health Needs Assessments, Community Focus Groups, and Service Provider Survey 200-2006. Retrieved from: <http://www.ncfh.org/pdfs/2k9/8829.pdf>

Acknowledgements

We would like to thank the Indio Boys and Girls Club for the use of their facility

Nutrition Health Education and Nutritional Practices of Food Distribution Center Patrons in the Coachella Valley

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Future Physician Leaders

ABSTRACT

The project focused on awareness about healthy choice options for food stamp patrons. The purpose was to assess participant's perceived health, their nutritional knowledge, and their level of involvement in physical activity. We also provided information on basic modifications to eating and exercising habits. Our methods included a visual presentation of the sugar, salt, and fat content of various foods. A brochure and a survey to gauge participants' habits was provided. Approximately fifty people were directly impacted by our project.

INTRODUCTION

- *This project was conducted in the Summer of 2012
- *The project was designed to educate underserved communities from the Coachella Valley on how to make healthier food choices.
- *A 2010 study estimates that 9.5% of Eastern Riverside County (ERC) residents are currently receiving food assistance through food distribution centers (HARC).
- *In 2003, an estimated 6.1% of the adult population of Riverside County had diabetes (www.rivcohealthdata.org).
- *The 2007 survey showed 56.2% of ERC residents to be overweight or obese; a subsequent study in 2010 showed 58.5% of ERC adults as overweight or obese (HARC).

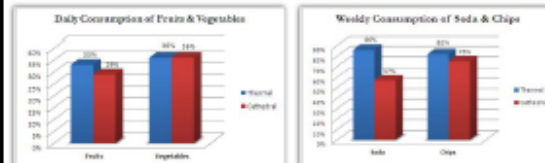
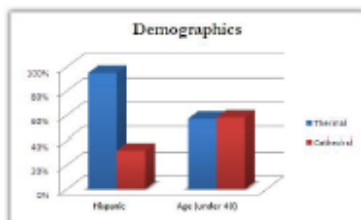
METHODOLOGY



METHODOLOGY, cont.



RESULTS



CONCLUSION

- * The data suggest that participants with our project in Thermal and Coachella valley were found to be relatively inactive.
- * One-third of the population participates in physical activity compared to two-thirds not engaging in any form of physical exercise.



- * The difference in the health perception between Thermal and Cathedral City could be explained by the difference in the average age of the respondents. The younger demographic may not experience the potentially negative impact of unhealthy lifestyles.

REFERENCES

- *Health Assessment Resource Center (www.harodata.org)
- *Eastern Riverside County Data (www.rivcohealthdata.org)

ACKNOWLEDGEMENT

We would like to thank our Community Partners:

- Cathedral City Food Stamp Center
- Galilee Foundation Center

We are thankful to the University of California Riverside Future Physician Leaders Program for giving us the opportunity to serve our community and reach out to underserved areas in the Coachella Valley.

Special thanks to Dr. Raul Ruiz, Dr. Christina Granillo, Ms. Nastassia Valenzuela and Mr. Albert Chevez, for all their help and assistance throughout the duration of our community health project.

Depressive Disorders: A Public Awareness Project

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Future Physician Leaders

ABSTRACT

Depressive disorders are a leading cause of disability in the United States. Unfortunately, public awareness of depressive disorders within the Eastern Riverside County is lacking despite its prevalence both nationally and locally. The purpose of this project was to enhance public awareness of depression by targeting a typically underserved portion of the Coachella Valley. A workshop was provided to educate residents on the nature of depressive disorders and how to mitigate them through self-empowerment and the knowledge of local mental health resources.

INTRODUCTION

According to the Health Assessment Resource Center, close to one out of ten residents in the Eastern Riverside County report having depressive disorders and they are the most common health diagnoses in the county.

With help from FPL group member and reservation resident Elka Medina and Ms. Rosemary Bautista, Youth Coordinator at the Torres Martinez Indian Reservation, our group offered our services to educate the residents.

OBJECTIVE

Our goal is to increase public awareness of depressive disorders of at least 10 residents (i.e. project participants) at the Torres Martinez Indian Reservation in the city of Thermal, California through an FPL-organized workshop.

Increased awareness will be evidenced by an increased score of post-test questions versus pre-test questions given after and before the workshop, respectively.

METHODS

This project was conducted in the Summer of 2012. A pre-test survey regarding depressive disorders was provided to the Torres-Martinez residents. The pre-test survey asked demographic questions including gender, age, and ethnicity. Furthermore, this survey assessed the baseline knowledge of the project participants on depressive disorders through 5 questions.

