

# WHAT MOVES YOU MITCHELL?



## SUSTAINING HOOSIER COMMUNITIES

**2017-2018**

A partnership between IU students  
of Public Health and Biology & the  
City of Mitchell





# SUSTAINING HOOSIER COMMUNITIES

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# SUSTAINING HOOSIER COMMUNITIES

## Acknowledgements

This project was completed as a collaboration between the students in SPH-K553: Physical Activity in Health, SPH-K554: Seminar in Physical Activity & Wellness, SPH-K556: Physical Activity Assessment in Public Health, BIOL-X490: Biology Undergraduate Research, and BIOL-P451: Integrative Human Physiology and the City of Mitchell as part of the 2017-2018 Indiana University Sustaining Hoosier Communities (IUSHC) initiative. IUSHC is a program within the IU Center for Rural Engagement (CRE).

This report represents original student work and recommendations proposed by the students in SPH-K553: Physical Activity in Health, SPH-K554: Seminar in Physical Activity & Wellness, SPH-K556: Physical Activity Assessment in Public Health, BIOL-X490: Biology Undergraduate Research, and BIOL-P451: Integrative Human Physiology for the City of Mitchell. The contents of this report represent the views of the students in SPH-K553: Physical Activity in Health, SPH-K554: Seminar in Physical Activity & Wellness, SPH-K556: Physical Activity Assessment in Public Health, BIOL-X490: Biology Undergraduate Research, and BIOL-P451: Integrative Human Physiology and do not reflect those of IUSHC, CRE, Indiana University, or the City of Mitchell.

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# SUSTAINING HOOSIER COMMUNITIES

## About Sustaining Hoosier Communities

Indiana University Sustaining Hoosier Communities is an initiative that partners with a local community within south central Indiana to explore, understand, and resolve challenges and projects identified by the community. Based on a tested model for university/community engagement that has been successfully implemented by over 25 universities and their community partners, Sustaining Hoosier Communities is a yearlong collaboration between Indiana University and a single community partner.

Indiana University's faculty who opt in to Sustaining Hoosier Communities match their courses to the projects based on their areas of research, expertise, and teaching. Each course uses a cross-disciplinary approach to explore and solve sustainability issues identified by the community partner through project-based research. Faculty and community stakeholders agree before classes begin on a scope of work and deliverables for each class, and project liaisons are identified by the community and the university to coordinate this unified effort.

Sustaining Hoosier Communities is just one example of many types of community engagement Indiana University plans to pursue as part of the Center for Rural Engagement. By harnessing the research, expertise, energy, and service of Indiana University's faculty, staff, and students, Indiana University and our local partners work collaboratively to improve the health, prosperity, and vitality of southcentral Indiana.

To learn more about IU Sustaining Hoosier Communities, visit [www.shc.indiana.edu](http://www.shc.indiana.edu).

To learn more about the IU Center for Rural Engagement, visit [www.rural.indiana.edu](http://www.rural.indiana.edu).

## Sustaining Hoosier Communities Project Process





# SUSTAINING HOOSIER COMMUNITIES

## About the Courses

The following courses partnered with the City of Mitchell to address and propose solutions to Mitchell's high rates of hypertension and cardiovascular disease over the course of two academic semesters during the 2017-2018 academic school year. The final papers and educational materials the students created in partnership with Mitchell community leaders can be found at the end of this report.

- SPH-K553: Physical Activity in Health (Master's of Public Health)
- SPH-K554: Seminar in Physical Activity & Wellness (Master's of Public Health)
- SPH-K556: Physical Activity Assessment in Public Health (Master's of Public Health)
- BIOL-X490: Biology Undergraduate Research (undergraduate students)
- BIOL-P451: Integrative Human Physiology (undergraduate students)

### Fall 2017

Master's of public health and undergraduate biology students worked closely with Mitchell community leaders and utilized community-based participatory research (CBPR) to initiate the creation of the What Moves You Mitchell? public health campaign. What Moves You Mitchell? addresses the importance of physical activity and emphasizes how physical activity can lower chronic rates of hypertension and encourage Mitchell residents to lead healthier lifestyles.

### Spring 2018

Students continued the work of their peers for What Moves You Mitchell? by leading focus groups with pastors from church congregations throughout Mitchell to discuss major health concerns and brainstorm innovative ways to accommodate the specific needs of Mitchell public health issues. The Master's students spent the semester planning the preliminary steps of initiating a 12-week physical activity program for Mitchell residents. The undergraduates organized the "I Heart Mitchell" event for Mitchell families to generate awareness of the various opportunities to get active throughout the community and learn how to monitor blood pressure and keep a physical activity log. This event also served as an opportunity for the Master's students to conduct a survey to understand the general health and physical activity behaviors of Mitchell residents.

Professors Jeanne Johnston and Whitney Schlegel will be continuing the work of their students from the past academic year throughout the following year in hopes of implementing a 12-week physical activity program and additional surveys on physical activity for Mitchell and Lawrence County.





