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PURPOSE

The primary objective of this project will be to increase awareness of the importance of preconception health care within African-American men in the Lane College and surrounding community. This project will increase awareness of physical activities, healthy diets and properly taking care of their bodies.



DEMOGRAPHIC

The targeted population for this project is African American men ages 18 and older in Jackson, Tennessee, and the surrounding West Tennessee communities of any socioeconomic background.

METHODS

This project will partnered with other Student Health Ambassadors to have a Men's Night Out on Monday March 22, 2020 at 7:00 pm. Student placed flyers around campus, on Facebook (92 views), Instagram(26 views) and Snapchat (22 views). 33 men and 1 women was in attended the event.

The Student Investigator created QR codes for pre and post touch-less surveys to reduce contact with attendees The surveys were administered to measure if any of the participants are ready to make behavioral changes related to preconception health.

This project was set up in a barbershop format and received free haircuts so that men could be relaxed and not afraid to talk. There was a presentation about preconception health in men Information the pros and cons of making healthy choices to prevent such high numbers of infant mortality. The Student Investigator also distributed educational information to all participants preconception health.

This project will also provide awareness about HBCU Wellness COVID-19 Prevention Campaign. Wash your hands, Wear your mask, Social Distance, and Self Check (WWSS).

OUTCOMES

The outcomes of this project are as follows:

- 1) 30 responded :Preconception Health is defined as the health of women and men during their reproductive years.
- 2) 31 responded : A reproductive life plan is used to: create goals to have a family and improve your personal health.
- 3) 32 responded: They would like to learn more about preconception health in men.

STUDENT LESSONS LEARNED

Lessons learned from this project are:

- 1) You can learn from the people who you are trying to teach. Change is a two-way street.
- 2) African American men are willing to learn and do better when given a chance.
- 3) Even when everything is planned out well, small obstacles will happen.



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