In addition to a PowerPoint presentation, three brochures were distributed among the project participants highlighting the main points of the presentation. A Patient Health Questionnaire-9 (PHQ-9) was also included among the brochures to aid the participants and their families in identifying risks for depression disorders. However, a disclaimer was explicitly written and verbally stated that only professional healthcare providers may accurately and safely diagnose and treat depressive disorders.

Group activities involving mental health trivia were conducted to promote active learning from the project participants.

A post-test survey was provided to the project participants at the conclusion of the workshop.

RESULTS

A total of 13 Torres-Martinez residents participated in the workshop. The following tables show the demographics (Table 1, Table 2, Table 3):

Table 1: Gender		Table 2: Age Range		Table 3: Ethnicity	
Female	7	14-15 yrs	3	Native American	5
Male	6	16-17 yrs	5	Native American/Mexican	5
		18-19 yrs	1	Mexican American	2
		23-24 yrs	1	Other	1
		25-26 yrs	1		
		27-28 yrs	1		
		41 or older	1		

Based on the demographics, the majority of project participants were female, an adolescent between the ages of 16 to 17 years old, and of at least partial Native American descent in the Torres-Martinez reservation.

The following table (Table 4) includes the 13 project participants' pre-test and post-test scores.

Table 4: Pre-test and Post-Test Scores

Participant	Pre-test Score	Post-test Score
1	5	5
2	4	5
3	5	5
4	5	5
5	4	5
6	5	5
7	5	5
8	4	4
9	5	5
10	4	5
11	5	5
12	4	5
13	5	5

Based on data from Table 4, the average pre-test score was 4.6/5.0 (92%). Conversely, the average post-test score was 4.9/5.0 (98%).

RESULTS

The lowest score was 4/5 (80%) and the highest score was 5/5 (100%) for both the pre-test and post-test.

Based on the respective pie charts, 8 out of 13 participants received a perfect score during the pre-test (Fig. 1). After the presentation, 12 out of 13 participants received a perfect score during the post-test (Fig. 2).

Fig. 1: Pre-test

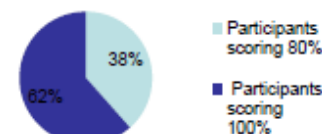
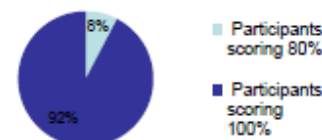


Fig. 2: Post-test



DISCUSSION

The workshop had 13 participants who scored a higher post-test average score (98%) compared to that of the average pre-test score (92%).

This project was an enriching experience for both the FPL and the project participants.

ACKNOWLEDGEMENTS

We'd like to thank Dr. Christina Granillo and Mr. Albert Chevez for their guidance in making our project successful and a very special thanks to Dr. Raul Ruiz and his dedicated staff in making all this possible.

Promoting Nutrition Among Youth Athletes

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Abstract

Our project focused on how to improve children athletes' performance through healthier food choices. We targeted parents of young athletes by establishing partnerships with community organizations that served families. The results of our surveys showed that the majority of parents were not aware of the nutritional value of their child's diet nor did they monitor their eating portions; children were not aware of the impact nutrition had on their athletic performance but were receptive to learning how to improve their poor food choices.

- We developed a survey that tested the knowledge of children and their parents regarding nutrition.
- Our workshops included interactive activities, brochures and flyers that covered portion control, cost efficiency of eating out versus eating at home, reading the nutrition label, and the consequences excessive sugar intake has on our body.



Introduction

The project was completed in the Summer of 2012. In the Coachella Valley, obesity has become an increasing health concern. Here, the statistics for children, ages 0-17 show that 29.5% are obese. HRMC showed a similar view when focusing on children, ages 1-6. Of that group, 54.5% are healthy. These statistics point out that 29.6% of children under the age of 6 are obese. Malnutrition and obesity can be eliminated through healthier food choices, however, there are many barriers in the Coachella Valley which need to be eliminated through education in our communities.

Case Study

- A case study was performed to support our theory that optimal performance can be reached through proper nutrition and dietary habits.
- Two boys, age 10, were monitored for nine days on the foods they consumed, as well as any emotional and physical changes.
- A series of tests were performed in agility, performance, and endurance events to examine what their "best" performance entailed. A change of diet implementing portion control, healthy alternatives and dining at home was conducted to perform this study.



Method

The purpose of the project was to have parents adopt new healthy eating habits and have their changes influence the choices of their children.

