



Assessing the Efficacy of Culturally-Cognizant Education in Middle Eastern/North African Communities

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Mission Statement

Heal-Move-Shift is a nonprofit organization that aims to Heal the community, Move the conversation towards a healthier direction, and Shift the stigma away from pressing cardiovascular, nutritional, and mental health concerns.

Problem Statement

Middle Eastern/North African youth face barriers towards health education and access due to cultural stigma and health disparities,^{1,2} which perpetuates the existing marginalization of the community significantly in the Detroit area.³

Implementation Phase

CLASS A SCHEDULE

- Week 1 - September 14: CPRI/AED The CPR Party
- Week 2 - September 21: Mindfulness and You HMS Facilitators
- Week 3 - September 28: Who Am I HMS Facilitators
- Week 4 - October 5: Art Your Feelings HMS Facilitators
- Week 5 - October 12: Cultural Yoga Connection Coalition
- Week 6 - October 19: Let's Get Social HMS Facilitators
- Week 7 - October 26: Nutrition I Ethical Choices Program
- Week 8 - November 2: Nutrition II HMS Facilitators
- Week 9 - November 9: Education HMS Facilitators
- Week 10 - November 16: Intrinsic vs. Extrinsic HMS Facilitators

CLASS B SCHEDULE

- Week 1 - September 14: CPRI/AED The CPR Party
- Week 2 - September 21: Mindfulness and You HMS Facilitators
- Week 3 - September 28: Who Am I HMS Facilitators
- Week 4 - October 5: Art Your Feelings HMS Facilitators
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HEAL-MOVE-SHIFT
SEPTEMBER 14TH - NOVEMBER 16TH
CRESTWOOD HIGH SCHOOL
DEARBORN HEIGHTS, MICHIGAN

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Students

Number of Students	81
Education Level	9th & 10th Grade
Educational Institution	Crestwood High School & Central Academy

Identity (%)

Middle Eastern/North African	72.8%
Caucasian	11.1%
Mixed	3.7%
Asian	3.7%
African American	4.9%
Unknown	3.7%

Table 1. Student self-reported demographics.

