

MASTER WELLNESS VOLUNTEER NEWS



Master Wellness Volunteer Program

Fall 2015

Program Piloted in Sunflower County

Working with high school allied health students and teachers proved to be a natural fit. The students' interest and passion for the health care field aligned well with mission of the Junior Master Wellness Volunteer program to *"promote healthy living through community connections."* Two schools in the state were randomly chosen as pilot schools for implementing the program in the 2014-15 school year. One of the schools was **Gentry Career and Technical Center** in Indiana.

The Junior Master Wellness Volunteer program is a community health education and volunteer leader training program offered through **MSU Extension** in partnership with the **University of Mississippi Medical Center**. Extension partnered to use the curriculum and added a leadership and community service component which involves the local Extension Agent mentoring students, teaching leadership skills, and team building through planned community service projects. 4-H enrollment and participation in the health/visual competition during State Congress was also encouraged. Eleven students completed the training. Ms. Angela Patton, RN teaches the allied health program. Ms. Ann Twiner is the Sunflower County Extension Agent and oversaw several community service projects, while mentoring one student for the State 4-H Congress health/visual event. A total of **230** community service hours or an average 20 hours per student were given back in the delivery of health messages from the curriculum component of the program. The estimated value of volunteer time for 230 hours using \$23.07 per hour equates to **\$5306.10** (www.independentsector.org).



Dr. David Buys, State Health Specialist engages students in a discussion about their most meaningful community service experience.

Examples of Health Messages Shared:

- Tobacco Education
- Portion Control and Nutrition Education
- Diabetes Education
- Oral Health Education
- Prescription Interpretation
- Hypertension
- Tips for Communicating with Health Professionals
- Managing and Preventing Stress



In no certain order: Ann Twiner, Extension Agent, Angela Patton, Allied Health Teacher; Students: Tehya Woods, Kiara Wilson, Amanda Simpson, Dexternique Purnell, Sydney Huey, Juwana Clark, Tkiya Brown, Miche'la Boykins, Tambranecia Beckworth, LaDeja Beckworth, and Arlencia Barnes



EXTENSION

Benefits from Junior MWV Program for Allied Health Students

- * Increases self efficacy
- * Improves skills in leadership and teambuilding
- * Increases knowledge about health issues
- * Provides recognition opportunities
- * Enhances resume for future college and job opportunities
- * Improves socialization skills
- * Provides opportunity for connection to community
- * Experience helps solidify future career choice

Examples of Behavior Change from Health Messages

Decreased sugary foods for family meals/snacks and stopped adding salt to items at the table. This particular family member was a diabetic and was able to get off medication.

Family members added exercise regimen to daily activities.

More clarity after sharing health message on Rx Prescriptions. Family member better understood importance of taking medication at prescribed times.

Education around hidden sodium in foods led a family member to read labels more closely.

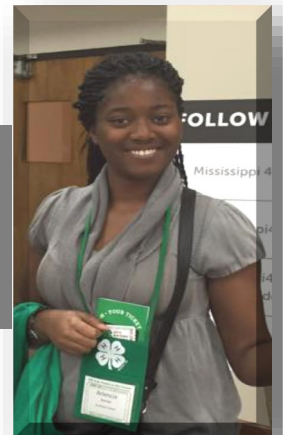
Increase in healthier food selection for family members resulted in a change from cakes and other sweets to fruits. Family member baked cakes all the time but saw the need to change.

Stress reduction techniques implemented due to job stress and other everyday demands led to implementing breathing exercises to help reduce stress.

After education about oral health practices, family member is better informed and uses correct techniques to more effectively clean and manage oral health for herself and family members. This should result in less cavities and overall better oral health.



Ann Twiner, Extension Agent shares with the class about 4-H and opportunities for involvement in competitive events related to health at State 4-H Congress.



Congratulations to Junior MWV, Arlencia Barnes for placing 3rd at State 4-H Congress!

Did the Junior Master Wellness Program work well with your program of study?

"Yes, it worked very well with the curriculum I was already teaching."

"The curriculum was in layman's terms, which made it easy for the students to share with their contacts."

— Mrs. Angela Patton, RN
Allied Health Teacher

For more information about the Junior Master Wellness Volunteer program in Sunflower County contact:

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4-H is a collaborator of the Junior MWV program