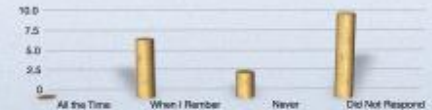
Results

- Our surveys, which were administered to 34 children and 35 adults, provided valuable information regarding knowledge and understanding about nutrition.
- 82% of the children surveyed said it was important to eat before performing. 65% thought a granola bar was a healthier snack than actual fruit.
- 80% of the adults surveyed reported only eating fast food once a week. 46% of the surveyed adults were also unaware of how healthy their child's snacks were.
- The case study proved the importance and effect nutrition has on a child's body when performing physical activities.

Granola Bar
Fruit



Parent's Response to how often they monitored portion control

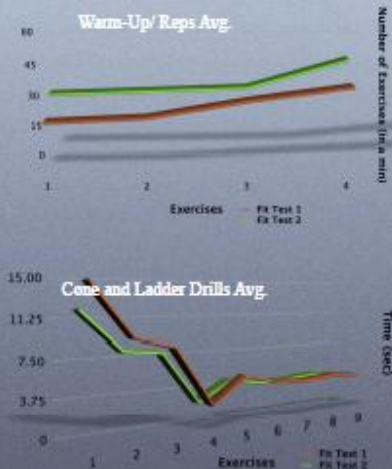


Conclusion

The project allowed us to reach out to our target audience of children between the ages of 5-10 and their parents through workshops and presentations. All presentations, which varied by location focused on portion control, cost efficiency of home cooked meals versus fast food meals, and healthy alternatives.

The suggestions we offered helped promote our project goals and gave the community steps to developing healthy eating habits. Our audience became aware of the importance of proper nutrition in aiding their health and were willing to follow our tips and implement changes in their dietary habits.

Case Study Results



*Based on the results shown above, proper nutrition can only improve a child's performance.

Acknowledgments

- We acknowledge support from the following:
- Boys & Girls Club - Desert Hot Springs
 - Clinicas de Salud del Pueblo - Mecca
 - FIND Food Bank - Indio
 - U.S. Sports Association - Coachella
 - Baseball Team - Coachella

References: HARC and Coachella Valley Healthcare Initiative

Diabetes Education for Children and Adolescents

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Future Physician Leaders

Introduction:

In the Coachella Valley a large portion of the residents have diabetes. By 2020, an estimated 52 percent of the adult population will have diabetes or pre-diabetes. Also, 90 percent of people with pre-diabetes, and about a quarter of people with diabetes, are unaware of their conditions nation wide.

Purpose:

- To educate children and adolescents about diabetes and how to prevent it.

Methods

This project was conducted in the Summer of 2012.

An educational presentation was conducted at the Boys and Girls Clubs in Indio and Cathedral City. Due to the young age of our participants, visual aids were utilized. Three separate presentations were given which allowed students to be separated by grade level. The language and presentation materials were tailored to the three grade levels: elementary, middle, and high school.

Results



Indio

Number of students at the club:

Elementary school: **131**

Middle school: **44**

High school: **14**

Total students answered:

71 out of **189** students have at least one family member that has diabetes.

Cathedral City

Number of students at the club:

Elementary School: **46**

Middle School: **14**

High School: **13**

Total students answered:

51 out of **73** students have at least one family member that has diabetes.

Cathedral City

The survey had **5** questions. The majority of the students knew that being overweight can cause type II Diabetes. The question that the majority of the students got wrong was, "type II Diabetes is more likely to occur in certain ethnic groups."

Conclusion

We educated a total of **262** students from the Coachella Valley. After the educational workshops students had an understanding that diabetes is preventable. Students also had an understanding that nutrition impacts diabetes and their health.

More education focused on children and adolescents is needed particularly because some students reported having a family history of diabetes.

Finally, education conducted through the Boys and Girls Club was an ideal site because it allowed us to reach many children and adolescents.

Acknowledgements

Boys and Girls Club of Indio
Manager: Tracy Reed
Boys and Girls Club of Cathedral City
Manager: Scott Robinson

Reference

1. <http://www.cdc.gov/diabetes/projects/cda2.htm>

PRESCRIPTION ASSISTANCE PROGRAMS RESOURCE MANUAL FOR CLINICS SERVING LOW INCOME PATIENTS

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Future Physician Leaders

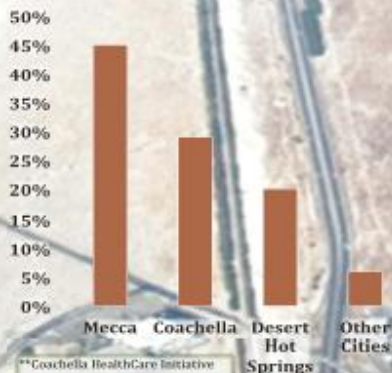
Abstract:

The inability to afford medications is a major health care access barrier in the Coachella Valley. The purpose of our project was to provide a resource that addressed this issue. We created a 2-inch binder that encompasses free medication assistance program applications, reduced priced medications programs, reduced priced local pharmacy prescription programs, and medication savings programs.

