



Caree Jackson Scholar Program Plan KHSP-Community Track Scholar Poster

List the main program competencies that the scholar will be working to develop or achieve over the course of the post-doctorate.

- Enhance my ability to transfer CBPR skills to the community, thereby enhancing community capacity, and ability to share CBPR skills students and with other faculty.
- Enhance my ability to balance tasks in academia in order to thrive in an academic environment.
- Understand the policy implications of CBPR and ability to collaborate with communities and advocacy groups in disseminating the process and findings of CBPR into policy.
- Improve my ability to write grants expressing CBPR principles.

List academic and community mentors and their organizational affiliations.

- Dr. Kim Sydnor, Morgan State University, (Academic), Dr. Lorece Edwards, Morgan State University (Academic), Dr. Anita Hawkins, Morgan State University (Academic), Mrs. Gayle Headen, Union Baptist Head Start (UBHS)(Community)

Describe primary projects and scholar's role.

- The Head Start Healthy Families Program (HSHF) will be designed to evaluate the effectiveness of a culturally appropriate nutrition and physical activity intervention to: 1) educate minority Head Start children, parents, and staff members about proper nutrition and physical activity choices, 2) influence participant behavior, and 3) function as a sustainable, user-friendly program for Head Start Centers. My role is to use a CBPR model approach, to lead and assist in the development, implementation, and evaluation of our intervention.

In what ways do these projects incorporate community based, participatory research principles?

- During our program development process, through focus groups and the formation of a wellness advisory team, we are working to create collaborative, equitable partnership in all phases of the research.
- After delivering program results to UBHS, we will work in partnership to disseminate program results to community members and stakeholders. We will also work to create a project that is sustainable after the program is created and tested.

Describe the role that community-based organizations play in these projects. Give update on progress.

- UBHS and the Baltimore City Head Start Head Central Office have been an integral part of planning for and structuring our program development. I have had the opportunity to attend leadership, community policy, parent group, child care board, health coordinator and staff development meetings.
- Presently, we have created a Wellness Advisory Board at UBHS to guide the program development process. We have recently conducted surveys, interviews, and focus groups with Baltimore City Head Start directors, parents, health coordinators, and staff members.

What implications for policy do these projects have? In what ways do you plan to involve policy/advocacy organizations and advisory team members in the process of translating your research to policy? What products will be produced or activities carried out in this process?

- President Obama's Zero to Five Plan focuses on increased investments in early childhood education, including health education. The Head Start Healthy Families Program could strengthen the Administration's efforts to reduce childhood obesity in minority populations, and could serve as a model for Head Start Centers nationally.
- A product that will be produced from our research findings is a model program for nutrition and physical activity intervention for Baltimore City Head Start Centers. In addition, a resource center for UBHS and other Baltimore City Head Start Centers for health promotion to parents, staff and students will be created.

Lessons Learned related to competencies so far

- I am constantly increasing my knowledge of and skills in applying the principles of CBPR. I am currently engaged in methods of planning, wherein, I have worked hand-in-hand with our community partner to identify the needs of the community. I also have a deeper understanding of the policy implications of CBPR and have enhanced my ability to balance tasks in academia and transfer CBPR skills to the community.