Summer and Fall Research

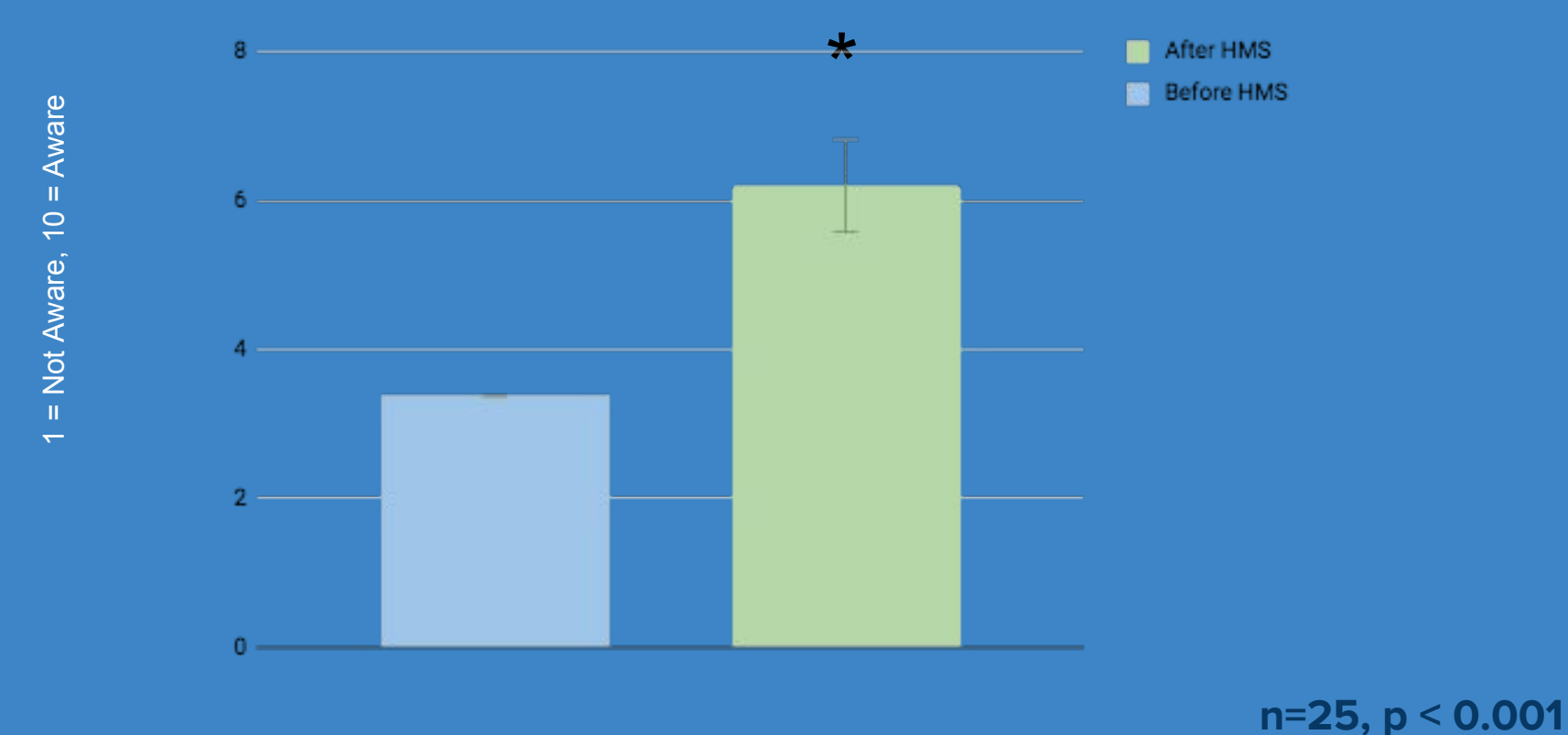
Before Programming		After Programming
5%	Comfortable Describing Identities	50%
1%	CPR/AED Training	100%
15%	Comprehend Substance Abuse	58%
43%	Comprehend Privilege	88%
10%	Comprehend their Conflict Style	100%

Figure 1. Self-reported student data from Crestwood and/or Central Academy students via Qualtrics online surveys.