Introduction:

The current economic crisis and growing unemployment rates have left many people without health insurance and unable to afford basic healthcare. Coachella Valley has one of the highest percentage of population living below the designated federal poverty level.

Percentage of the Coachella Valley population living below the poverty level



Method:

•Research

○Used internet and internal documents to look for low cost medications and assistance prescriptions programs that pharmaceutical and local community pharmacies provide.

○Key Words Used: Prescription assistance program, free and low-cost medications program.

•Manual Development

○Created an introductory guide on how to use the resource manual.

○Included a directory and page descriptions of all the programs.

○Created easy access chart with eligibility requirements.

○Included program descriptions, list of medications and applications.

○Overview of pharmacy prescription assistance program.



Results:

There are 27 different programs and pharmacies that provide prescription assistance or a savings program.

From all the programs listed we noticed that only a small amount provided patient assistance programs to residents that do not have a legal residency status.

Discussion:

The Resource Manual will be utilized at Coachella Valley clinics to facilitate health care providers when assisting low-income patients needing medication for free or at a low cost. We will follow up with the clinics on the effectiveness and use of the Prescription Assistance Programs Resource Manual, as well as maintain statistics on how many patients applied for and received prescription assistance.

Acknowledgments:

We would like to express our appreciation to the following:

Bruce Yeager and Volunteers in Medicine for the project opportunity.

Dr. Ruiz, Ms. Valenzuela, Dr. Granillo and the Future Physician Leaders Program for supporting and inspiring this project.



Giving the Gift of Life

Blood and Tissue Donation Drive and Education

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 California State University San Bernardino¹, Walnut High School², University of California Riverside³, Cal Poly Pomona⁴, East Los Angeles College⁵, Mt San Jacinto College⁶, University of California Riverside School of Medicine⁷

Future Physician Leaders

Abstract

This project was conducted in the Summer of 2012. The aim of this project was to educate the public about the importance of blood and organ/tissue donation and attempt to clear up any misconceptions about these services. Two blood drives were held in an attempt to increase the number of those who donate blood in our local community. During these events we discussed the process of tissue donation with the participants. In addition tissue donation was discussed with the public at local super markets and during leadership programs.

Introduction: Tissue & Organ Donation

Transplant centers and organ procurement organizations are required to become members of the Organ Procurement and Transplantation Network (OPTN).¹ OPTN is responsible for:

- > Providing education about organ donation, transplantation of human organs, and organ donation laws.
- > Controlling the National Registry and organ matching system that operates 24/7 and releases information to the public and government.
- > Ensuring that organ recovery and distribution does not violate federal laws.

Those individuals that are in need of transplantation often die before receiving the organ because there are not sufficient number of donors. The lack of donors far exceeds the waiting time and as a result there is a high demand for educating our communities about organ donation. One out of three people on the waiting list will die due to the low number of organ and tissue donors.²

Introduction: Blood Donation

Many know human blood is precious, but many are not aware that there is no way to substitute or manufacture blood. Each year, there is a growing number of those in need of a blood donation because human blood helps save the lives of those who are suffering from a disease or accident.³ If all blood donors gave at least twice a year, it would greatly strengthen the nation's blood supply.⁴

- > Sixty percent of the U.S. population is eligible to donate, however, only five percent do.
- > More than 500 pints of blood are needed every day in San Bernardino and Riverside County alone.
- > A blood donor can give every 56 days or 8 weeks. Plasma can be donated once a month and platelets can be given every 2 weeks up 24 times a year.
- > A person's blood is used for surgeries, cancer, patients, accident victims, bone marrow recipients, organ transplant, and burn patients.

