

Cobb and Douglas Public Health Final Presentation

Breyanna Mikel

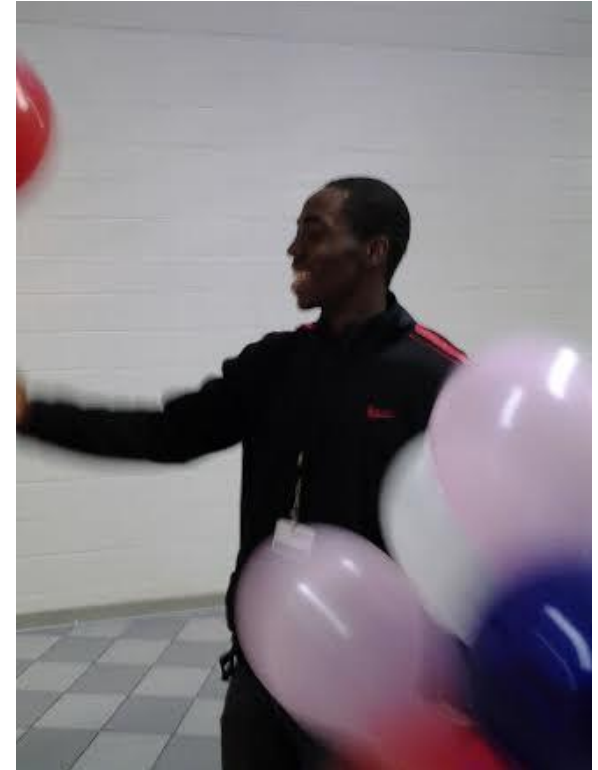
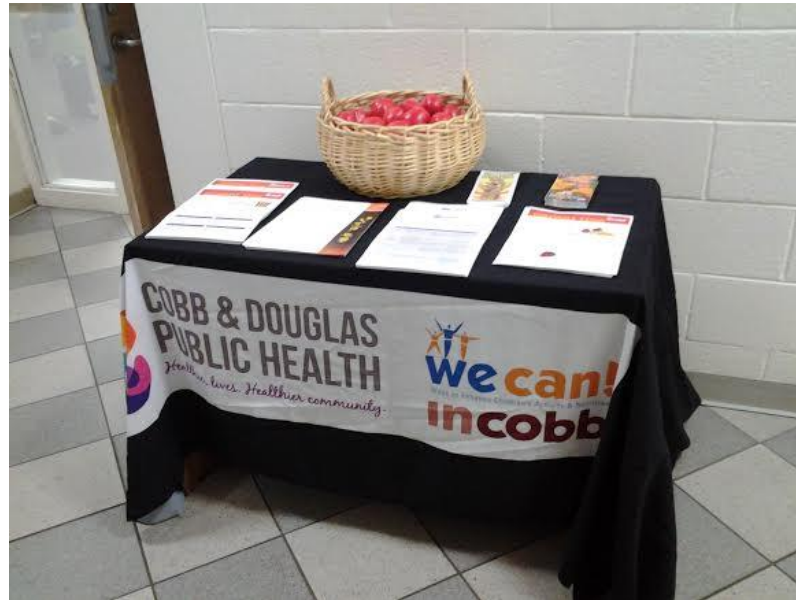
April 17, 2014

Special Olympics Community Event

- First Event for Cobb and Douglas
- First Time Representing Cobb and Douglas
- Nervous at first, but began having fun as the day progressed
- Enjoyed meeting and being around other interns and volunteers



Special Olympics



Media Smart Youth

- Planning
 - Research on the program
 - Researched different recipes
 - Budgeting
 - Different games that middle school students thought would be fun
 - Media Smart Youth Binder = Bible



Media Smart Youth

- Implementation (The Fun Part)
 - Grant Boys and Girls Club
 - Austell, Georgia
 - Ron Anderson Recreation Center
 - Powder Springs, Georgia
 - Great and Rewarding Experience
 - Snack Breaks
 - Favorite Lesson = Target Audience

