



4HerHealth

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Abstract

The transition from high school to college marks a significant life change and, as a result, could lead to changes in health behaviors, exercise, and stress levels. Physical activity can enhance self-confidence and collectivism, improve emotional states, decrease stress, aid in building relationships, and contributes to feelings of elation and satisfaction (Qu, 2020). Studies show lower levels of activity among college women, with Black women having greater risk of obesity than white women. (Ajibade, 2011). The effects of a lack of physical activity for college minority women pose more significant threats as they increase in age; this is especially notable with Black women, who present low activity levels compared to white and other minority women (Greaney et al., 2017).

4HerHealth aims to combat the prevalence of potential health-related risks by fostering a community that supports physical activity and wellness in minority college students' lives. The program consists of biweekly activities that highlight various health-related activities such as TCU-instructed fitness classes, step challenges, cooking and nutrition classes, and study and stress-relieving sessions. Participants who expressed low activity levels before the program reported an increased drive to go to the gym and eat healthier. Overall, participants said the program was informative, well-rounded, and provided a safe space and community for minority women on campus.

Project Description

- Program meets 1st and 3rd Thursdays.
- Activities created for each month's health association (e.g., February: Heart Month, March: National Nutrition Month, April: National Minority Health Month).
- Semester wellness bags



Future Direction

- Consistent meetings
- Greater intentionality and incentives for participation
- Social media page
- More campus organization collaborations
- Weekly health challenges to keep participants actively engaged
- The program will continue to remain on campus next school year under a new leadership team.



Background

Targeted Community: Minority college-aged women; however, the program is inclusive of all. The program consisted of women from all four classifications.

Community Partner: TCU Campus Recreation and Wellness Promotion under the direction of Yvonne Giovanis, Assistant Director of Campus Recreation.

Disparities: Black and minority women face health disparities ranging from heart disease, high blood pressure, diabetes, etc.

Need: Support group on campus from informal surveys on campus



Acknowledgements

Funding provided by the TCU Pre-Health Professions Institute, Experiential Projects that Impact the Community (EPIC) Grant

References

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- Greaney, M. L., Askew, S., Wallington, S. F., Foley, P. B., Quintiliani, L. M., & Bennett, G. G. (2017). The effect of a weight gain prevention intervention on moderate-vigorous physical activity among black women: The shape program. *International Journal of Behavioral Nutrition and Physical Activity*, 14(1). <https://doi.org/10.1186/s12966-017-0596-6>
- Qu, X. (2020). Empirical analysis of the influence of physical exercise on psychological stress of college students. *Revista Argentina de Clínica Psicológica*. <https://doi.org/10.24205/03276716.2020.386>

Survey Results

Semester	Spring 2021	Fall 2021
Participants	15	8

Questions

- Did you notice an increase in willingness to include more physical activity in your daily schedule after participating in 4HH?
- What aspect or activity from the program did you enjoy the most?
- Do you think this program is helpful in encouraging fitness and health?
- Do you think 4HH provided a space of support and encouragement?
- What recommendations if any do you feel would be beneficial to the continuation of the program?
- What recommendations if any do you feel would be beneficial to the continuation of the program?
- Would you recommend this program to a friend?

Results

- “Yes, absolutely! After participating in 4HH, it has made me more comfortable to go to the gym and change my mindset that prioritizing my physical health is a key factor to keep me healthy in the long run.”
- “I really enjoy the community aspect. It's a safe space for Black and Brown girls to just breathe and relax. We always have a great time with each other and centering it around our health just enhances everything.”
- “4HH is very well rounded which is something you don't come across often in health clubs on campus.”

Would you recommend this program to a friend?
10 responses

