

Damonte Anderson

Lane College — Jackson, Tennessee

PURPOSE

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



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. Men will not be excluded from this project if they are not in the target population.

METHODS

This project hosted a Men's Night Out on April 18, 2022, at 7:00 pm in the Lane College Cyber Café. Dr. Wesley Hawkins, the campus physician, talked about how young men can have better health outcomes.

The Student Investigator created QR codes for pre and post touchless 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 gave free haircuts so that men could be relaxed and not afraid to talk. There was a presentation about preconception health in men, information on the pros and cons of making healthy choices to prevent infant mortality. The Student Investigator also distributed educational information to all participants on preconception health.

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

OUTCOMES

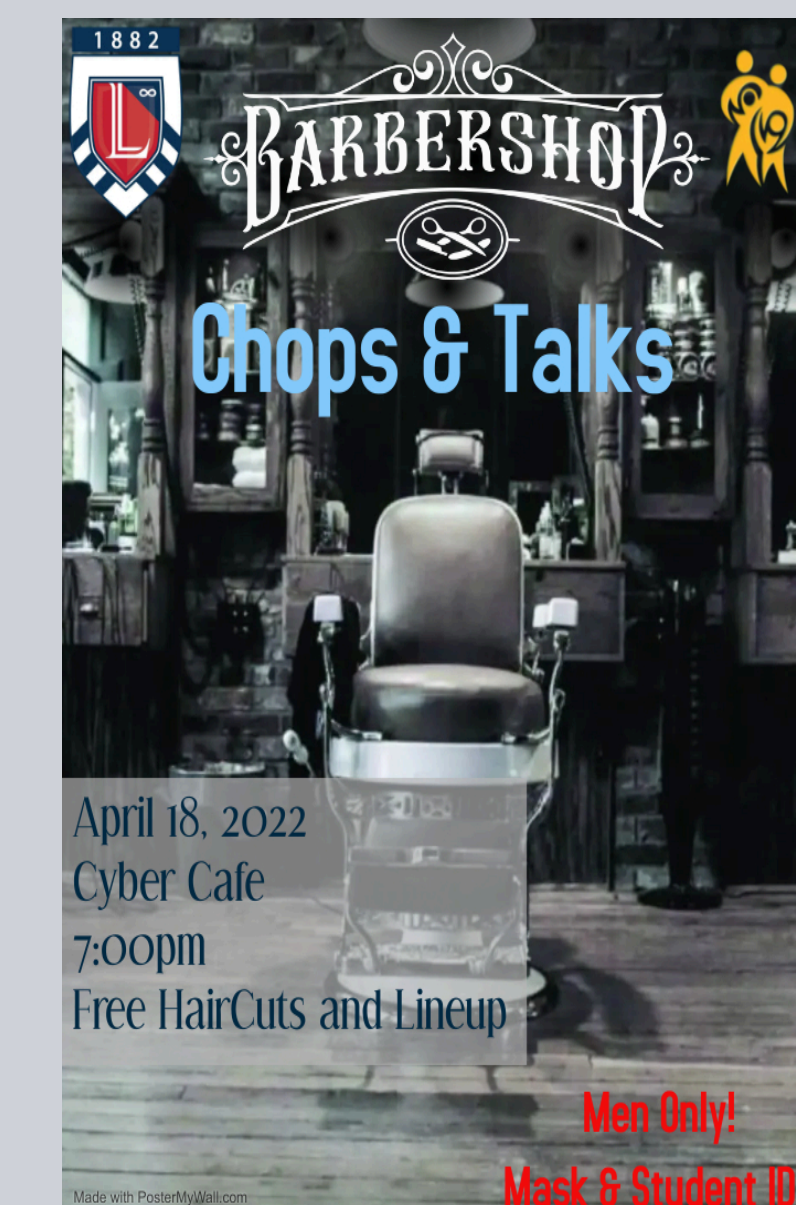
The outcomes of this project are as follows:

- 1) 22 responded : Preconception Health is defined as the health of women and men during their reproductive years.
- 2) 29 responded : A reproductive life plan is used to: create goals to have a family and improve your personal health.
- 3) 31 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 2nd chance.
- 3) Even when everything is planned out well, small obstacles will happen.



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