



THE UNIVERSITY *of* NORTH TEXAS
HEALTH SCIENCE CENTER *at* FORT WORTH



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Opioid Epidemic

OPPIO

HOW

There are many upstream

pts of d

OPPIO ABOUT

PROFITEERS ARE THE DRUG KINGPINS

PHARMA'S ROLE

Major pharmaceutical companies have heavily promoted prescription opioid pain relievers, such as Oxycontin, with the explicit goal of changing physicians' prescription practices.

2007, Big Pharma has pled guilty



PHYS



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Community Partner: YMCA of Greater
Fort Worth

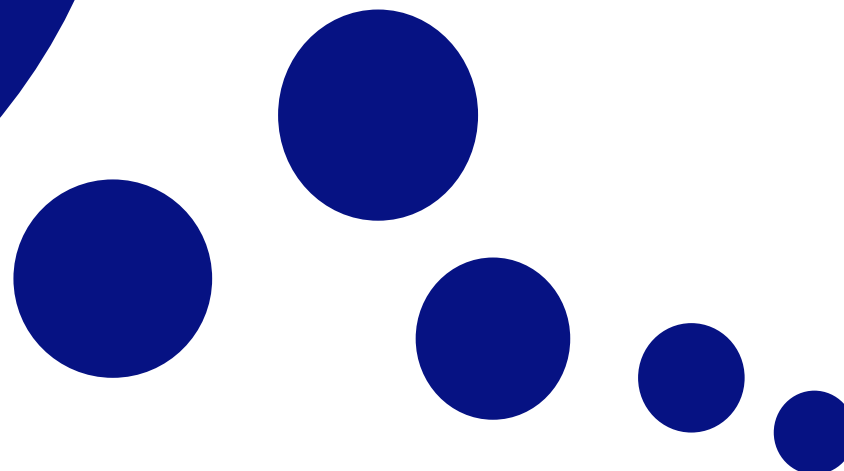
Funding: National Institute on Minority
Health and Health Disparities (NIMHD)
under grant number 2U54MD006882-06

Clinical trial # NCT03463213

UNTHSC IRB Approval # 2017-148



“The female bonding and empowerment. It was a great opportunity to network with other women and learn that it was okay to be vulnerable without fear of judgment. The program was operated in a manner that allowed everyone to be comfortable in their own skin and express themselves in an open manner.”





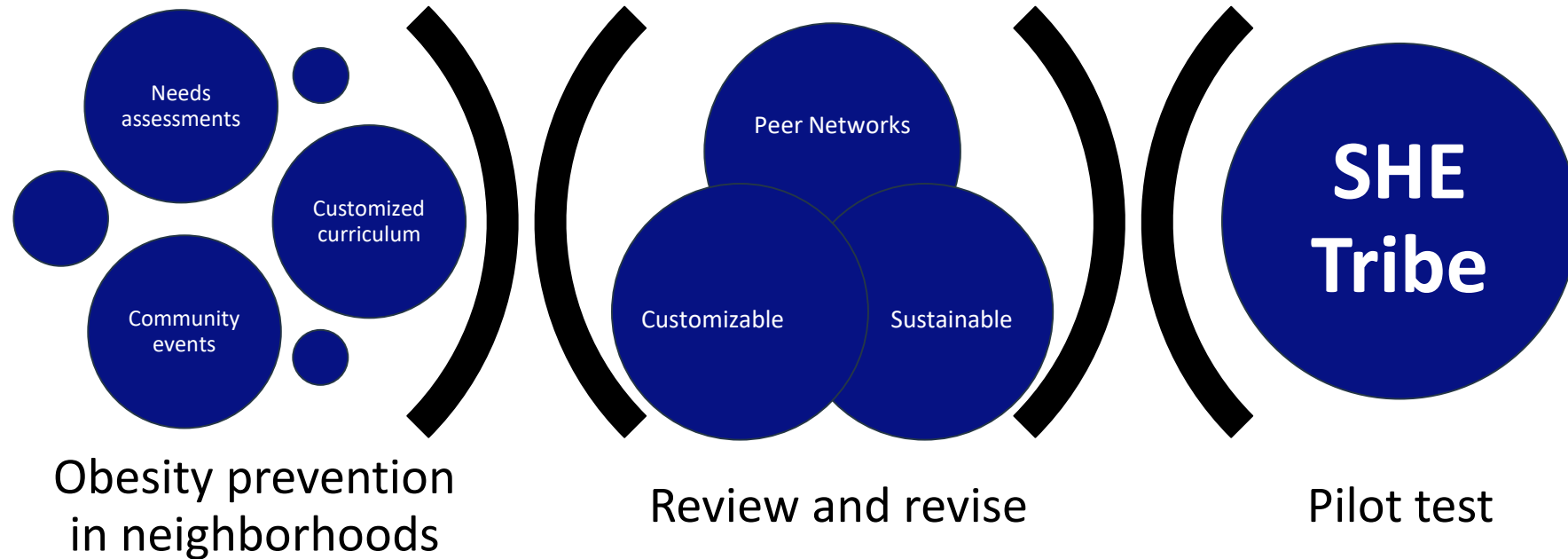
PHASE I

This research was conducted in partnership with the Community Council and was supported by the National Institute on Minority Health and Health Disparities Exploratory Centers of Excellence of the National Institutes of Health under award number P20MD006882



Program Development

SHE Tribe was developed through a community-based participatory research (CBPR approach)