Fall Research: Three Tenets of Health

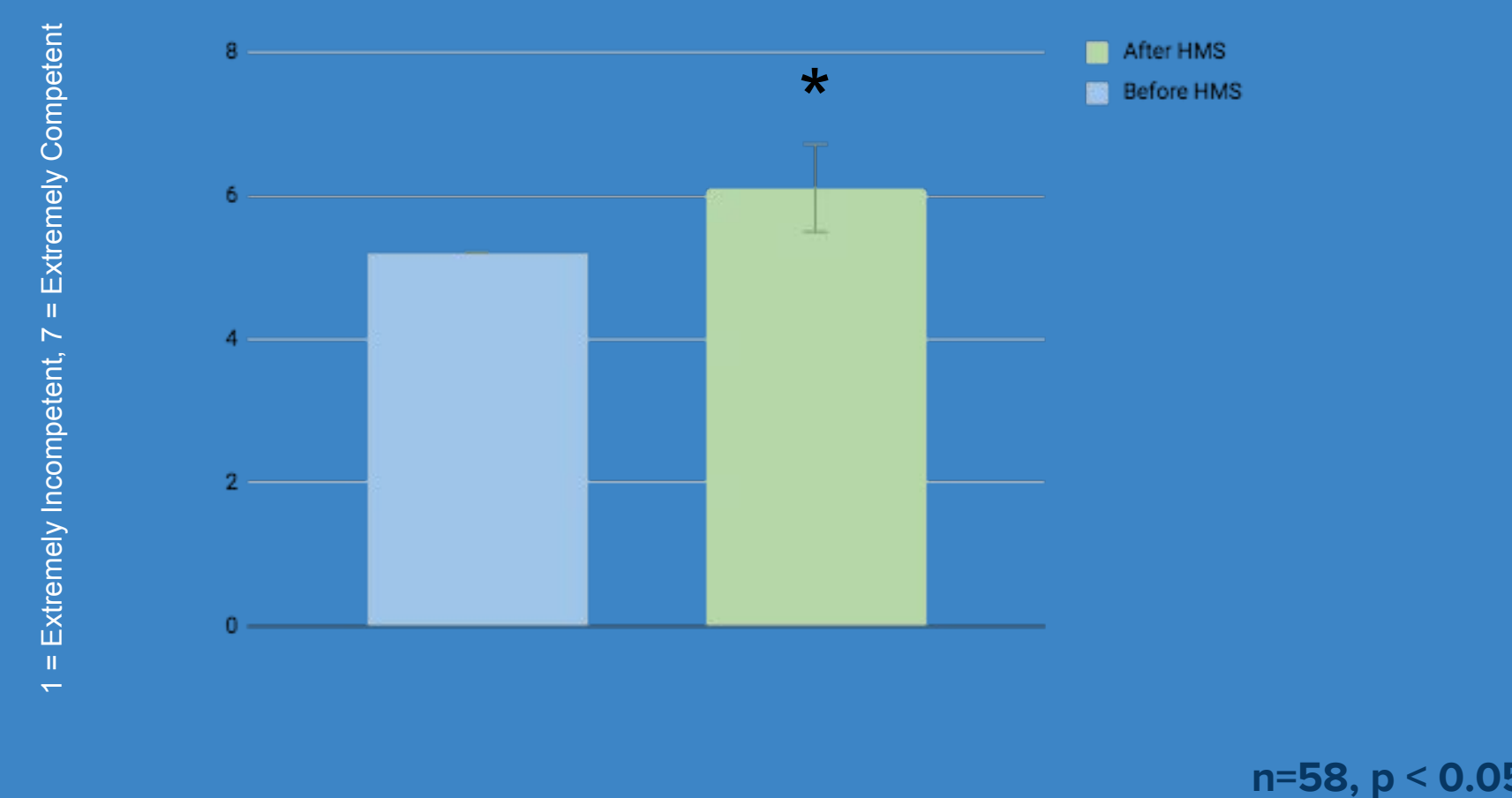
Cardiovascular Health

Figure 2. How aware are you of cardiovascular health issues and their causes?