Methods: Tissue & Organ Donation

- > Our group focused on educating and informing prospects about tissue and organ donation.
- > Seventy-three participants were surveyed about tissue donation.
- > One Legacy, a nonprofit organization, helped provide the group with an orientation to tissue donation, PowerPoint presentation, informational pamphlets and promotional material for dispersal on 7/9. This orientation took place in Los Angeles.
- > Bright Prospect, a nonprofit organization, allowed the group to speak about upcoming opportunities for high school students to become tissue and organ donors.
- > Bright Prospect event, which was held on 7/16 in Pomona, was a way to address common concerns about organ donation in the local high school community.
- > Cardenas Market event that was held on 7/15 and 7/16 in Pomona and Ontario was a way for the group to distribute information about tissue donation and obtain surveys on what the general public felt about this topic.

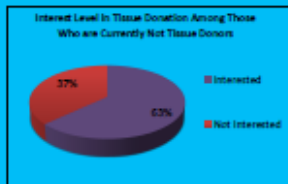
Methods: Blood Donation

- > The blood drive through American Red Cross was held in collaboration with Habitat for Humanity in Riverside. The blood drive through Life Stream was held at the Riverside Plaza. Participant outreach was founded in local business, emails to frequent donors, family, and friends.
- > The American Red Cross Blood Drive held on 7/19 and the Life Stream blood drive held on 7/26 was a chance for the group to advocate for donation, obtain survey results and educate.
- > Forty participants were surveyed after successfully donating blood, although many more were spoken to about blood donation through the recruitment and the education process.
- > American Red Cross and Life Stream provided many free incentives to donate blood like T-shirts, ice cream vouchers, and tickets to upcoming events.
- > This project did not focus on a specific population, but aimed to obtain a general sample of the public population.



Results: Tissue & Organ Donation

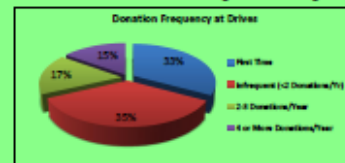
A general sample of the public was surveyed both male and female, from a variety of ethnic backgrounds, and education levels. Of the 73 members of the public we discussed tissue donation with, 47% (36) were registered tissue donors while the remaining 33% (41) were not. More men were registered tissue donors than women. Of the 41 participants that were not currently registered as tissue donors, 63% were interested in becoming donors. Reasons given for not being interested in enrolling as tissue donors were religion, distrust in the country's laws, distrust in the donation process, unsupportive family, fear, and illness. Nearly half of all surveyed had discussed the issue of tissue donation with their family. A majority were not familiar with the laws regarding tissue donation.



- > Of the 41 individuals that are not currently organ/tissue donors 26 responded YES they were interested in becoming

Results: Blood Donation

A general sample of the public was surveyed from a variety of ethnic backgrounds, and education levels. 40 units of viable blood were collected and 11 donors were deemed ineligible due to high blood pressure, low iron levels, or weight. Of the 40 plus members of the public we discussed blood donation with, there seemed to be a correlation between blood donors and registered organ/tissue donors; 65% of blood donors were found to be registered tissue donors, a much higher percentage than found when surveying the general public. A majority of donors were first time or infrequent donors (<2 donations/year) and most successful donors said they were likely to donate again. Reasons given for not donating blood consisted of fear of pain and/or needles, ineligibility, and time commitment. Reasons for donating blood included a strong desire to help others, personal experience, and because a friend brought them along.



- > Among donors 93% reported to be likely to donate again after this experience. This indicated that this project was successful in expanding the pool of individuals likely to donate blood in the future.

Discussion

Overall we felt our community health project was successful and we worked effectively together as a team. We discussed organ and blood donation with over 100 individuals in our local community and we became better aware of the swift process of donation, the atrocious statistics revolving around the need of tissue and blood donation, and the relatively low number of individuals who donate. We became better acquainted with the laws and history of tissue and blood donation, became aware of the many benefits of being a donor, and how easy it is to become a donor. Many of us were even inspired to become donors ourselves.

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Sexual Health Education in Public Venues

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Future Physician Leaders

Abstract

The Inland Empire (counties of Riverside and San Bernardino) is the most medically underserved region in California and lacks many basic health education resources [1]. As a result, many health disparities exist within these communities. One of the most alarming issues is the high prevalence of HIV and STI rates in these counties [2,3]. The purpose of this project was to learn more about the demographics of these communities and to provide sexual health education. 75 randomly selected participants from these counties were asked to complete a questionnaire survey regarding sexual health. Our studies show that the majority of the participants received education about sex and STI prevention before the age of 15.