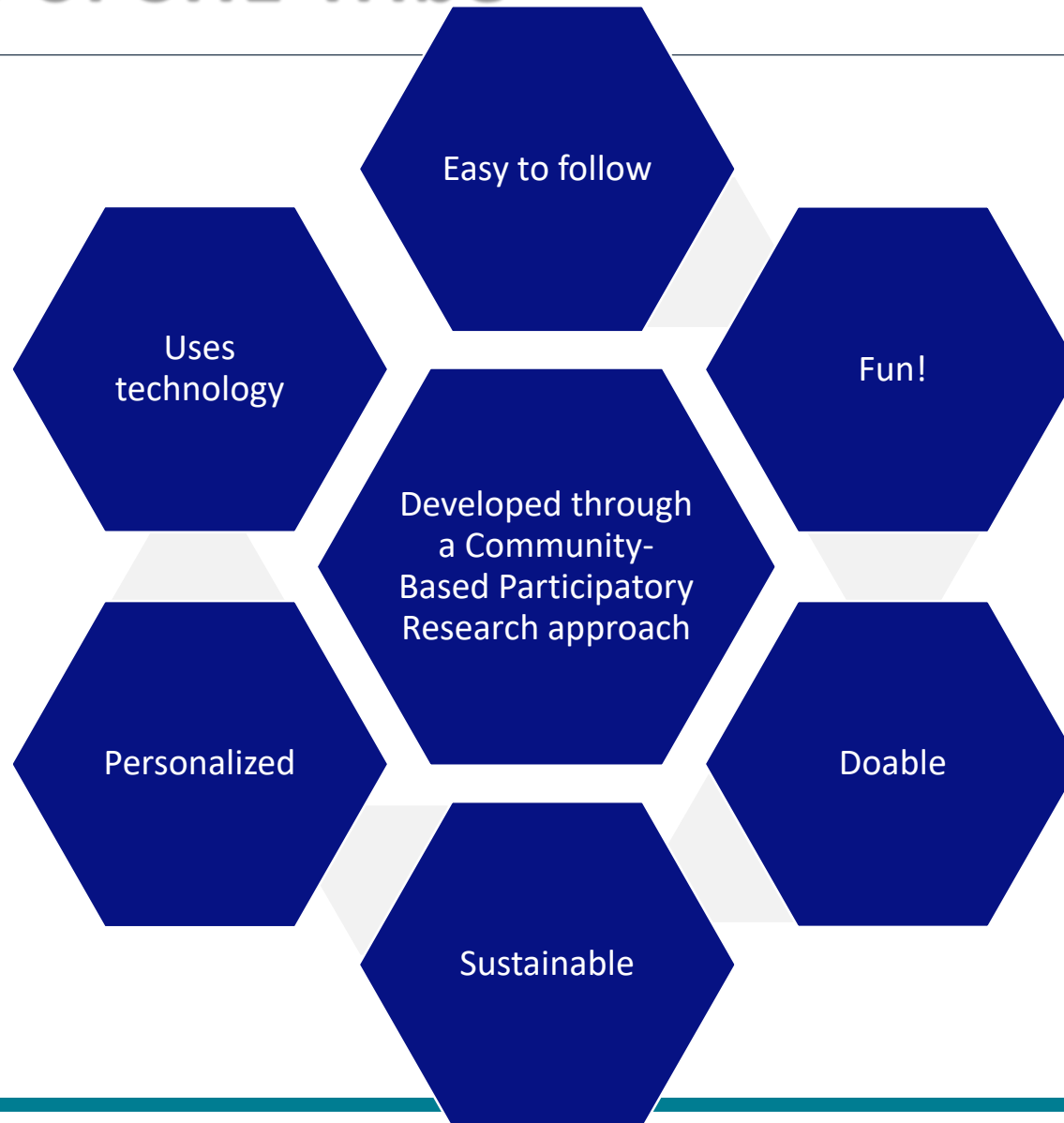


Purpose of SHE Tribe

To gather women together, and pursue a lifestyle of health through making small changes that empower action for lifelong wellbeing.



Key Features of SHE Tribe



SHE Tribe Phase I - Findings



SHE Tribe phase I participants showed improvement in several areas of health (including diet, physical activity, self-care, and stress-level)

This study highlighted the success of a social network based peer-led model in empowering women and promoting healthy lifestyle choices

Programs fostering intrinsic motivation and self-efficacy such as SHE Tribe showed promise with improving health