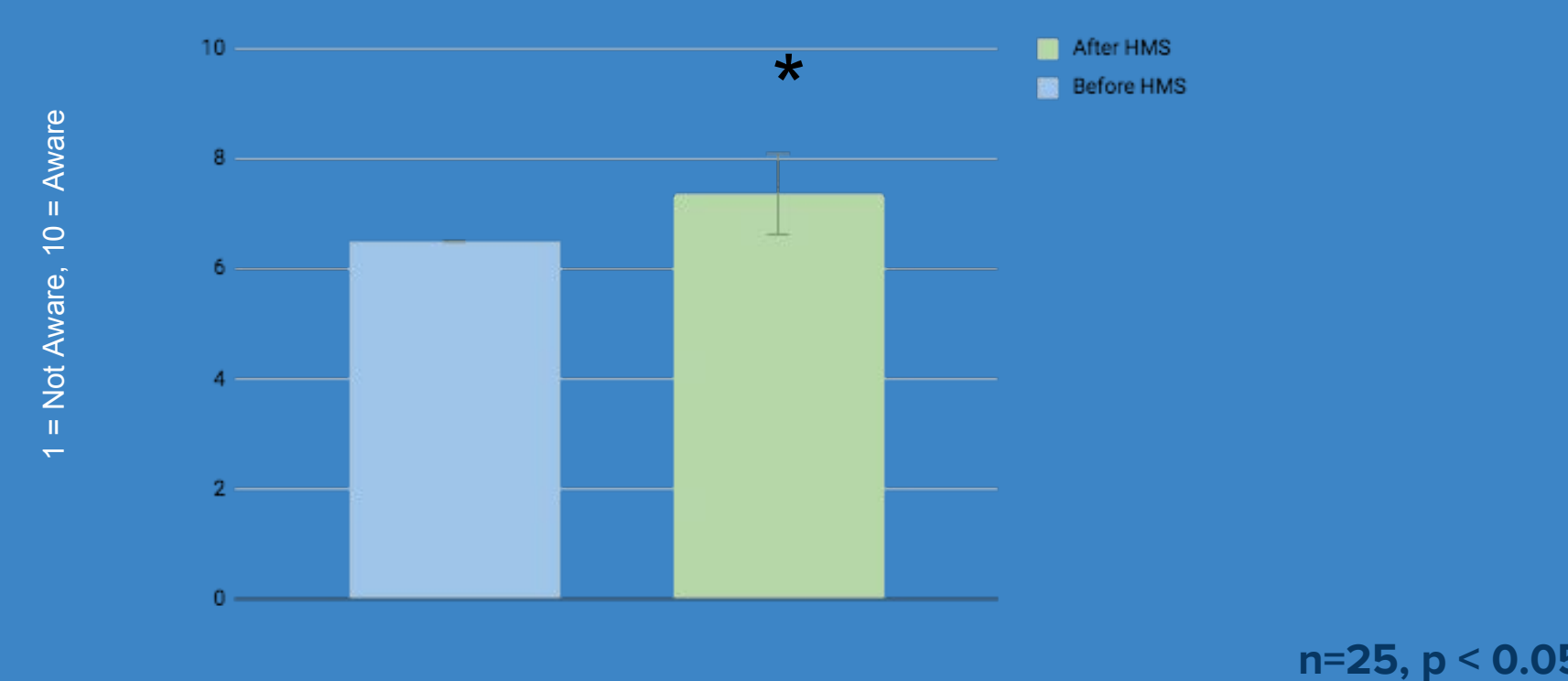
Mental Health

Figure 3. How would you rate your understanding of identity?

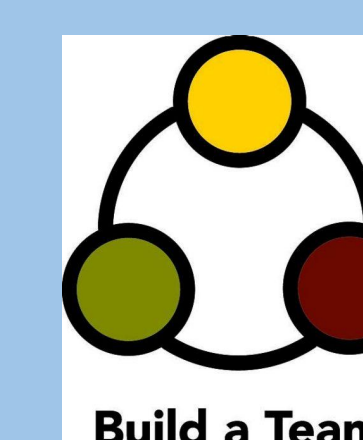
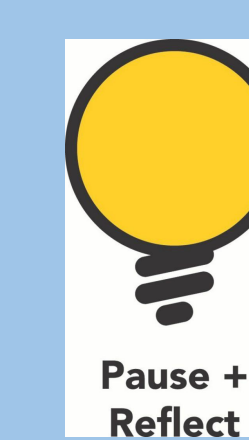


Nutritional Health

Figure 4. How aware are you of nutritional health and its impact on mental wellbeing?



Impactful Barger Leadership Institute Habits



Our impact:

To respectfully create a needs-based assessment of every collaborating classroom through a culturally conscious perspective.

Our promise:

To prioritize the students, the community, and the learning.

Our hope:

To instigate conversation, instill self-confidence, and implement self-care methods throughout student communities.

Future Steps

1. Expansion



2. Creation



3. Collaboration



Sources



¹"2017 Michigan Health Annual Report." America's Health, Jan. 2018. www.americashealthrankings.org/explore/2017-annual-report/measure/Overall/State/MI. Accessed March 14, 2018. https://www.cdc.gov/dhdsp/maps/national_maps/hcd_all.htm.

²"Division for Heart Disease and Stroke Prevention." Centers for Disease Control and Prevention. May 12, 2017. Accessed March 14, 2018. https://www.cdc.gov/dhdsp/maps/national_maps/hcd_all.htm.

³Mariam, Mariam. "Detroit is officially the unhappiest city in America." Detroit Metro Times. March 14, 2018. Accessed March 14, 2018. <https://www.metrotimes.com/catch-all/archives/2018/03/12/detroit-is-officially-the-unhappiest-city-in-america>.