Introduction

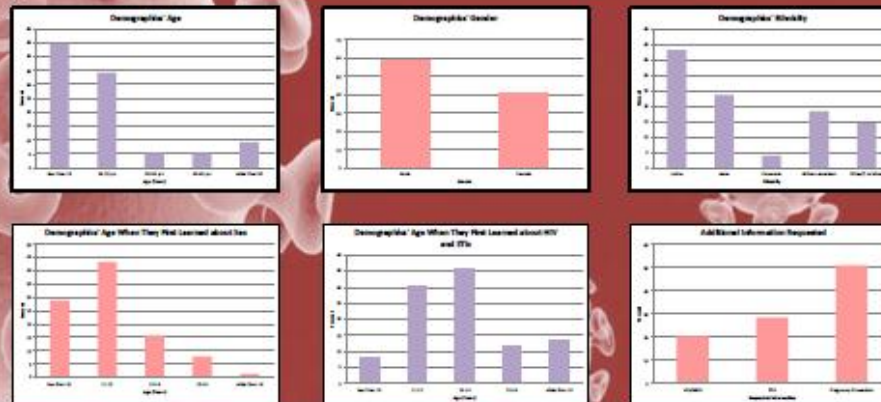
- The Inland Empire is the most medically underserved region in California [1].
- Many areas are considered "Hot Spots" where the proportion of those infected with STIs are significantly higher than the national average [2,3].
- In order to address this health disparity, we spearheaded the creation of 2 HIV and STI educational tabling events.
- Locations:
 - Redlands' Market Night in San Bernardino County.
 - California Partnership's Deferred Action Forum in Riverside County.
- 75 randomly selected participants from these counties completed our questionnaire survey.
- Purpose – to gather more detailed demographics of the Inland Empire community.

Methods



Results

The most frequent resource for people to obtain information about sex, HIV/AIDs, and STIs was at school. The next most frequent source was family and friends. Then came television and Internet.



Discussion

- 88.1% of all participants learned about sex before the age of 15.
- 73.4% of all participants learned about HIV and STIs before the age of 15.
- This suggests there is a small group of individuals (approximately 15%) who learned about sex, but not about protecting themselves against HIV and STIs.
- This may explain why there are many "Hot Spots" in the Inland Empire.
- There is a demand for more information about pregnancy prevention.

Future Direction

- Form a partnership with local schools, since most people get their sexual health education from schools.
- Generate a new questionnaire that asks participants about their access to health insurance, income, perceived risk for contracting STI, and last STI screening test.
- Create an interactive sexual health education class.

Acknowledgements

We would like to thank our community partners for working with the Future Physician Leaders Program at UC Riverside School of Medicine. We thank Terrell Wilson from Planned Parenthood for his invaluable resources, the provision of educational pamphlets, condoms, and information about HIV/STI prevention. We would also like to thank Heather Smith for setting up the Market Night event at Redlands and for providing us with a complimentary booth. We would like to thank California Partnership for inviting us to the Deferred Action Forum event. We appreciate Dr. Christina Granillo for creating our database, processing our data, reviewing us, and teaching us the skills necessary to run this study. We would also like to thank Dr. Albert Chavez for his consistent guidance. Finally, we are grateful for Dr. Raul Ruiz creating the Future Physician Leaders Program and giving us the opportunity to serve our communities. Without his, none of this would have been possible.

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This project was completed in the Summer of 2012.

Diabetes Prevention in San Bernardino Through Nutrition and Physical Activity Workshops

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UC RIVERSIDE UNIVERSITY OF CALIFORNIA Future Physician Leaders

Future Physician Leaders

ABSTRACT

The purpose of our diabetes health project was to educate residents in San Bernardino County about ways they can prevent and/or control diabetes, to answer questions and concerns, and direct them to clinics that provide free glucose screening. We created an effective workshop that was held twice for a week at Mary's Mercy Center. Our workshop consisted of small focus groups that discussed the prominent issue of diabetes in San Bernardino, and emphasized ways to control their blood sugar levels through better nutrition and physical activity.

INTRODUCTION

In 2007, diabetes was the seventh leading cause of death in the United States. In 2010, an estimated 25.8 million people or 8.3% of the population had diabetes. Diabetes has been shown to disproportionately affect minority populations.¹ High levels of modifiable risk factors associated with type 2 diabetes have been reported in San Bernardino County especially among low-income communities.² These risk factors include higher rates of obesity, lower consumption of dietary fiber, fruits and vegetables and less physical activity.

METHODS

The project was completed in the Summer of 2012.

Recruitment

- Printed fliers advertising where, when, time for workshops.
- Attendance incentives included a healthy food basket raffle.
- Fliers were distributed at Mary's Mercy Center during lunch.
- Participants received daily workshop reminders.
- Fliers were provided to local businesses & community centers.

