

## USU EXTENSION GRANT-FINAL REPORT

**Project Leader:** Suzanne Prevedel

**Project Title:** Community Wellness Coaching Program

**Beginning Date and End Date:** June 1, 2014-May 31, 2016

**Total Requested:** \$9,986

**Project Objectives:**

- Pilot an inter-University public health research/local Extension wellness program
- Complete Community Wellness Coach Training provided by the University of Utah
- Hire and train a community wellness coach to serve local Hispanic population
- Recruit participants, twelve per coach and complete twelve month wellness program

**Community Wellness Coaching (CWC) Project Results:**

Several members of the Ute Tribe Diabetes Prevention Program, a newly recruited and hired local coach, and myself received training from University of Utah personnel in motivational interviewing techniques, domains of health, and the REDCap data collection software. Due to some problems with IRB approval through the University of Utah, we could not begin recruiting participants and completing initial interviews until February 2015. This made it necessary to extend our grant for a two year period to complete the Community Wellness Coaching cycle. A total of 137 questions were asked about participants' demographic characteristics, nutrition and physical activity guideline knowledge, health behaviors, and mental health survey questions as well as blood pressure, weight, height and waist measurement. The questionnaire was repeated quarterly. The Community-Based Participatory Research model included individual goal-setting, monthly coaching, and monthly peer learning/support events.

**Participant Impacts:**

- Increased knowledge of the benefits of physical activity and increased physical activity

- Increased fruit and vegetable consumption
- Successful attainment of other individualized health goals.
- Awareness of mental and other health issues and treatment through referrals

### **Program Impact**

Successful research collaboration with USU Extension county faculty/University of Utah School of Public Health resulting scholarship opportunities and awareness of Extension opportunities for positively impacting individuals' health in rural communities.

### **Scholarship**

A poster *"Improving health equity through university community partnerships: Motivational-interview-based community wellness coaching in diverse rural and urban Utah communities"* (Abstract, S.M. Prevedel) was presented at the Active Living Research Conference held in Florida in February 2016. Two abstracts, *"Identifying factors associated with perceived barriers to healthy behaviors in urban women of color and rural white women"* and *"Does eating together promote health in women? The frequency of family meals among rural Utah families and the association between daily family meals and women's health"* were submitted in February 2016 and will be presented at the American Public Health Association Meeting and Expo Poster Session, Denver, Colorado on November 1, 2016. An article (*Losing weight, shedding baggage: When it comes to health, people rely on community*) written by Daphne Chen, appeared in the Deseret News on April 10, 2016 describing the value of community wellness coaches. <http://m.deseretnews.com/article/865651948/Losing-weight-shedding-baggage-When-it-comes-to-health-people-rely-on-community.html> An additional article on

*Time use and health* is being prepared for submission to the Social Science and Medicine Journal.

Extramural Funding:

Grant submitted to Utah Agricultural Experiment Station for funding in 2015, to fund and continue/expand programs in five counties: Beaver, Duchesne, San Juan, Uintah and Wayne.

Funding Status: Unsuccessful

2016 Ute Indian Tribe Diabetes Prevention Program Funding to implement CWC style wellness project for families with young children. Project is in the planning stage, with instructional series to begin September 2016. Funding status: Successful