STRIVE HIGH PROGRAM:

Striving For Healthy Lifestyles And Academic Success

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PROJECT DESCRIPTION/GOALS

This project is a continuation of the Strive High Program, a previous Schweitzer project, designed by Dr. Cierra Roach, which inspires disadvantaged middle school students to pursue their science interests.. Lauren and Hugh expanded the program to include engaging, health-oriented lessons for participants and separate lessons for their parents in order to improve the overall wellness of this underserved community.

RESULTS and OUTCOMES

All 10 Strive High participants achieved two or more of the following goals:

- 7 out of 10 students limited their sugary beverage consumption to 3 times per week.
- 10 out of 10 students consumed at least 3 fruits or vegetables a day
- 8 out of 10 students substituted a healthy snack for an unhealthy snack every day.
- 8 out of 10 students engaged in physical activity 30 minutes a day, 3 or more times per week.

SERVICES/ACTIVITIES OFFERED

This project was conducted at the Little Willie Center, a community center that serves low-income households by providing after school services. The Fellows provided the following:

- Anatomical models illustrating normal physiology as well as pathophysiology to encourage hands-on learning.
- Youth lessons on disease prevention including topics on infectious disease, heart disease, and smoking.
- Monthly science lessons and experiments.
- Lessons for the Parents-In-Training program to teach about common diseases and prevention methods.
- Organization of a Science Fair for the students to present a project highlighting their specific areas of interest.

SUSTAINABILITY

A student organization, Student National Medical Association (SNMA), will be taking over the Strive High program in the coming year. SNMA had previously managed the program prior to this year's Fellows. Therefore, they are familiar with the population and are committed to continuing the program.