YEARS 1 & 2 ELECTIVE COURSE

TITLE: Pioneering Healthier Communities

COURSE NO.: SOMN 720

DEPARTMENT: Health Science Campus Student Life

DURATION: 1 semester

DIRECTOR:
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SEMESTERS AVAILABLE: Fall and Spring

NUMBER OF STUDENTS: 5 - 10 first or second year medical students

LOCATION:
South YMCA at the Morse Center

COORDINATOR:
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FACULTY:
Dr. Joan Griffith, M.D.; Dr. David Weldy, M.D., Ph.D.; Dr. Patricia Metting, Ph.D.

GENERAL DESCRIPTION:
The purpose of this elective is to provide students a service learning opportunity. Service learning is defined as a learning experience that combines community service with preparation and reflection. The elective will allow a first or second year medical student to volunteer at the South YMCA at the Morse Center. Students will volunteer for programs that are already established as apart of the YMCA’s Pioneering Healthier Communities (PHC) program. PHC has a goal to create lasting change in support of healthy living by collaborating with community leaders. Working together, the YMCA and JCC of Greater Toledo and the University of Toledo College of Medicine will be able to raise awareness and strengthen the framework for movements that aim to reverse trends in physical inactivity, poor nutrition, and obesity.
Students will participate in a service learning opportunity focused in the Lifestyle Eating, Activities, and Attitudes (LEAP) Program. Those who participate in LEAP are under the age of 21 and are referred by a physician. The program focuses on a multidisciplinary approach to maintaining an optimal weight and healthy lifestyle. Student volunteers in LEAP will work as a health mentor responsible for assisting the children/young adults in a group or individualized exercise routine. In addition, students also will be able to teach classes advising the participants and their parents on proper nutrition. The student would be expected to volunteer at least 1 hour per week.

This elective is a great opportunity for the YMCA and JCC of Great Toledo and UTCOM to partner together to promote healthy living in the Toledo community. Students in this elective will be able to see the importance that volunteer service can have in promoting healthy behaviors. In addition, students will be able to use and strengthen their medical knowledge in order to promote healthy lifestyle changes for children/young adults. Throughout the elective, students will be able to reflect on the challenges faced while advocating change and their service experience in the community.

**EDUCATIONAL OBJECTIVES:**

1. Learn about the context in which community service is provided.
   - Community service can be provided through a variety of opportunities, each of which has a unique set of challenges. This elective will allow for one such opportunity, demonstrating the time and effort, but more importantly the value in maintaining a commitment to community service.

2. Learn the roles that students and professionals have in community service.
   - This elective will allow students to take on several roles as a community service volunteer. The main role will be as teacher, communicating nutritional and physical activity knowledge. However, volunteers will also be expected to organize and plan activities for the program.

3. Apply knowledge obtained through academic coursework to community service.
   - Students will actively be a part of the process to create nutrition and exercise lesson plans for the LEAP program. Information presented in the lesson plan can come from any lecture material or from outside credible sources.

**METHODS OF TEACHING:**

Orientation: Orientation will be mandatory for the participating students. At the orientation, the student will learn specific details about the LEAP program, its importance in the community, and their role as a service volunteer. During this session, students will be able to give input on their role based on their academic knowledge. Specific input will be sought for exercise routines and nutrition curriculum. In addition, the orientation will provide students with information about interacting with children/young adults, and the best ways to promote change.
METHODS OF EVALUATION AND STUDENT FEEDBACK:
Students will be directly observed and evaluated by the director of the LEAP program.

Students will either journal experiences or write a reflection paper on their experiences. This will be submitted to the course director and the director of the LEAP program at the end of the semester.

STANDARDS FOR ACCREDITATION:
IS-14-A: An institution that offers a medical education program should make available sufficient opportunities for medical students to participate in service learning activities and should encourage and support medical student participation.

EDUCATIONAL PROGRAM OBJECTIVES
Knowledge:
   K7: Application of basic science knowledge to clinical problems
   K13: Knowledge of the important non-biological determinants of poor health and of the economic, psychological, social and cultural factors that contribute to the development and/or continuation of disease

Skills:
   S2: The ability to demonstrate sensitivity and responsiveness to patients’ culture, age, gender, and disabilities

Professional:
   P1: Ethical, responsible, reliable and dependable behavior in all aspects of their professional lives and a commitment to patients, society and the profession.

QUALITY ASSURANCE:
Time commitment will be mentioned in the application to ensure students are aware of what is required. Attendance will be taken at orientation and volunteer sessions for each program.

PREREQUISITES:
Must be a 1st or 2nd year medical student at the UTCOM.