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Preparing North Philadelphia's Teen Population for a Healthy Future

Allegheny West Foundation, Work Ready Philadelphia

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Bridging the Gaps

Focus Areas

Adopted from HP 2010 & HP 2020

- Chronic Disease (Diabetes and Hypertension)
- Heart Disease & Stroke
- Nutrition & Weight Status
- Oral Health
- Physical Activity & Fitness

The Community Site

The mission of the Allegheny West Foundation (AWF), located in North Philadelphia, is to improve the quality of life in the AWF community by providing resources to the neighborhood, specifically youth education and employment.



Project Goals & Objectives

- Increase awareness of health issues that affect healthy living, including nutrition, exercise, and dental health.
- Promote healthy lifestyle choices
- Prepare students for job applications, interviews and job-readiness
- Promote behavioral modifications and lifestyle changes that improve health and functioning
- Educate students about health risks associated with teen obesity



Strategies

- Preparation of presentations on healthy living, including time management, cardiovascular disease, nutrition, oral health, exercise, stress management.
- Preparation of work-oriented presentations on interviewing skills, resume writing, and healthcare jobs.
- Presentation of health and work-readiness seminars to teen participants at worksites:
 - Adolescent obesity: its relationship to diabetes, hypertension, & other chronic diseases
 - Nutrition: how to make healthier choices
 - Physical activity
 - Professional etiquette

Results

- Identified an optimal method to deliver health and wellness seminars effectively.
- Discovered ways to incorporate icebreakers entertaining activities, and discussions with the didactic lessons to engage the students.
- Students were attentive, asked questions, and participated.

Personal Statements

“BTG CHIP has impacted the person I am today. I had the invaluable opportunity to work with someone from another healthcare field. It was quite eye-opening to see the lack of resources and information that exists in North Philadelphia just several miles from where I reside. My experience has cemented my aspirations to work in an underserved, urban population as a physician so that I may help others, like the students I worked with, live healthier and productive lives.” --Marissa



“Bridging the Gaps provides an opportunity to grow personally and professionally. Working as part of an interdisciplinary team helped me realize the importance of working with others. After being immersed in North Philadelphia's community, I became appreciative of the cultural differences and similarities between those I served and myself. Working with adolescents that come from a different background proved to be a very rewarding summer experience.” —Marc