Participant

- Residents from the westside of San Bernardino County.
- Majority receive services at Mary's Mercy Center.
- Total of 23 participants attended the workshops.
- The age group of the participants varied from ten years old to eighty years old. 17% of participants were between age groups of 10-20, 50-60, and 60-70. 13% of participants between age groups of 20-30 and 40-50. 4% of participants were between age groups of 30-40 and 70-80.

Gender

- Of those that attended 65% were females and 35% were male.

Language

- Two participants requested Spanish materials for the workshop.

3. Workshop Design

- Two 30 min workshops held in the lunch room at Mary's Mercy Center.
- The first half of the workshop discussed the diabetes risk factors and the second half of the workshop discussed ways diabetes can be prevented and/or managed.
- Evaluation of workshop was determined by a five question post-test given at the end of the workshop to each participant.

RESULTS

Workshop Outline

- 1 What is diabetes and what are the risk factors: A. What is diabetes? B. How can type 2 diabetes affect me? C. What raises my risk for pre-diabetes and diabetes?
- 2 How can I prevent or manage diabetes: A. Making smart food choices B. Menu ideas C. Importance of physical activity and exercise D. Medication



- Two English workshops and zero Spanish workshops were given during the course of the project.
- Workshop effectiveness was evaluated by having the participants take a post-test to determine if they had understood and gained the expected knowledge about diabetes.
- 2 participants preferred taking the post-test in Spanish.
- 13 participants (57%) received a perfect score on the quiz.
- 7 (30%) missed 1 question.
- 2 (9%) missed 2 questions.
- 1 (4%) missed 3 questions.



The age ranges are represented below (see figure 1). 3 participants declined to state. No pattern regarding age and missed questions on the quiz was observed, likely due to the small number of participants.

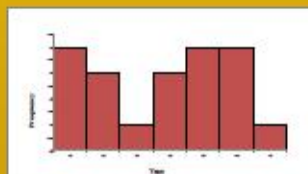


FIGURE 1- Age ranges of participants

RESULTS

Of the 13 participants that received a perfect score on the quiz, 9 (69%) were women and 4 (31%) were men; these numbers are parallel with the participants' gender ratio which is 15 (65%) females and 8 (35%) males. The numbers suggest no correlation between gender and scores.



Participants more frequently missed the question pertaining to possible symptoms of diabetes. The question was factual and indeed required higher knowledge regarding diabetes and note-taking since the participants could not relate to it. Moreover, it could be misleading for those who have diabetes or know somebody who has it since most patients only experience some of the symptoms at any given time.



It can be concluded that the Diabetes presentation was well-accepted by the audience and that it had an impact since the participants showed interest by asking questions and sharing own experiences during and after it.



SUMMARY

- From our results we found that the community responded very positively to our diabetes workshop.
- After our research and personally visiting these communities we have come to the conclusion that we need more health advocates for the community of San Bernardino.
- The participants did well on the workshop post-test questions, which means they understood the material that was discussed.
- It is shocking to witness the immense poverty and lack of resources in our own cities.
- FPL has encouraged us to learn about very critical issues affecting our communities such as poverty, obesity and diabetes.

CONCLUSION

Based on our analysis of the data and personal interaction with the participants, it was evident that the participants wanted to have a healthier life, but likely felt powerless to make a change. No matter if it is their cultural background, their genetic factor, their personality, or social influence that makes change difficult for them, these people need encouragement and guidance. Our project was inspired by the mission in the Future Physician Leaders program, "to serve the community with social responsibility in order to achieve optimal community health and wellness."

Raising awareness on health issues can produce a great impact in the community. Participants that decide to make a lifestyle change can slow down or prevent future health problems, family afflictions, and government spending. Therefore, diabetes education and prevention should be a priority in San Bernardino and other underserved communities.

In future sessions, it would be recommended that a pre-prevention quiz also be taken in order to quantitatively obtain the level of impact and more visual aids be used to improve the presentation. Moreover, the presence of a health professional to perform glucose screenings would be ideal to complement our work.