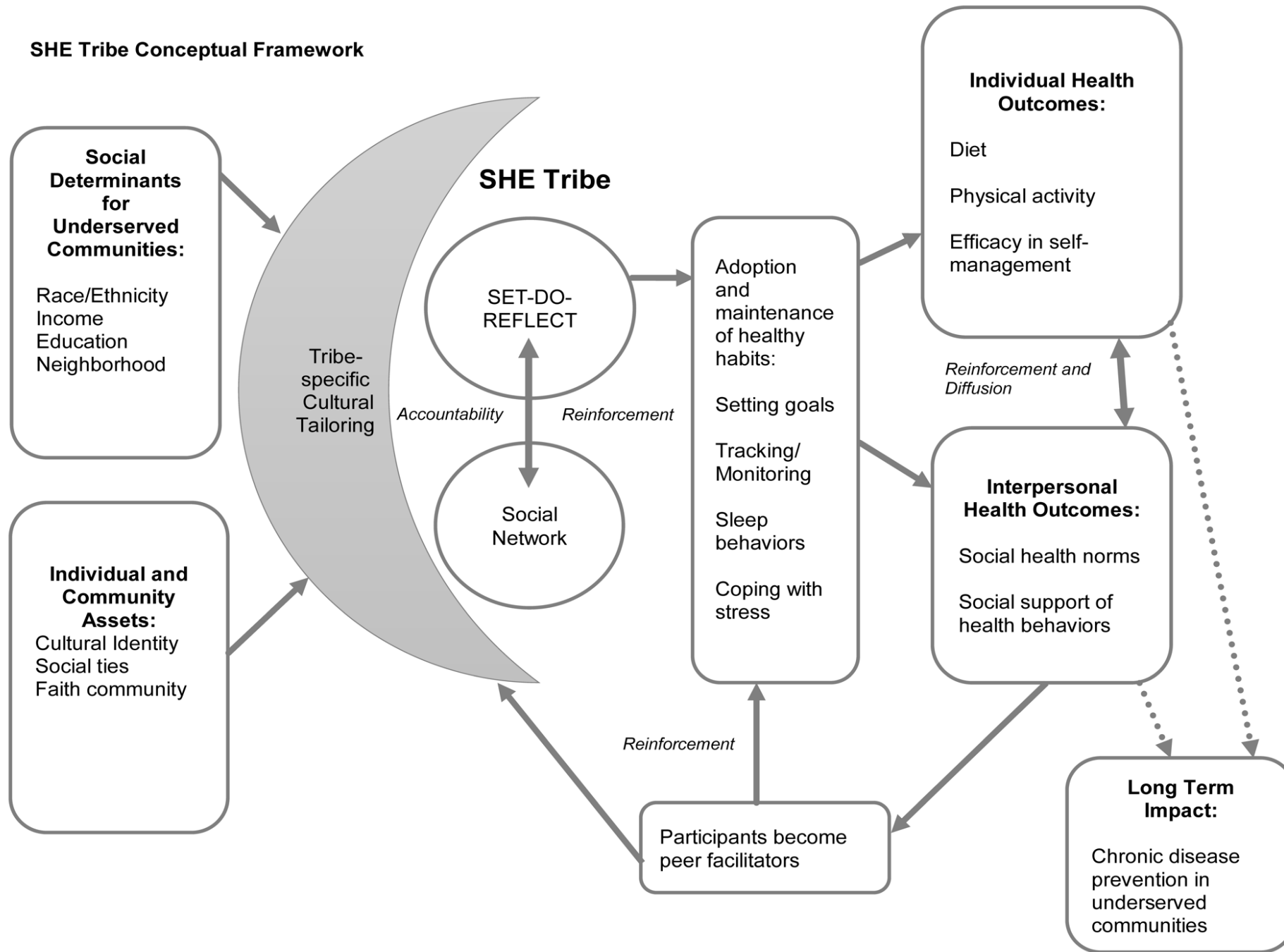


PHASE II

This research is conducted in partnership with YMCA of Greater Fort Worth and is supported by National Institute on Minority Health and Health Disparities (NIMHD) under grant number 2U54MD006882-06 (Clinical trial # NCT03463213)



SHE Tribe Conceptual Framework



Conceptual Framework

U54-SHE Tribe: Specific Aims

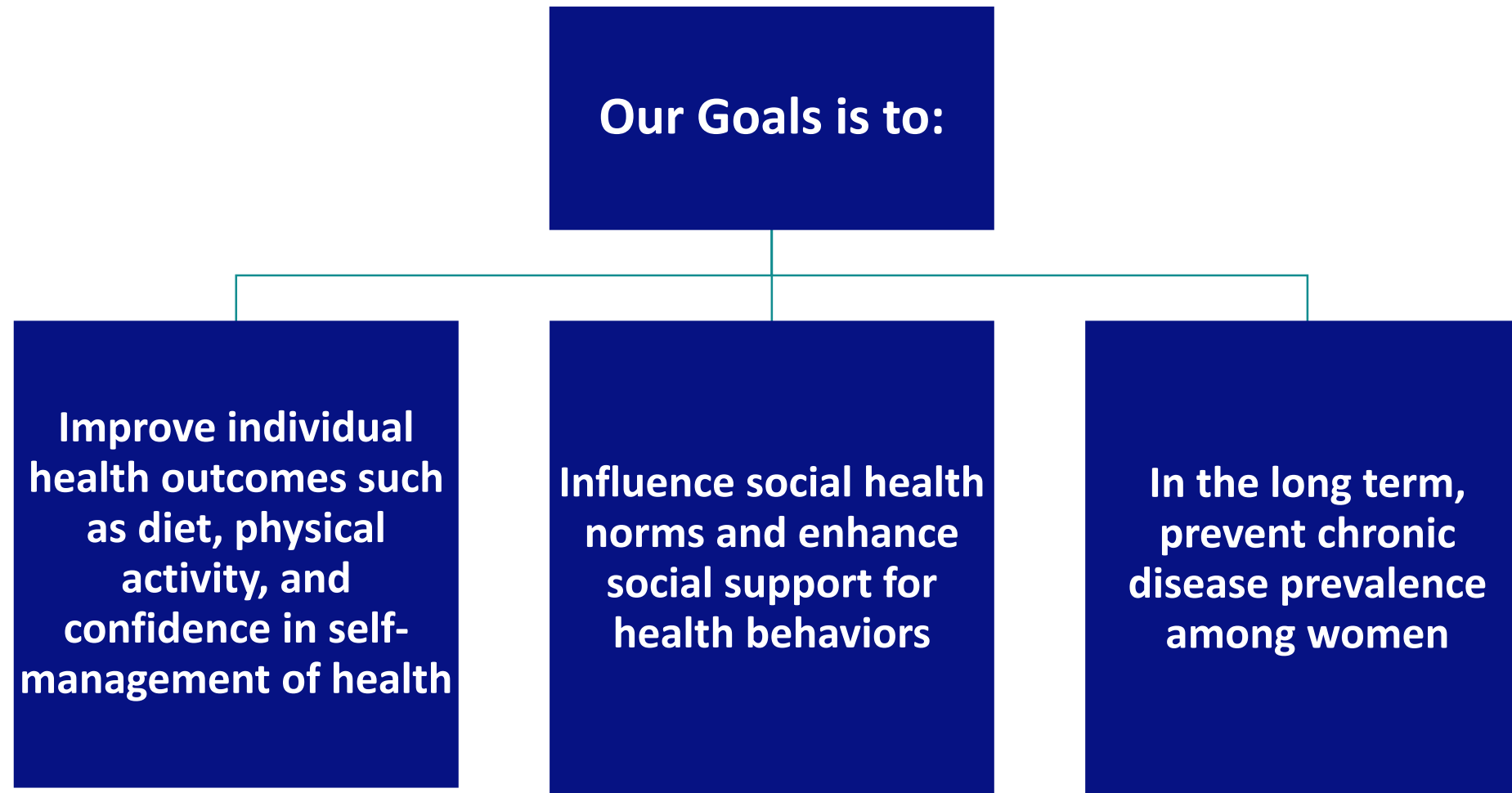
AIM 1. Determine whether SHE Tribe can be feasibly implemented with groups of women from communities at high risk for chronic health conditions.

