

NN/LM Final Project Report

Report ID: 965

Award Type: Subcontractor ≥ \$20,001 Project

Region: MIDCONTINENTAL

Contract Number: HHS-N-276-2011-00006-C

Project Title: **Connecting Kids and Health Information via Community Partnerships**

Name of Organization: **AT Still Memorial Library**

Mailing Address:

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Reporting Period Covered: **01-JUN-2015 - 30-APR-2016**

Project Date: 01-JUN-2015 - 30-APR-2016

Extended Project End Date (if applicable):

Date Submitted: 19-MAY-2016

Special Funding Initiative: Yes

Minority Populations Served: African Americans

American Indians/Alaska Natives

Asian Americans

Hispanics/Latinos

Native Hawaiians and Pacific Islanders

Other. Please Specify:

Executive Summary

The primary goals of this project were to:

1. Increase awareness on how to assess and use online health information.
2. Increase visibility of authoritative health information resources, such as MedlinePlus.
3. Bridge connections between A.T. Still University of Health Sciences (ATSU), NEMO Heart Health Corporation (NHH), and William Matthew Middle School (WMMS) in Northeast Missouri, the partners on this project.

The target population was sixth grade students for three reasons. First, sixth graders are still open to learning and to modifying behavior. Secondly, sixth graders fit into the required age group (Kindergarten through twelfth grade) of the grant and the local middle school had a librarian willing to work with us. Lastly, NHH had a goal of training sixth graders living in Northeast Missouri on the importance of healthy living, Cardio Pulmonary Resuscitation (CPR), Automated External Defibrillators (AEDs), and fitness. The partners on this grant worked collaboratively to meet the primary goals of the project. Specifically, ATSU and NHH worked together closely to obtain Internal Review Board (IRB) approval for the pre-test, post-test, nutrition quiz, and three informative modules that made up the study. WMMS took responsibility for collecting informed consent from the parents and guardians of the students and administration of the study from February 16 – April 11, 2016.

Major accomplishments for this project included:

- Developing a community-based infrastructure that allows for modification and creation of new health education modules available through the NHH website.
- Developing three informational modules, a pre-test, a post-test, and a nutrition quiz that received approval from the ATSU IRB.
- Forging a collaboration of three different organizations to meet project objectives in a timely manner and sustaining existing offerings as well as develop additional future offerings.

Due to the variance in results between the students who completed the pre-test and the post-test, the qualitative impact of the project on individual students was difficult to assess. During the project period, 159 sixth graders had the opportunity to participate and, of those enrolled, 97 completed the pre-test and 70 completed the post-test.

Ms. Hoogland, project director, will be presenting a poster at the Medical Library Association (MLA) Annual Meeting Conference in Toronto, Canada, on May 17, 2016. Further, the project team plans to submit an article for publication in the upcoming months.

Approaches and Interventions Used

Goals and Objectives for the project included:

1. Increase awareness on how to assess and use online health information.
2. Increase visibility of authoritative health information resources, such as MedlinePlus.
3. Bridge connections between ATSU, NHH, and WMMS in Northeast Missouri. Steps and activities used to accomplish the goals and objectives are listed below:
 - Created modules, pre-test, and post-test and received approval from the ATSU Internal Review Board (IRB) for the project. (June – September 2015)
 - Worked with NHH Board members to make content fun for sixth graders by incorporating videos, websites, and quizzes. (September – November 2015)
 - Solidified contract details with Vervocity and discussed plans for moving the project onto the NEMO Heart Health Website. (November – December 2015)
 - Prepared materials and moved into beta testing starting after Martin Luther King day (December – January 20, 2016)
 - Beta Tested, updated, and prepared the modules for the testing. (January 20 – February 11, 2016)
 - Testing of 6th grade students conducted by Dr. Mike Mitchell, principal, and Ms. Melissa Kinney, librarian, at WMMS. (February 15 – April 11, 2016)
 - Data analysis, poster creation, and final report submission. (April 11 – May 15, 2016)

ATSU project team members, Margaret Hoogland (Hoogland) and Ashley Love (Love), worked together to ensure the pre-test, post-test, nutrition quiz, and modules were appropriate for sixth grade students. Adjustments to content of modules, tests, and quizzes were necessary to accommodate the educational platform created on the NHH website. Transitioning from slides to the online format resulted in lost functionality (ie connecting to websites in the same page), but the project team made up for this by including many videos and websites that matched the grant objectives and also were age appropriate. NHH team assisted with selection of age appropriate content for the educational modules and development of the questions for the pre-test, post-test, and quiz. Also, demonstrating commitment to the project goals and objectives, NHH agreed to host the project on its website and contributed an additional \$400 to meet the technology costs, which exceeded the original budget projection and grant funds. WMMS team members collected informed consent documents from the parents and guardians and then administered the study to the sixth graders. A short write-up about the grant appears in the ATSU Library Newsletter from the Fall 2015 is available here: <http://guides.atsu.edu/c.php?g=363369&p=2454941>.