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Sun Safety and Skin Cancer Awareness at Public Aquatic Center



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Future Physician Leaders

Abstract

According to estimates by the American Cancer Association, around 76,250 new cases of melanoma, the cause of most deaths due to skin cancer, will be diagnosed in the United States in the year 2012.¹ Around 9,180 men, women and children from diverse demographic groups are expected to lose their lives to this condition this year. Assessing the devastating statistics, the Future Physician Leaders (FPL) "Sun Safety and Skin Cancer Awareness" team, set up an informational booth at the Fontana Park Aquatic Center in order to address the needs of the community. The purpose of the project was to educate adults and children on skin cancer and prevention strategies. More than 100 men, women and children received current and comprehensive information on sun safety in their own language. In addition, more than eighty sunscreen bottles, as well as sunglasses, hats, gift cards, and gift baskets were distributed. Nearly ninety surveys were collected from the community and every one of them considered the efforts to be a success.

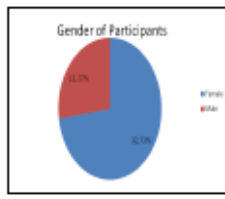
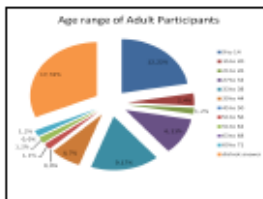
Introduction

Skin cancer is the most common form of cancer in the United States with more than 2 million annual diagnoses (CDC).² On a local level, 3.6% of the adult population of San Bernardino county has been diagnosed with skin cancer—that's 47,000 people as of 2009.³ While the majority of skin cancers are not life threatening, 5% of skin cancers are melanomas which can be fatal. In 2008, 59,695 people in the United States were diagnosed with melanomas of the skin and 8,623 or 14.5% of these people died. In addition, many of the more than 2 million skin cancer patients that are diagnosed annually could be prevented by simple measures of protecting skin from intense sun exposure such as the use of broad spectrum sunscreen or dressing in layers. Because excessive sun

Methods

On Saturday, July 28, 2012, we set up an informational booth in the Fontana Park Aquatic Center, a local community pool, to share information to children and their parents about skin cancer and prevention. In order to draw people to our booth, we had five giveaways, a raffle, and free sunscreen. We also recruited people by walking around the water park informing them about our project. We provided informational pamphlets from Loma Linda University Hospital and the American Cancer Society to those who were interested. Dr. Paul Lyons, Senior Associate Dean for Education at the UCR Medical School, joined the event and answered questions pertaining to skin cancer and effective sunscreen usage. After educating each member of the community, we asked them to fill out a survey. We presented separate surveys to children and adults. Out of the 82 people who filled out the surveys, 54 were adults and 28 were children. The majority of the adults who filled out the survey were females and/or Hispanic, while there was equal distribution for children between genders.

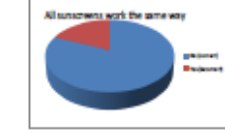
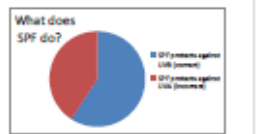
Results



Breakdown of the age groups of Adult participants

Breakdown of the Ethnic groups of Adult participants

Breakdown of the Gender of Adult participants



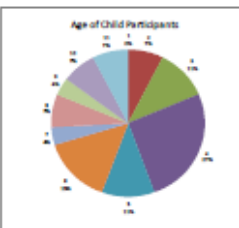
59% of adults were correct about what SPF does

83% of Adults knew how to protect themselves from the sun

81% of adults were correct—not all sunscreens work the same way



Pictured above and below are FPL students educating children at the community pool



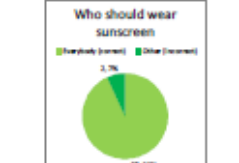
Breakdown of the ages of Child participants



FPL students talking to members of the community about sun safety



72% of kids knew how to protect themselves from the sun



93% of kids knew that everyone needs to wear sunscreen



100% of kids knew which hats would ensure safety in the sun

Results (continued)



91% of community members in attendance said they would apply what they learned and 9% said the booth was effective.

Conclusion

Overall, there was a high turnout rate at our event. We spoke to 106 members of the Fontana community. 82 people filled out our surveys and mentioned the information they received was beneficial. From the survey results it is apparent we made a difference in educating all age groups. It seems that what prevented basic sun safety and skin cancer awareness was the lack of knowledge of simple questions, specifically on the application of sunscreen. The problem was that some members of the community weren't aware that it was necessary to apply sunscreen when spending time in the sun. Also, some individuals were unaware that sunscreen should be applied much more than every 3 hours. As a result of this event, we were able to create an environment where the members of the community felt enough trust in our group to ask questions that they may not have been able to ask elsewhere. What made this event even more successful was the fact that we were able to pass out free sunscreen to over 80 individuals of the community and after being educated about sun safety, they were able to effectively protect their skin from sun damage.

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