- Is it feasible? Acceptable? Engaging? Sustainable?
- Qualitative interviews, weekly feedback forms

AIM 2. Examine how health behaviors are adopted by individuals and diffused through social networks.

- At the individual level: What goals are selected? How do these relate to key health outcomes (health behavior tracking, health activation, diet, physical activity, sleep, coping with stress, body appreciation)
- At the interpersonal level: Diffusion of health behaviors and support for health behaviors through social networks.
- Approximate sample size: 240 participants

SHE Tribe is a social network-based peer-facilitated intervention developed to improve health behavior among women in underserved communities



Recruitment and Training

STEP: 1



STEP: 2



STEP: 3



Group leader is recruited from communities in Tarrant County



Group leader receives training from SHE Tribe staff members



Group leader forms her tribe and begins the program



She's Healthy and Empowered

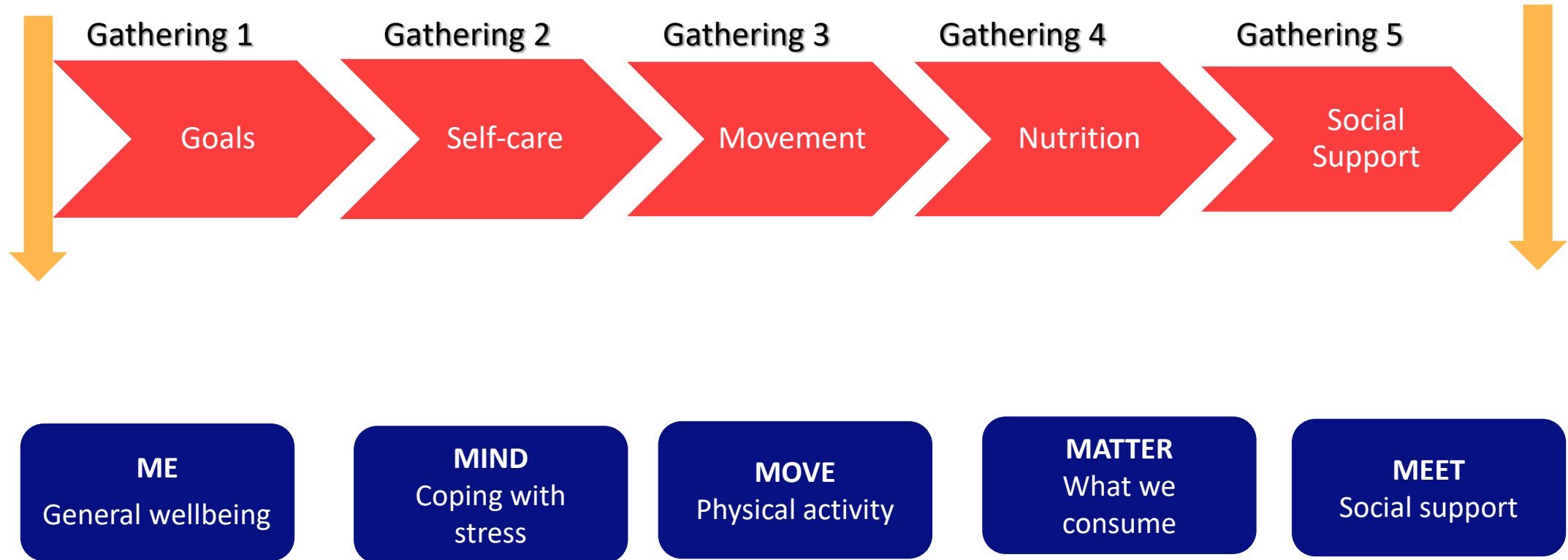
Discussion Guide

Recruitment and Training





Program Sessions



Incentives



1 – Goals: Notepad



2 – Self-Care: Coloring book



3 – Physical Health: Stretch Band & Shaker Cup

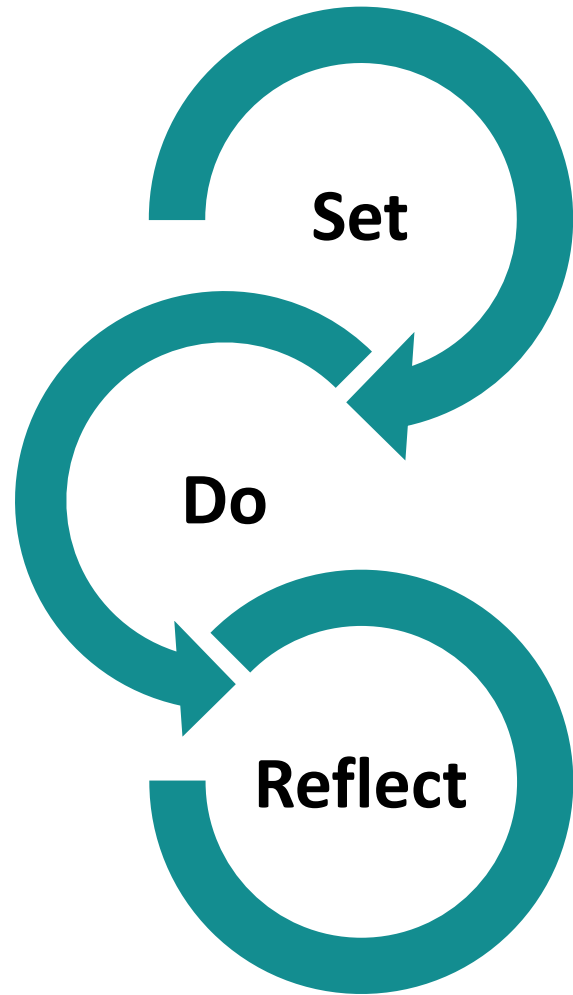


4 – Nutrition: Salad Shaker



5 – Social Support: Shirt & Lanyard

SMART Goals



- S: Specific
- M: Measurable
- A: Achievable
- R: Relevant
- T: Time-bound

S.H.E. Tribe

Goals

- Increase water intake
exercise = walking
Spiritual Fulfillment.



= increase water to more per day



Get Moving



Self Care



Dancing

1. Feb. 15 Introduction by Chhetis, Shlesma, Glenda

Feb. 22 Self care

- manicure
- burger & a friend
- relaxing & a good book — Becoming by Michelle Obama

3. March 1 Movement

- Dancing
- exercise
- be sure to check heart rate & movements

4 March 8 Food for Fuel

we enjoyed

- muscle + joints
Olive Oil
fresh salmon
ricotta cheese

- Gut Health
Tempeh
Purmes
sauerkraut

- Skin
Walnuts
total
Hemp

- Hair
Pumpkin Seeds
cottage cheese
Spinach

- Bones
Chocolate
can salmon
eggs

5. Celebration
Pot Luck

- Heart
Edamame
Purple grape juice
asparqus

- Breasts
Parsley
dandelion root
Broccoli

food for fuel



food for Muscle + Joints



food for skin



food for heart



food for hair



Bones

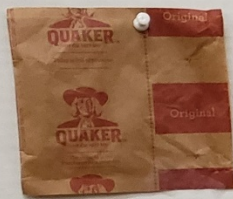


Breasts



1 slices bread
Breakfast

