A Glimpse into Outreach Efforts in Rural Alaska

Presentation to FALCON Conference 2014

Amanda Sialofi, Allied Health Coordinator & NW AHEC Director
NW AHEC Service Area

Our region spans 154,592 miles, our community populations range from 107 to 4,346.

Hub Villages:

• Barrow (7 outlaying villages)
• Kotzebue (10 outlaying villages)
• Nome (15 outlaying villages)
Outreach Program

- **Junior Public Health Educators (JPHE)**
  - The course is designed for students who have a personal interest in individual and community health and wellness.
  - Instruction utilizes a public health model of health education, promotion and prevention. Students will choose health topic areas of their own passion and interest. They will be trained in public speaking, presentations, library research, and health education. In turn, they will be qualified to participate as active Junior Public Health Educators serving the community through prevention and awareness presentations.
  - Pilot program began in 2012 with 7 students.
2012 Junior Public Health Educators

2013 Junior Public Health Educators
Impact of JPHE on Peers

Q7 Do you feel that this presentation was more or less interesting and impactful to you because the person presenting it was from a high school/middle school age group?

Answered: 72  Skipped: 0

Q9 To what extent do you feel this presentation has increased your knowledge of this public health topic?

Answered: 72  Skipped: 0
Impact of Program on JPHE

Q18 To what extent do you feel this activity has increased your knowledge of this health profession?
Answered: 4  Skipped: 0

Q17 How much has this activity influenced or impacted your interest in a health care career?
Answered: 4  Skipped: 0
Outreach Program

• Allied Health Summer Camps
  – High School Camp is for students who are interested in learning more about a healthcare careers. This camp offers an introduction to a variety of health related professions including: Behavioral Health, Public Health, Medical Office, Nursing and many others. Students will take part in a hands-on training for Emergency Trauma Technician: First Responder Certification and their first Aid and CPR certifications through a standard 8-hour class.
  – Job Shadow Opportunity for top camp students
  – College Credit will be given for the following courses:
    – HLTH 195 Introduction to Health Professions -1 credit
    – EMS 103 Emergency Trauma Technician: First Responder-1 credit
    – SAFE 123 Standard First Aid and CPR - 0.6 CEU
High School Camp

“A great way to serve my community in the health field would to become a drug and alcohol abuse counselor.”
Inukuk Cyrus

“My favorite thing about the camp was the ETT training.”
Cassandra Akpik

“I like doing the CPR and doing the blood pressures.”
Florence Ningeok

“I loved everything. Going to the clinics, the hospital, and the fire station.”
Brittany Sikvayugak
Outreach Program

• Middle School Camp
  – This one week camp is designed for middle school students interested in further developing healthy lifestyles. Activities and topics will include: career exploration, identity development, nutrition, exercise, healthy relationships, teen coping skills, and cultural attunement along with many others.
  – The relationship between goal setting and positive decisions will be stressed along with developing healthy habits. Evening activities will include movie nights, "Frisbee Golf" (along with other games), and Arts & Crafts Projects.
“I liked going on the tours and learning about health!”
Monesah Enlow

“I learned that I can serve my community in the health field by becoming a nurse.”
Clayton Lambrecht

“I learned in this camp about health and nutrition. I learned that half of your food should be veggies and fruits.”
Elizabeth Koonaloak
### Summer Camp Statistics

<table>
<thead>
<tr>
<th>High School Camp Total</th>
<th>Middle School Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>2011/2012: 49</td>
<td>2011/2012: 38</td>
</tr>
<tr>
<td>2013: 7</td>
<td>2013: 9</td>
</tr>
<tr>
<td>2014: 16</td>
<td>2014: 12</td>
</tr>
</tbody>
</table>

**Q9** To what extend do you feel the Allied Health Summer Camp increased your knowledge of health careers?

![Bar chart showing responses to Q9](chart1.png)

**Q10** How interested are you in learning more about health and nutrition?

![Bar chart showing responses to Q10](chart2.png)

*2012 Data*
Outreach Program

• In-A-Box Curriculum (Healthcare Helpers)
  – Experience the various careers with in the health field. This In-A-Box features outfits of healthcare professionals ranging from firefighter, EMT technicians, doctors, to scientists.
  – Appropriate for grades K3/K4/K5 – 1st graders

Contains:
Cloth Costumes - Fire Fighter, Doctor, Nurse, Veterinarian, Scientist, and EMT
Pretend & Play Doctor Sets – Band-Aids, stethoscope, thermometer, syringe, scissors, goggles, tweezers, EMT toolbox, etc.
Books – I Want To Be A Doctor, I Want To Be A Firefighter, I Want To Be A Nurse, I Want To Be A Vet, and A Day In The Life Of A Dentist.
### In–A–Box Data

<table>
<thead>
<tr>
<th>Year</th>
<th># of Presentations</th>
<th># of Student attendees</th>
</tr>
</thead>
<tbody>
<tr>
<td>2011</td>
<td>42</td>
<td>153</td>
</tr>
<tr>
<td>2012</td>
<td>45</td>
<td>266</td>
</tr>
<tr>
<td>2013</td>
<td>40</td>
<td>157</td>
</tr>
<tr>
<td>2014</td>
<td>40</td>
<td>215</td>
</tr>
</tbody>
</table>

Our goal is to engage our students at an early age to be excited about health careers, in order to increase the amount of “grow our own” science and health care professionals in our region.
QUESTIONS?