If requested, a test username and password can be provided to view the pre-test, post-test, and educational modules located on the NHH website. Additionally, an electronic copy of the poster was sent directly to Dana Abbey and it will be presented on Tuesday, May 17, 2016 at the Medical Library Association Annual Meeting and Conference in Toronto, Canada.

Evaluation Activities

Methods to assess how goals and objectives were met are listed below each objective.

1. Increase awareness on how to assess and use online health information.

- The project team fulfilled this objective by asking questions about what steps students took to locate information and, if they had a health question, who they asked about it. Comments indicate students knew to ask a doctor, health professional, parent or teacher, if they have questions. Many indicated checking the NHH website was a great place to start looking for answers.
- Students noted in the free response section how much they learned (i.e. add peanut butter to apples for greater protein) by participating in this project. Additionally, many indicated a desire to participate in future activities and also to exercise more.

2. Increase visibility of authoritative health information resources, such as MedlinePlus.

- The study was hosted on the NHH website and this was clearly reflected in student's responses to, "Where will you go to find health information in the future?"
- Websites, such as MedlinePlus, and other authoritative health information resources were made available to the students. Only websites providing quality information were included in the educational modules.

3. Bridge connections between A.T. Still University (ATSU), NEMO Heart Health Corporation (NHH), and William Matthew Middle School (WMMS) in Northeast Missouri.

- The connection between ATSU and NHH started off strong and continued to develop throughout the grant. NHH has expressed a willingness to continue working with ATSU on this project in the post-grant phase and has graciously agreed to sustain the modules developed on its website.
- WMMS did a fantastic job of collecting informed consent and recruiting students to participate in the study. The project would not have been possible without them.

Problems or Barriers Encountered

Barriers and challenges encountered during the project were costs exceeding the original budget projects, distribution of the study to students, and scheduling and timing issues related to the requisite IRB approvals, but all were successfully resolved. NHH provided the additional funds (\$400) to address the cost issue. Distribution of the study to students was handled by increasing the data collection period. Finally, the timing issues related to the IRB approval process and data collection period were handled by a flexible group of collaborators, who adjusted schedules as necessary to fulfill grant objectives and meet deadlines.

Continuation Plans

ATSU and NHH plan to continue this project in the post-grant phase. Changes to the existing project include:

- Modify the pre-test, post-test, and nutrition quiz to have additional research components to benefit the study participants and project team.
- Re-examine and update the content in each module to be more engaging, interactive, and fun while providing quality content.
- Consider alternative options for distributing the pre-test, post-test, and modules to make participating easier.
- Evaluate the modules, pre-test, post-test, and all links at the prospective site for the study. This will allow for potential modifications and adjustment of material before the data collection for the project commences.

Impact

This project had a positive impact both on the Northeast Missouri region and on the partners in the following ways:

- The modules, pre-test, and post-test all dealt with material based upon the mission, vision, and values of NEMO Heart Health Corporation (NHH). This project helped sixth graders understand Cardio Pulmonary Resuscitation (CPR), Automated External Defibrillators (AEDs), and the importance of exercise and healthy diets. This project was the first step in creating CPR courses in the Northeast Missouri Region taught by members of NHH.
- A.T. Still University of Health Sciences (ATSU) and A.T. Still Memorial Library, serving as the lead institution and project director, were able to positively contribute to the education of sixth graders at a local middle school.
- WMMS benefited by showing its willingness to collaborate with local universities and non-profit organizations with health interests. The project's success story is developing a sustainable infrastructure and creating a partnership between NHH and ATSU. Although NHH and ATSU have collaborated in the past, this is the first time they have coordinated efforts on a specific project benefiting the local community and all participating partners. The 2016-2020 ATSU Strategic Planning initiative emphasizes the importance of forming new partnerships in communities. This project is a perfect example of such a partnership and the possibilities for building upon this infrastructure are endless.

Margaret Hoogland will be presenting a poster at the upcoming Medical Library Association (MLA) Annual Meeting and Conference in Toronto, Canada.

Lessons Learned

Unexpected Positive Results from the Program:

- Students commented positively about the program and expressed interest in participating in future programs.
- 97 students completed the pre-test and 70 completed the post-test of 159 enrolled sixth grade students.
- The project director gained critical insight into the research process, IRB approvals, and partnership development that will benefit the planning and execution of future projects and programs.