2 slices Sandwich



Breakfast



Lunch



Dinner

Shit Time

1. Eat less bread
2. Self Care
3. Movement
- 4 Food as Fuel



Anti-Inflammatory Blasts

Ingredients: 1/2 cup spinach, 1/2 cup kale, 1/2 cup broccoli, 1/2 cup cauliflower, 1/2 cup zucchini, 1/2 cup cucumber, 1/2 cup bell pepper, 1/2 cup onion, 1/2 cup carrot, 1/2 cup tomato, 1/2 cup mushroom, 1/2 cup olive oil, 1/2 cup balsamic vinegar, 1/2 cup lemon juice, 1/2 cup salt, 1/2 cup pepper.

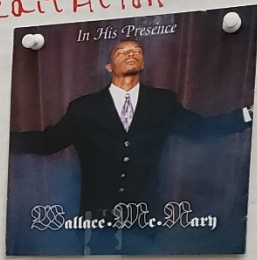
Directions: 1. Wash all vegetables thoroughly. 2. Cut all vegetables into small pieces. 3. Add all vegetables to a large bowl. 4. Add olive oil, balsamic vinegar, lemon juice, salt, and pepper. 5. Mix well. 6. Serve immediately.

Slowing the Aging Process

Ingredients: 1/2 cup spinach, 1/2 cup kale, 1/2 cup broccoli, 1/2 cup cauliflower, 1/2 cup zucchini, 1/2 cup cucumber, 1/2 cup bell pepper, 1/2 cup onion, 1/2 cup carrot, 1/2 cup tomato, 1/2 cup mushroom, 1/2 cup olive oil, 1/2 cup balsamic vinegar, 1/2 cup lemon juice, 1/2 cup salt, 1/2 cup pepper.

Directions: 1. Wash all vegetables thoroughly. 2. Cut all vegetables into small pieces. 3. Add all vegetables to a large bowl. 4. Add olive oil, balsamic vinegar, lemon juice, salt, and pepper. 5. Mix well. 6. Serve immediately.

2 Self Care
Music / sounds
Meditation



3. Movement

FLEXBIKE ULTRA
INSTRUCTION MANUAL

CHELON FIT
FITNESS APP FOR SMARTPHONES AND TABLETS

LIVE / ON DEMAND CLASSES
SCENIC RIDES
"THE EXTRA MILE"
STAY TOGETHER

READ MANUAL BEFORE OPERATING

Preventing Muscle Disorders

Risk of experiencing low back problems increases with age. Low back problems can be prevented or reduced by strengthening the muscles of the back and core. This can be done by performing exercises that target the muscles of the back and core. It is important to maintain a healthy weight and to avoid smoking. Regular exercise can help to prevent or reduce the risk of low back problems.

Improving Muscle Development

Muscles are the foundation of strength and endurance. To improve muscle development, it is important to perform resistance training. This can be done by lifting weights, using resistance bands, or performing bodyweight exercises. It is important to start with a low weight and to gradually increase the weight over time. Regular exercise can help to improve muscle development and to maintain a healthy weight.

