Women's Giving Circle

Grant Proposal Submission Cover Sheet

College and Unit: College of Education and Health Pofessions

Title of proposal: Healthy Hogs: Improving the health of health pre-professionals

Point of contact: Dr. Erin Kaye Howie

Point of contact title: Assistant Professor

Point of contact phone number: (479) 575-2910

Point of contact email: ekhowie@uark.edu

Total amount requested: $ 9,000

SIGNED*

Emily Williams — Digitally signed by Emily Williams DN: cn=Emily Williams, o=University of Arkansas, ou=COEHP Development, email=ecwillia@uark.edu, c=US Date: 2017.05.10 15:03:42 -05'00' — 5-10-17

Director of Development — Date

Michael T. Miller — Digitally signed by Michael T. Miller Date: 2017.05.10 14:55:34 -05'00' — 5-10-17

Dean/Vice Chancellor — Date

****Must be signed by the director of development for your college/school/unit who will then route to the dean or vice chancellor for approval.***

Women's Giving Circle Grant Application

Instructions:

1. Complete all information in the grant proposal application.
2. Adhere to recommended text limits as indicated
3. Define any acronyms that are used in the proposal.
4. Upload the WGC Grant Application Budget Request Sheet as the final page of this application.
5. Please note that the WGC will not accept repeat applications beyond more than two consecutive years.
6. If you have questions, contact your unit's development officer for any clarifications or assistance in preparing your proposal.
7. Applications are due to the Women's Giving Circle by 5:00 p.m., May 15, Monday. Please deliver your application to your dean or development officer for review and approval prior to the submission deadline. We advise you to give these individuals sufficient time to make recommendations for changes and allow yourself time to execute them.
8. Remember to save a copy of your proposal before final submission.
9. We ask that you keep the following aspects of the Women's Giving Circle grant program in mind as you complete your application:

Women's Giving Circle Mission

To support innovative programs and research at the University of Arkansas

Women's Giving Circle Vision

To engage and empower women as philanthropic leaders at the University of Arkansas

Women's Giving Circle Funding Priorities

Support and promote scholarship, research, and service
Enrich the quality of life of women and children
Encourage outreach and engagement in Arkansas

Areas that meet the strategic priorities for the university and the WGC

- Focus on retention/graduation
- Increase undergraduate opportunities, i.e., building the endowment; involving students in research or service learning project with a collaborative bent
- Promote graduate student participation in research
- Focus on collaboration
- Follow the land grant mission to fund projects that support needs in the region and the state with emphasis on collaboration between colleges/departments/units
- Invest in faculty excellence
- Recruit first-generation students from Arkansas
- Advance the mission of the WGC

Identifying Information:

College or Unit Affiliation

Dale Bumpers College of Agricultural, Food and Life Sciences
Fay Jones School of Architecture and Design
J. William Fulbright College of Arts and Sciences
Sam M. Walton College of Business
College of Education and Health Professions
College of Engineering
Honors College
Graduate School and International Education
School of Law
Student Affairs
University Libraries
Other

*Please specify **OTHER** unit affiliation:* _____

Title of Proposal: Healthy Hogs: Improving the health of health pre-professionals

Primary Contact and Title: Erin Kaye Howie, Assistant Professor

Primary Contact E-mail: ekhowie@uark.edu

Primary Contact Phone Number: (479) 575-2910

Project Summary (200 word maximum)

Healthy "hogs" are smarter "hogs"; health and wellness are critical to university academic success. Unfortunately, even health pre-professional students at the University of Arkansas do not demonstrate the health behaviors that they will be promoting to their future patients.

University Recreation is beginning a Wellness Initiative for the University of Arkansas community. It is a collaborative campus wide endeavor to improve the health of students, faculty, and staff. The purpose of this proposed collaborative project is to add value to this timely and exciting Wellness Initiative by implementing evidence-based strategies, using objective assessment, and producing rigorous and reproducible scientific findings to improve student health, academic performance, and ultimately quality of life.

The project will utilize a community-based participatory approach that will involve key stakeholders, including students, in the entire research project. First, a thorough needs assessment, consisting of accelerometer measures of physical activity, sedentary behavior, and sleep, and validated dietary questionnaires will be conducted to assess current health behaviors of undergraduates. Next, the collaborative group of faculty, students and staff will design and implement evidence-based strategies to improve the identified high-priority health behaviors. Finally, the effectiveness of these strategies will be assessed by repeating baseline measures and examining academic outcomes.

Is this:

- ○ an expansion of a current program
- ◉ a new program

Please list media sites (if any) utilized by your project or program to publicize the project/program, i.e., website, social media, etc?

-University program websites (kinesiology and nursing)
-University media outlets as coordinated by Heidi Wells (including the College of
-Education and Health Professions Facebook Page)
-Students involved in the project will be asked to publicize the initiative through their social media channels

If your project is funded, describe innovative ways how the WGC will be recognized in the success/completion of your project?

A video vignette will be produced summarizing the entire research process and highlighting that this student opportunity was made possible by the Women's Giving Circle grant. this will include student narratives on what they learned, results of the needs assessment (how healthy are health pre-professional students?) and what the University of Arkansas along with Women's Giving Circle is doing to improve health behaviors as well as some tips for all students to improve their health behaviors. The video will be shared through social media and university media outlets. this will also be shown in program courses in kinesiology and nursing programs.