Unexpected Challenges from the Program:

- Timing – the project timeline during implementation was much more compressed than expected.
- Partner contributions and expectations – While all partners agreed to contribute from the outset of the project, the project director communicated primarily via email with updates and issues. For future projects, partners should communicate in the letter of support who will be involved and what the partner expects to contribute.
- Communication – monthly meetings (30 minutes maximum) would have helped greatly with this project.
- Preferences for answering last minute issues or problems – have partners state these upfront and have a back-up plan for when unexpected issues or problems arise.

Two significant lessons learned by the project team were assessment of commitment (time, energy) and enthusiasm to the project by the partners. It is possible to have both from each partner for the duration, but planning for the enthusiasm, commitment, or both to decrease during the project will help minimize frustration and expectations.

The most effective strategies of this project were partnering with a faculty member from ATSU, whose expertise in nutrition and statistics was crucial, and finding a partner in the community, whose goals closely matched those of the grant! This made writing grant and planning the project much easier.

In the future, the project director would obtain a letter of commitment and follow-up, if funding was obtained, by getting letters of support stating the roles of partners in the project and describing what each partner would contribute would be collected. Recognizing that working in the school system presents challenges with scheduling; the project director would discuss potential projects at the beginning of the summer break and seek to more actively engage all partners at the earliest opportunity.

If offered in the future, the project team would make the following changes: 1) Reevaluate existing partnerships to determine which are willing and interested in helping a second time. 2) Clear expectations for all partnerships regarding study timelines and contributions of each partner would be prepared and distributed within the first two weeks of the grant. 3) Bring in experts with health education backgrounds to help with selection of materials for existing modules, pre-test, and post-test and creating new modules. 4) Consider partnering with current ATSU students pursuing Health Education or Public Health degrees in the College of Graduate Health Studies to provide a hands-on experience with research and online education. Alternatively, coordinate with students majoring in Health and Exercise Science at Truman State University to assess their interest in participating at some level with the project. 5) Pursue additional funding through ATSU or externally through organizations such as the Missouri Foundation for Health and adjust the project as needed to meet the funding requirements.

Other

A short write-up about the grant appears in the ATSU Library Newsletter from the Fall here: <http://guides.atsu.edu/c.php?g=363369&p=2454941>. Also, a copy of the poster to be presented at the MLA Annual Meeting was emailed to Dana Abbey and it will be listed on the NNLM website with other projects.

Attachment 1

OARF summary data: Subcontractor activities



/ Grant

A T Still University of the Health Sciences / LibGuides / Library newsletter / Check-It-Out 8th Edition - Fall 2015 Report

Check-It-Out 8th Edition - Fall 2015: Grant Report

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Connecting Kids and Health Information via Community Partnerships - Margaret Hoogland

Starting June 1, 2015 – May 30, 2016, the Missouri Branch of A.T. Still Memorial Library, A.T. Still University of Health Sciences, was awarded \$1500 from the National Network of Libraries of Medicine for, "Connecting Kids and Health Information via Community Partnerships." A special thank you to Michelle Mollick and Amanda Moser, who work in ATSU Sponsored Programs, and the NEMO Heart Health Corporation for helping Margaret Hoogland successfully put together her first grant proposal!

Margaret Hoogland, serving as the Principal Investigator, is working closely with NEMO Heart Health Corporation and Melissa Kinney, teacher and school media coordinator at William Matthew Middle School, to prepare a study that includes a pre-test, modules, and post-test, which will occur during the sixth grade class library period in February 2016. Topics addressed in the modules fall under the preventative arm of NEMO Heart Health's Raising Awesome Active Kids (RAAWKS) program. The grant money will go towards development and redesign of the NEMO Heart Health website, which will be used during the study. Once website changes are complete, the hope is that more people will go straight to the NEMO Heart Health website to learn about preventive health strategies as part of the youth (Raising Awesome Active Kids – RAAWKS) program, but also become re-engaged with all aspects of what NEMO Heart Health Corporation provides the Kirksville Community and the Northeast Missouri residents.

In June 2015, Margaret was asked to serve as Secretary to the NEMO Heart Health Corporation Board. Through this position, she is working to bring ATSU student groups, specifically Pediatrics and Emergency Medicine Clubs, along with Truman State University students, who might be interested in pursuing an ATSU degree, into contact with active professionals and involving them in relevant community activities dealing with Public Health. If you are interested in learning more about NEMO Heart Health Corporation, feel free to contact Margaret (mhoogland@atsu.edu) and visit the website available here.

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URL: <http://guides.atsu.edu/8th>

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