



Wellness Expo 2010

YORK COLLEGE
School of Health & Behavioral
Sciences

+ History

- In 2009, the Dean formed a team of faculty to help charter a path for the newly formed School of Health & Behavioral Sciences.
- This interdisciplinary team became known as the Xchange Network.
- Xchange's mission is to support and nurture ideas for curriculum, learning experiences, co-curricular activities, and/or student and faculty research that deal with the exchange of ideas across disciplines and that foster a sense of social responsibility.

Knowledge is not enough; we must apply. Willing is not enough, we must do. ~Goethe

+ Concept

- The Xchange Network selected Childhood Obesity as its inaugural theme.
- The Wellness Expo emerged as a strategy to address Childhood Obesity in the local community of Southeast Queens.
- Wellness is a stance towards health that itself is interdisciplinary and holistic (like the School).





Faculty & Student Participation

- Students from different courses worked under the leadership of their faculty.
 - Academic Computing 230: Teaching with Multimedia Technology (**Xin Bai**)
 - Health Education 312: Health and Disease (**Alex Costley**)
 - HPGC 102:Public Health (**Shawn Williams**)
 - Nursing 314:Management and Leadership in Professional Nursing/Client Intersystems (**Maria Elena Pina Fonti**)
 - Nursing 315: Professional Nurse-Family and Community Intersystem I (**Jacqueline Grant**)
 - OT 423: Collaboration in Occupational Therapy (**Ivy Tilson**)
 - Psychology 215: Human Development I: Infancy/Childhood (**Lawrence Preiser**)
 - Psychology 338: Abnormal Psychology (**Kathariya Mokrue**)
 - York Early College Academy, 9th Grade (**Michele Neuhaus**)



+ Goals



1. To help children and their families recognize the importance of healthy eating and physical exercise in sustaining positive health and development.
2. To help college students see the relevance of what they are learning, the interconnectedness of different disciplines, and view themselves as active agents of change in their communities.
3. To deepen York College's partnerships in the local community through a collaborative endeavor that has relevance and value.



Passports



Children received a “passport” stamp after attending each station.



Movement Stations





York Students

taught the children how to measure their heart rate before AND after each exercise.



+ Health and Nutrition

Children learned about the major food groups, portion size, hidden sugars and fats, healthy food choices, and were led in an exercise of mindful eating.



+ Eat this, not that





9th Graders from the York Early College Academy demonstrated the high amounts of sugar in soda and snickers.

+



Children had alternative tasty snacks of apples, grapes, and strawberries!

+ Health Science students conducted a well-received presentation for parents.



+ Childhood obesity

When did we go from the Generation X to Generation XXXL?



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- Our body appearance affects our psyche (especially children).
- Self-esteem plays an essential role in weight gain.
- Encouragement, positive motivation and influences are needed to curb and fight obesity.



CHILDHOOD OBESITY EPIDEMIC..



Evidence for Goal #1

To help children and their families recognize the importance of healthy eating and physical exercise in sustaining positive health and development.

Children who participated in the Expo were surveyed.

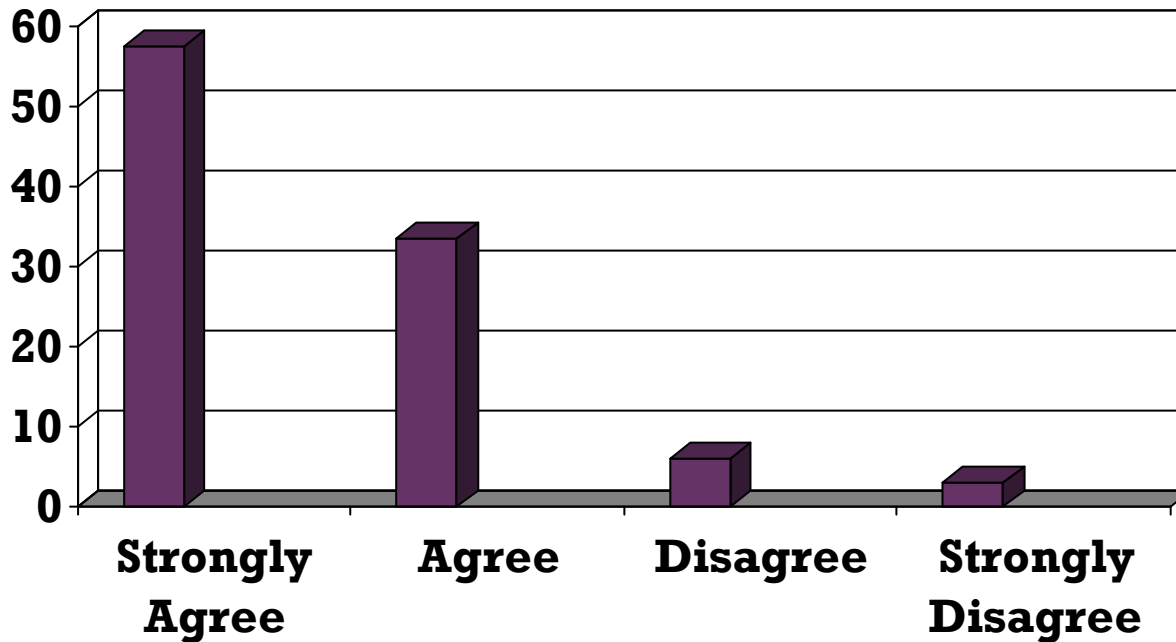




I want to start eating healthier and exercising more because of what I learned today.



Percent of children who agreed



+ Impact on Health Literacy

- 90.5% learned how to identify foods that have a lot of sugar and salt.
- 85.3% learned how to measure the amount of sugar in what they eat.
- 95% learned how to select healthy food choices in the supermarket.
- 96.5% learned to identify the names of each major food group in the food pyramid.
- 95% learned how to identify foods through touch, taste, sight, sound and smell.



+ Knowledge about Fitness

- 94.9% learned about different exercises that get rid of fat and sugar.
- 93.6% learned how to measure their heart rate.
- 91.9% learned how video games can teach healthy eating and exercising.
- 98% learned how physical activity can make them healthier, stronger, and more fit.

+ Evidence for Goal #2:

To help college students see the relevance of what they are learning, the interconnectedness of different disciplines, and view themselves as active agents of change in their communities.

- 100% of York College students enjoyed participating in the Wellness Expo.
- 91.8% felt the experience helped them to see the relevance of what they were learning in their courses.
- 95.9% felt the experience helped them to apply what they were learning in their courses.
- 97.3% believed the experience helped them see how different disciplines are interconnected.

+ Improving Civic Engagement

- 100% of York students felt that being involved in a program to improve the community is important.
- 98.6% believed more courses should provide students with opportunities to serve the community.
- 100% felt empowered to make a difference in their own community.
- 100% felt more likely to volunteer in the future as a result of the experience.

+ Evidence for Goal #3

To deepen York College's partnerships in the local community through a collaborative endeavor that has relevance and value.

- I learned that the Wellness Expo was a fun activity after all and that York College is a great supporter of eating and making healthy choices. ~ Third grader from P.S. 40
- Thank you so much for your donation. The kids had a spectacular time on Friday, and are testing today in a peaceful state of mind. The day was so well planned. PreKindergarten through grade 2 students are very jealous. We have to include them next year. ~ Principal Branker



DS Julien Photography ©

+ York College Students



+ Acknowledgements

To all the York College faculty and students who made this event a success, thank you! ~ Dean Dana Fusco



- This project was made possible by a grant from **United Health HEROES project of Youth Service America.**
- All photographs done by Declan Photography.
- Consents for the use of photographs were obtained.