Avenues for SHE Tribe sessions



Research Components



Customized Feedback



Participants Served

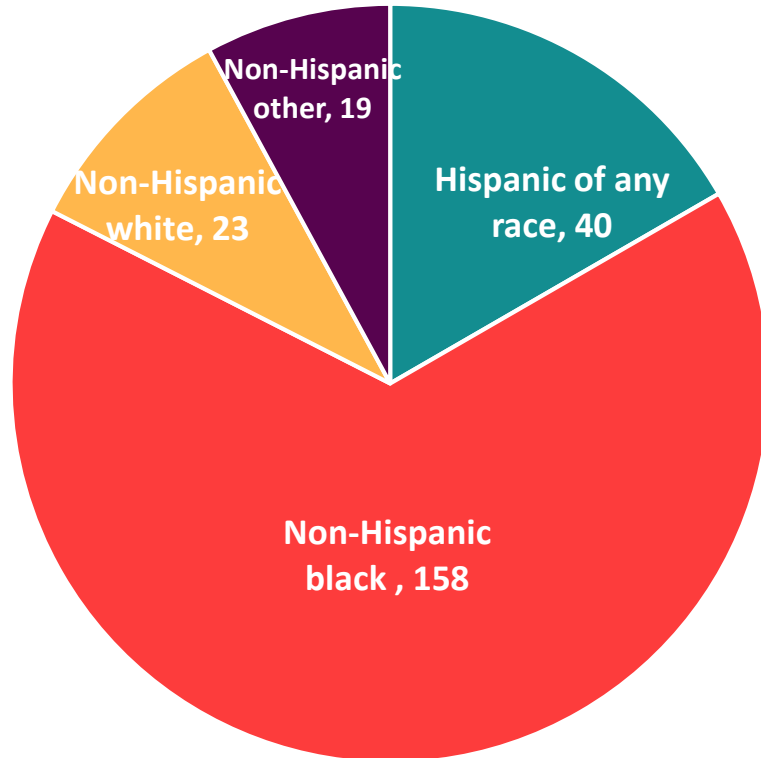


Participants

Tribes

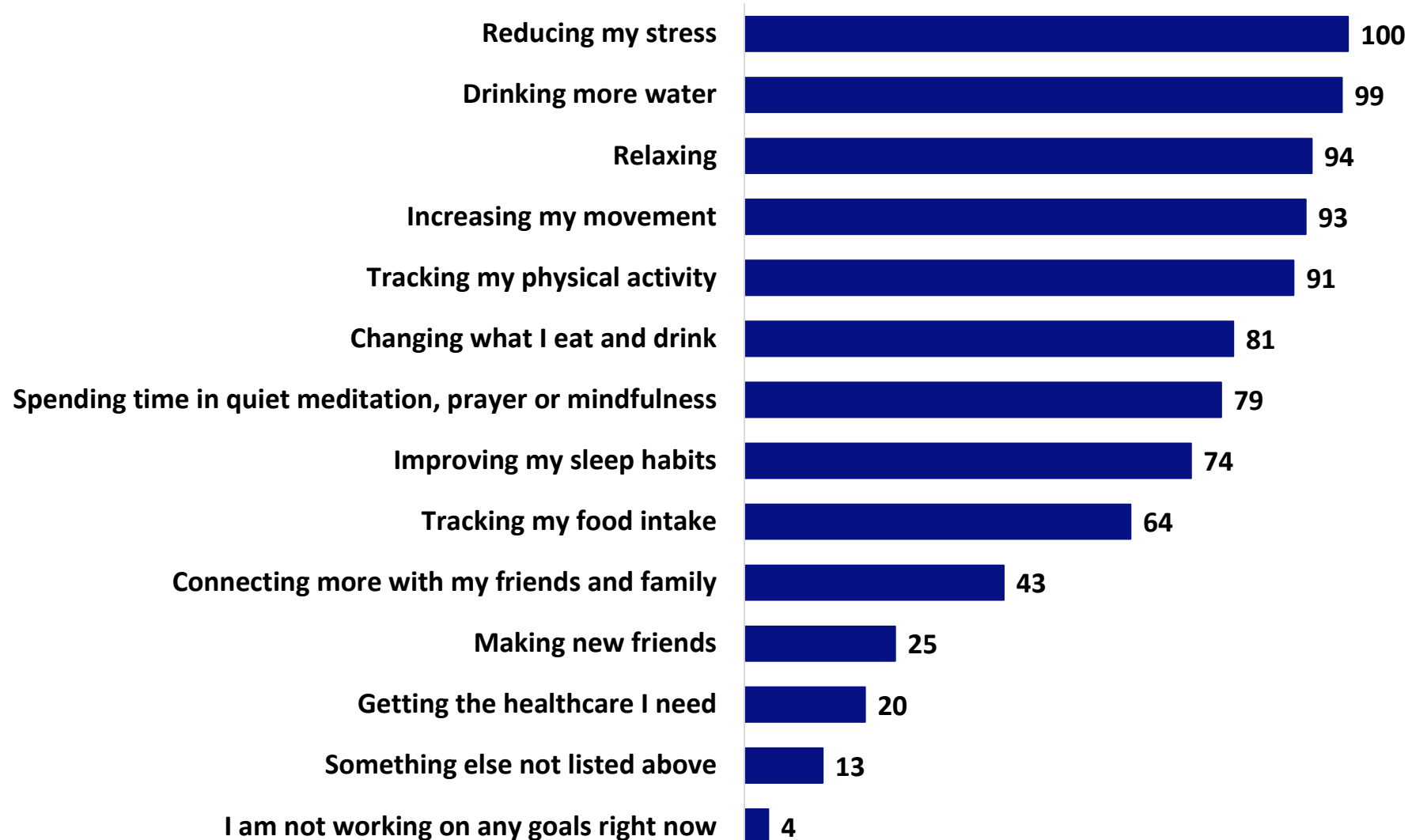


Participant Demographics



The average age of participants is **46** with the age ranging from **18** to **82** years

Participant Goals





92% of SHE
Tribe participants
reported that
their facilitator
was supportive
and encouraging
to a great extent



86% of SHE
Tribe participants
reported that the
program was
enjoyable to a
great extent

Positive Changes participants made during SHE Tribe



Connected with women

I am eating more fruits and vegetables which I was not doing before.

During the program i thought twice about certain food items i would eat. After setting a goal during the meeting I would try to make sure i achieved them and worked out more than i would have if i did not attend the meetings. The accountability helps tremendously.