Grant Proposal

What is the specific scholarly or community needs your grant request addresses? (100 word maximum)

One would expect that health professional students, who are educated in the importance of health behaviors, would meet physical activity, nutrition, and sleep health recommendations. However, preliminary research among nursing undergraduates suggests these students have poor health behaviors which decline as students progress through the program. A previous University Recreation study found that over 60% of all students only visited recreational facilities between 1-30 times over a year, far below recommendations. Additionally, the number of times students visited facilities was positively correlated with GPA and retention. Scientific research confirms that health is linked to cognitive performance and overall academic success.

How does your proposed project or program assess how these needs will be redressed? *(100 word maximum)*

The proposed project will conduct a needs assessment to identify priority health behaviors among University of Arkansas health pre-professionals by conducting physical activity, fitness, nutrition and sleep assessments of undergraduate students in nursing and kinesiology stratified across years and using a representative sample of genders. We will then collaboratively work to improve these identified behaviors. This initiative will combine practical experience and resources of recreation staff, clinical knowledge of nursing practitioners, and assessment and data interpretation expertise of exercise science faculty. It will enhance the future Wellness Initiative by providing high quality implementation and evaluation to maximize student benefits.

Describe any unique and/or innovative aspects of your project or program that improves what is already known about your area of inquiry. *(100 word maximum)*

This is an innovative project to encourage health professional students to “walk the walk” using unique and rigorous methods to maximize efficiency and effectiveness. First, it will involve undergraduate students in the entire research process from study planning to translation of findings. Secondly, it will addresses multiple health behaviors, which previous data has found to jointly effect health outcomes. Thirdly, it will include cross campus collaboration from academics in multiple programs (nursing and exercise science) and staff in multiple departments. Most importantly, it will link these health behaviors to critical academic outcomes such as GPA and graduation.

Please list up to five (5) expected outputs and outcomes with corresponding measurements. (Please note: just listing outputs is not sufficient.)

Deliverable 1: Objective needs assessment of health behaviors of nurses and kinesiology students.
Evaluation 1: We will collect baseline data using validated questionnaires, food diaries with smart phone application, fitness assessments, and accelerometer measures of physical activity, sedentary behavior and sleep.

Deliverable 2: A summary of effective strategies to improve health of undergraduate students made available to other departments and institutions of higher learning.
Evaluation 2: We will use a collaborative participatory action approach, together with faculty, staff and students, we will create a written plan of actionable strategies, informed by the needs assessment, to implement policy, systems and environmental changes. This strategies will be communicated through a media team to enhance awareness and uptake.

Document if there are other programs/projects that attempt to address the same needs as your proposal. If so, describe whether and how you will collaborate with them.*(100-word maximum)*

This project is an enhancement to a future initiative of University Recreation. We have met with University Recreation and Staff to identify strengths and weakness and outlines strategies that this research can enhance the program by both informing intervention strategies to improve health behaviors and wellness to rigorously evaluating the initiative. A Wellness team will be created including Wellness Ambassadors made up of faculty, staff and students across campus. It will meet regularly and contribute to all aspects of the research project.

Number of current UA students engaged in project: Approximately 5 students will serve on the research team as Wellness Ambassadors, 200 will complete in-depth health assessments, and all nursing and kinesiology students will be targeted through the Wellness Initiative strategies implemented as part of the project.

Demographic Considerations

First generation students engaged in the project: ◉ Yes ○ No

Number of current UA students engaged in the project:

Geographic region served:

- ◉ Northwest Arkansas
- ○ Southwest Arkansas
- ○ Northeast Arkansas
- ○ Southeast Arkansas
- ○ Central Arkansas
- ○ Campus

Budgetary Considerations

Have you received WGC Funding before?

- ○ Yes
- ◉ No

Please provide the year(s) and project name(s).

No WGC funding past or current

Total proposed budget for project or program: (proposed budgets of more than $20K will not be considered; in typical years WGC proposals fall within in the $5-10K range):
$ 16,500

Should match Item 1 on Budget Request sheet.

Please list total funding commitments from external or campus sources to date:
$ 1,980

Should match Item 2 on Budget Request sheet.

How much, if any, of your request involves funding for the following?

Please estimate using percentages

Student Compensation: 11 %
Equipment: 56 %

Total funds requested from WGC Grant:
$ 9,000

Should match Item 3 on Budget Request sheet.

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Upon completion of this initial project, the Wellness Initiative will continue through University Recreation. Conducting this initial project will allow us to test and evaluate to maximize the effectiveness of the initiative moving forward. Using the information gained during the initial phase, we will apply for funding through the National Institutes of Health, Academic Research Enhancement Award R15 mechanism which supports undergraduate student involvement in research and is ideal for a project such as this. This will continue the objective evaluation of the project and allow additional intervention strategies to be implemented as needed. These are 3 year, renewable awards.

In the rare case that grant resources cannot be expended, be prepared to return the remaining funds to WGC.

If selected as a recipient for a WGC grants, you will be required to submit two progress reports, including a budget summary, as well as a poster of your project for purposes of grant presentation.

Please be sure to save this document within the Grant Application Packet.