

## **MiHealth: Medical Students Targeting Gaps in School-based Health Education**

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Branch: Patients and Populations

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### **Project Summary**

MiHealth is a student organization focused on reducing adolescent health disparities by teaching in local underserved high schools. In our first year we targeted traditional health topics including diet/exercise, mental health, healthy relationships, sexual health, and smoking. In our second year, we decided to take a new approach: bringing topics which are underrepresented in the traditional curricula into the classroom. We chose topics highly relevant to teens today, including opioids, social media, and vaping. While we have yet to complete a final analysis of our new pre- and post-program assessment data, we received very positive anecdotal feedback from students and various stakeholders who helped us in the lesson design and revision process."

### **Action Items/Outcome**

"- Finish data analysis of new cohort data

- Finalize selection of new leadership team

- Presented research poster at 2018 Conference on Adolescent Health in Ypsilanti, MI on 4/23 - 4/24.

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### **Conclusion/Reflection**

1. FUTURE DIRECTION: Once we have analyzed our final data, we will have a better sense of the trajectory of the curricular content for upcoming years. The vision we're working toward is continuing to cover similar "high-need" content, but to try to reach more high school classrooms expanding beyond our current n=1 high school in Ypsilanti. This will mainly be a logistical scheduling and manpower challenge....

hence:

2. RECRUITMENT AND LOGISTICS: Beyond the nuts and bolts of what and how we decide to direct the content, one big hurdle we are working to overcome is the problem of maintaining momentum and "staying power" in the changing tides of the medical school curriculum.

3. PERSONAL DEVELOPMENT: Leadership! Figuring out how to manage the team, the team, the team! I have learned a lot from successes and failures. Ultimately, one big

takeaway is that keeping momentum during both the “busy” times and the down times in our organization’s trajectory is key to our success.