I have learned to mentally think about how to make healthy choices and I love the Smart goal theory use to achieve and successfully help reach some goals I set.

I am more aware of my self and making self care a priority in my life.

Drinking more water

Favorite things about SHE Tribe!

Gathering with other women

Socializing with other women

Get with other ladies and holding one another accountable to help reach our goals

Accountability and the responsibility of showing up to the meeting

Meeting up with the tribe and discussing a healthier lifestyle

Accountability. The honesty of group members. Group Motivation

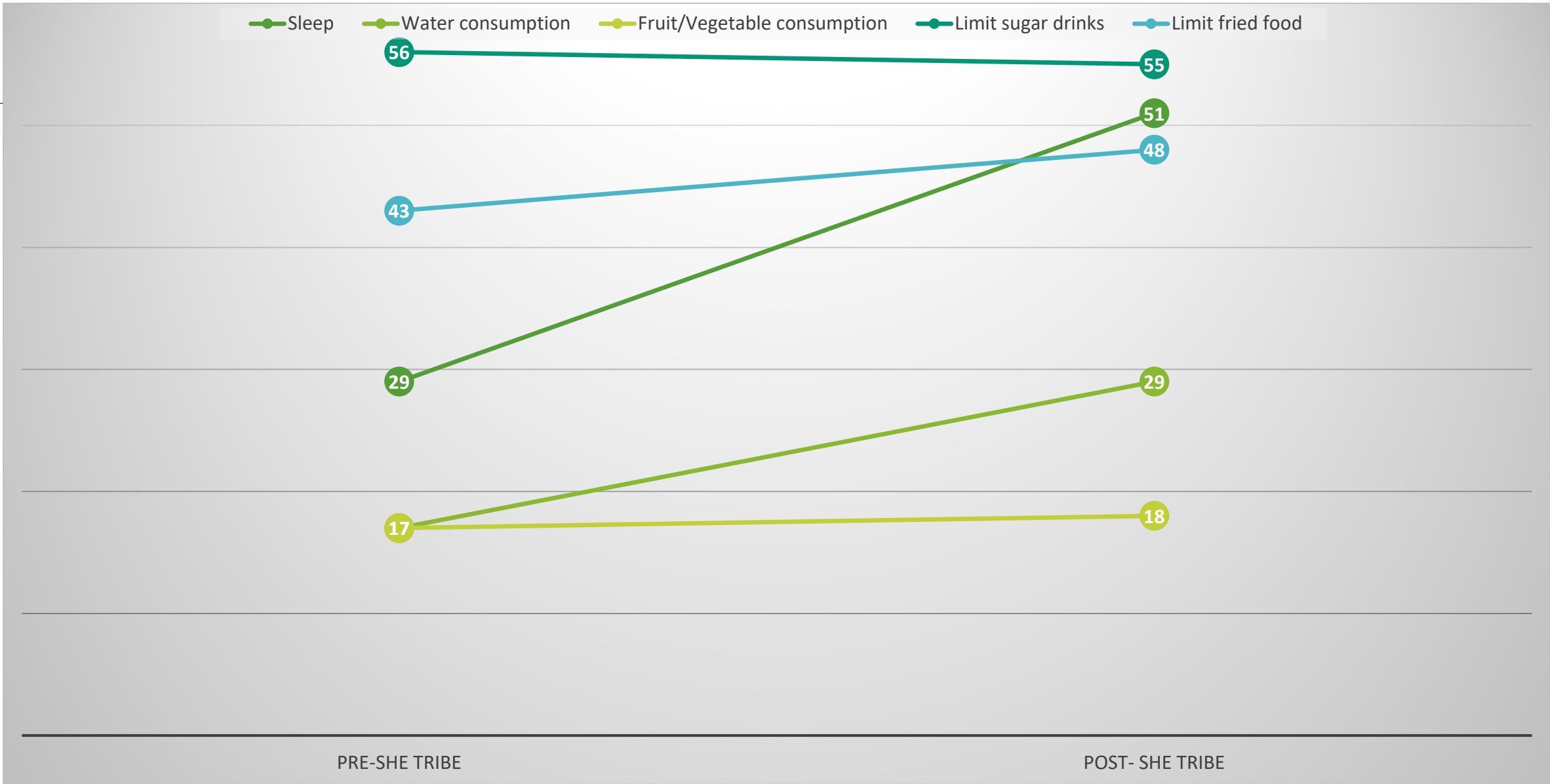
Time to reflect on self

The bonding with the other ladies

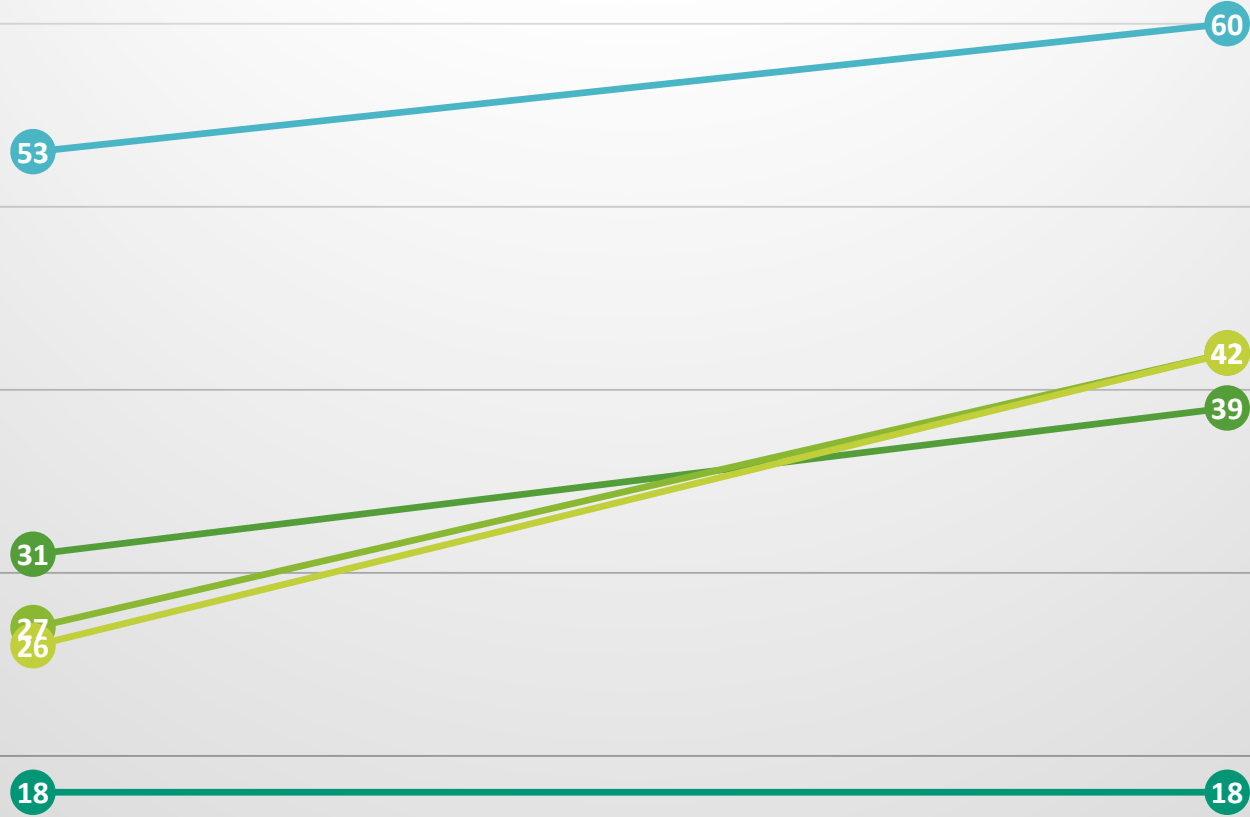
Preliminary Outcome

Percent of SHE Tribe participants reaching recommended health behavior levels has increased including physical activity, sleep, water, fruits and vegetables, and limiting sugar intake and fried foods.





Strenuous Activity Moderate Activity Strength training High activity minutes Low sedentary time



PRE-SHE TRIBE

POST-SHE TRIBE

Adoption of Diet-Related Tracking and Health Behaviors

- Diet (12 items)*
 - Monitor fat, carbohydrates, protein, sugar, sodium, calories, water
 - Meal planning
 - Portion control (2)
 - Use nutrition labels
 - Calories burned
- Diet quality* improved (vegetable and fiber consumption, reduction in fried foods and sugars)