# SUSTAINING HOOSIER COMMUNITIES

## About What Moves You Mitchell?

The City of Mitchell is a small, rural town in Lawrence County just 45 minutes south of Bloomington with a population of less than 5,000. Lawrence County, which includes both Mitchell and Bedford, ranks second out of 92 Indiana counties with having the highest rates of hypertension among the adult population. From previous surveys, it has been found that 30-36% of individuals do not meet the recommendations for regular physical activity, which suggests a high correlation between decreased physical activity and increased hypertension rates among Mitchell residents.

To address these public health concerns, students in SPH-K553: Physical Activity in Health, SPH-K554: Seminar in Physical Activity & Wellness, SPH-K556: Physical Activity Assessment in Public Health, BIOL-X490: Biology Undergraduate Research, and BIOL-P451: Integrative Human Physiology proposed the What Moves You Mitchell? campaign. Mitchell is a tight-knit community strongly rooted in its Christian faith. What Moves You Mitchell? implements a faith-based approach by working directly with faith leaders to appeal to a greater percentage of Mitchell residents and emphasize a communal approach to increasing physical activity and wellbeing. Because Mitchell residents also take much pride in their hometown hero Gus Grissom, the second American to fly in space, much of the ideas proposed by the students for What Moves You Mitchell? are space-themed and appeal to the memory of the late Gus Grissom.



# SUSTAINING HOOSIER COMMUNITIES

## The Project: Connecting Course & Community

Master's in public health and undergraduate biology students in SPH-K553: Physical Activity in Health, SPH-K554: Seminar in Physical Activity & Wellness, SPH-K556: Physical Activity Assessment in Public Health, BIOL-X490: Biology Undergraduate Research, and BIOL-P451: Integrative Human Physiology spent the 2017-2018 academic year working closely with Mitchell community leaders to propose the What Moves You Mitchell? campaign. The overarching goals of What Moves You Mitchell? are raising awareness of physical activity opportunities, educating Mitchell residents on chronic disease prevention, and creating a low-cost, interactive physical activity intervention to decrease the prevalence of hypertension in Mitchell.

### Fall 2017

Among the final deliverables created by the Master's of public health and biology students are the following:

- Informative PowerPoint presentation detailing the importance of physical activity, benefits of engaging in physical activity, and ways to participate in physical activity throughout Mitchell and Lawrence County
- Assessment of the feasibility and importance of a walking/biking trail connecting Gus Grissom's family home to the Gus Grissom Memorial in Spring Mill State Park
- Posters to be used as visual prompts throughout Mitchell's public spaces
- Pamphlets with ideas on how community members can get active in Mitchell
- Mitchell Physical Activity Map that highlights opportunities for physical activity throughout the community

### Spring 2017

Among the final deliverables created by the Master's of public health and biology students are the following:

- Survey to evaluate and assess general health and physical activity needs of Mitchell residents
- Trail-use survey to evaluate and understand trail usage in Mitchell to promote the utilization and development of these trails
- Multiple ideas for 12-week physical activity intervention programs to cater specifically to Mitchell residents
- "I Heart Mitchell" public health event in Mitchell

Building upon the work of their students from this past year, Professors Jeanne Johnston and Whitney Schlegel will continue collaborating with Mitchell community leaders and having their future classes implement a 12-week physical activity program and conducting additional studies on physical activity for Mitchell and Lawrence County throughout the following year.



# SUSTAINING HOOSIER COMMUNITIES

## Student Outcomes

- Designed a trail-use survey to better understand the use of the Blue Jacket Trail in Mitchell, IN and propose solutions to increase pedestrian use
- Organized the “I Heart Mitchell” public health event for the Mitchell community to learn more about physical activity opportunities within Mitchell
- Created several educational posters and flyers regarding physical activity to be utilized as visual prompts throughout the Mitchell community
- Utilized community-based participatory research (CBPR)
- Led a focus group with Mitchell faith and community leaders to identify and address major health concerns and discuss solutions to address these health issues
- Distributed the Blood Pressure Health Log and Goal Setting Physical Activity Workbook to help community members set physical activity goals
- Created the Mitchell Physical Activity Map that detailed various physical activity points throughout Mitchell

## Community Partner Outcomes

- Pamphlet detailing physical activity opportunities and resources throughout Lawrence County
- Mitchell Physical Activity Map for residents to identify various physical activity points
- Multiple ideas for community walk themes and intervention programs to increase physical activity throughout Mitchell
- Prioritization criteria for proposing the importance of a bike and pedestrian trail from the Gus Grissom home to the Gus Grissom Memorial in Spring Mill State Park
- Recommendations on implementing community health programs specifically tailored to Mitchell residents





**SUSTAINING HOOSIER COMMUNITIES**



# **RURAL ENGAGEMENT**

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