Media Smart Youth



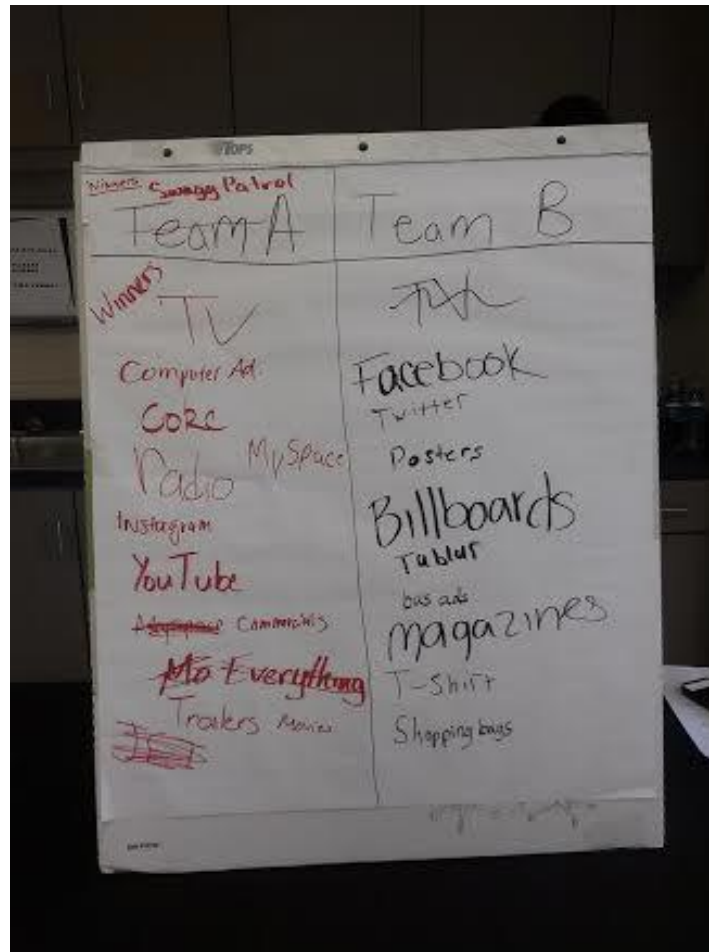
Media Smart Youth



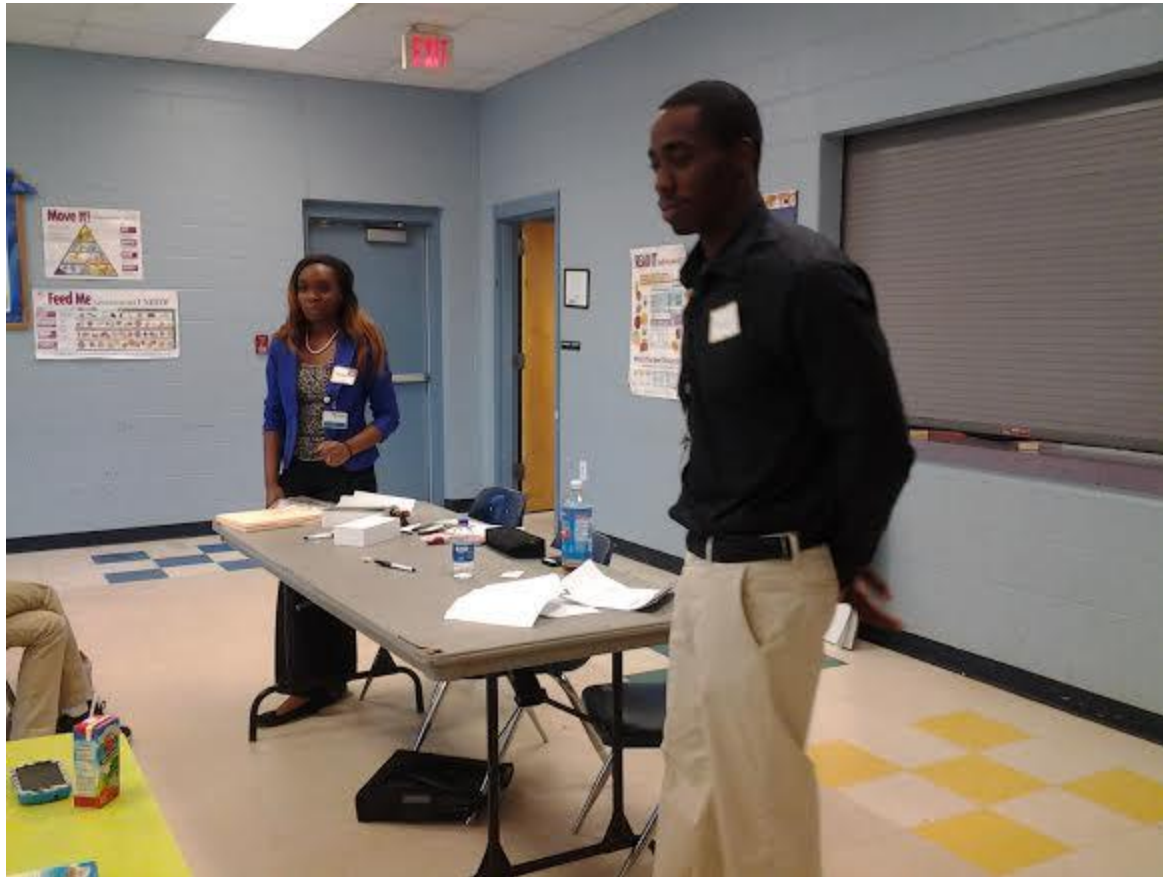
Media Smart Youth



Media Smart Youth



Media Smart Youth



Media Smart Youth

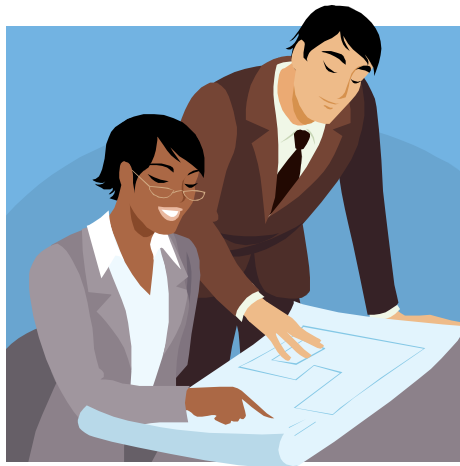


Media Smart Youth

- Evaluation
 - Both groups did exceptionally well within the program
 - Posttest scores were quite high in comparison to pretest scores
 - Students enjoyed the program
 - Snacks
 - Relaxed atmosphere of program
 - Both groups retained a good amount of information
 - Evident during Big Production

We Can! Parent Program

- Planning
 - Research on the program
 - Budgeting
 - Think of ways to keep parents engaged in short amount of time
 - Offer snacks that parents and guardians would enjoy



We Can! Parent Program

- Implementation
 - Provide pretest in first session, posttest in last session
 - Snacks
 - Recipe ideas parents can take home to the family
 - Setting: a place where parents and guardians can express their questions and concerns
 - Physical activity \neq exercise
 - More than that: chores, gardening, yard work, etc.

Parent Program



Parent Program



Parent Program



Parent Program



We Can! Parent Program

- Evaluation
 - Posttest scores were quite high in comparison to pretest scores
 - Appreciated the various tips and handouts made available
 - Welcomed possible community functions that address proper nutrition and physical activity:
 - Community garden
 - Safer roads and sidewalks to walk on
 - Many grants applicable to the Parent Program, including:
 - Translational Research to Improve Diabetes and Obesity Outcomes

Bulletin Boards



Lake Park Bulletin Board
“March is National Nutrition Month”

Bulletin Boards



Marietta Dental Board
“Too May Sweets are Bad for Your Teeth”