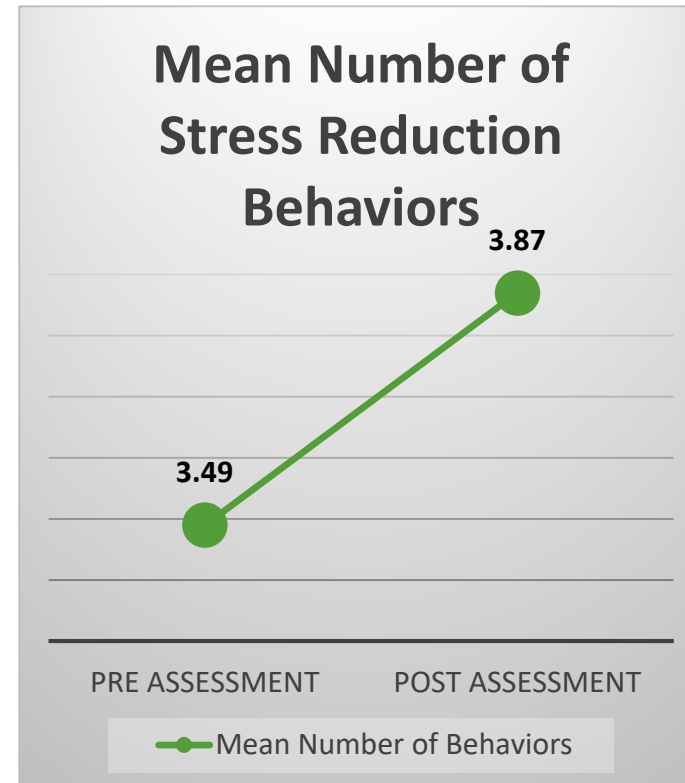
Adoption of Physical Activity Tracking and Health Behaviors

- Physical Activity* (10 items)
 - Track # of steps, exercise time, types of physical activity, time sitting, sleep patterns
 - Follow a work-out or fitness plan
 - Monitor screen time
 - Park far away from entrance doors
 - Take the stairs
 - Take short breaks
- Significant improvements in the proportion of participants meeting recommended levels of strenuous, moderate and strength exercises*



Adoption of Wellness Behaviors and Improved Perceptions

- Stress Reduction (7 items)
 - Be active (walk, dance, yoga, or other movement)
 - Time with family, friends, and/or pets
 - Engage in spiritual and faith activities
 - Meditation or breathing exercises
 - Hobbies (reading, crafts, music, blogging, etc.)
 - Time alone
- Improved Body Appreciation*
- Improved quality of life*



Adoption of Social Support Health Behaviors

- Social Support (9 items)
 - Shared a meal with family or friends, called a friend or relative to talk
 - Participated in a club or other social group activity
 - Participated in a faith-based group activity
 - Had a meaningful 1:1 conversation
 - Shared an appreciation of someone
 - Wrote about gratitude in a journal
 - Ask a friend or family member for help or advice





Challenges and Lessons Learned



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