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## **2012 Recipients of UHI Small Grants for Research, Program Development and Education**

### **FACULTY COMMUNITY GRANTS**

**Terrinieka Williams, Assistant Professor, School of Public Health**  
**Winston Philip, Business Information Manager, Center for Urban Families**

#### **Center for Urban Families: The Impact Story Enhanced**

The proposed project builds on an existing partnership between The Center for Urban Families (CFUF) and the Johns Hopkins Center for Adolescent Health. The goal of the current application is to enhance the Center for Urban Families' capacity to more efficiently and effectively document the various ways in which their job readiness program, STRIVE Baltimore, impacts its clients. We are proposing to take a three-fold approach to achieve this goal. First, we will improve the intake form completed by CFUC clients when they enter the STRIVE Baltimore program. Second, we will determine the feasibility and utility of collecting additional housing and health data from STRIVE Baltimore program participants during their training. Finally, we will conduct life-history interviews with 20 STRIVE Baltimore program graduates (ages 18-25) and one of their significant others. Findings from the proposed research will augment CFUF's ability to highlight their successes and future directions to potential supporters and scientists who are interested in the population that CFUF serves. Ultimately, we hope that our collaborative efforts will enable CFUF to more fully describe the important role their program plays not only to STRIVE Baltimore participants, but also the networks to which their clients belong.

**Peter John Winch, Professor, Department of International Health, School of Public Health**  
**Liz Millhollen, Program Coordinator, Outward Bound Baltimore Chesapeake Bay**

#### **Understanding the Effect of Experiential Outdoor Education on Urban Youth**

Experiential outdoor education programs hold significant potential to promote development of the skills needed to successfully navigate the many challenges faced by adolescents in Baltimore. However, little is known regarding the effects of such programs on urban youth specifically. The Baltimore Chesapeake Bay Outward Bound School serves over 1,000 youth each year through its one-day Insight programs and five-day wilderness courses. We propose a mixed-methods evaluation of these programs, building on findings and methods developed during research conducted over the past year. For the current proposed evaluation we will continue to collaborate closely with BCBOB, examining three key outcomes identified as priorities: self-confidence, empathy, and conflict self-efficacy. Development and implementation of a pre and post-program survey instrument will allow measurement of change in these outcomes, and qualitative methods will provide understanding of facilitators and barriers to target outcomes. Data produced will make valuable contributions to the literature on outdoor education programs and urban youth development, and will provide Outward Bound with the knowledge needed to more effectively serve Baltimore's youth.



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**Joann Bodurtha MD MPH, Professor, School of Medicine**  
**Elders DuWade and Ivy Moses, Directors, Jesus Stop Restoration Center, Inc.**

**Family history/genetic needs assessment - East Baltimore key informant interview project**

"The Genetic Alliance's Family Health History (FH) project at a Richmond homeless services agency reports – "Robert lost his job and insurance and went for a health screening. Waiting for his appointment, he and the health educator did the FH survey. His father and four uncles had colon cancer. The lay educator told Robert's physician who scheduled colonoscopy. Robert had colon cancer and was immediately scheduled for surgery." This story underscores a growing health disparity in diverse urban US populations, especially Baltimore – gaps in timely inclusion of FH with effective links to patient-centered education/genetic services in community health care and supports.

This project's specific aims are to: 1) complete 30 key informant interviews in East Baltimore about the optimal strategies to include FH/genetic information (counseling/services/testing) in urban health initiatives, especially evolving systems of care; and 2) prepare and disseminate a report to strengthen existing and build new collaborations, genetically-aware services and community-centered funded projects. We will link the work of the six Hopkins disparities centers as they relate to FH/genetic risk, connect to the work on FH/genetic literacy of the Genetic Alliance with FQHCs and HRSA-funded genetic collaboratives, and foster collaboration with health departments across life course genetic issues."

**Kimberly Gudzone, Assistant Professor, School of Medicine**

**Kylla Williams, Associate Deputy Director, Office of Resident Services, Housing Authority of Baltimore City**

**Understanding the relationship of social networks and obesity among urban public housing residents**

The obesity epidemic disproportionately affects the 1.2 million U.S. households living in public housing, where nearly 50% of adults are obese and have a two-fold greater risk of hypertension. Using an ecologic framework, we propose that social network factors likely promote unhealthy lifestyle behaviors that contribute to this disparity. The overall objective of the proposed study is to identify modifiable network-level factors that promote healthy diet, physical activity and healthy weight among public housing residents. We focus on elements of the social network – the connections among people within a community – as theoretical work suggests that social networks have an important influence on health behaviors. However, no previous studies have examined lifestyle behaviors in a social network analysis or targeted these behaviors with a social network intervention. We aim to characterize the relationship between the social network and obesity / lifestyle behaviors of 500 adults living in urban public housing developments in Baltimore, MD. Our results will lead to a pilot intervention that engages the community in healthy lifestyle behavior change by targeting the social network among public housing residents.



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**Dr. Phyllis P McDonald, Associate Professor, School of Education**  
**Kristina Kyles, Principal, Paul Laurence Dunbar High School**

**Research/Planning Small Grant for JHU/SOE Baltimore City High School Vocational Education Program**

PSL provides expertise in leadership issues for a variety of agencies including police, fire, EMS, and public health. The goal of this program is to develop a vocational-oriented elective course for high school seniors and ultimately juniors in a Baltimore city high school in order to assist them to acquire a career track, make sound decisions for their lives, and progress on a path to benefit the student and the community. A curriculum in emergency management/leadership for communities provides a vehicle to: interest inner city students in pursuing a career, teach students principles of emergency management leadership emphasizing community agency collaboration and cooperation, teach operational skills, and a number of concepts and principles that would help them to make sound decisions towards a healthy and productive life. PSL and the Baltimore Public Schools need a planning/research grant in order to explore the feasibility of providing the curriculum at the junior and senior levels, to interface with relevant emergency management agencies needed to provide some instruction and to outline career paths, to explore the capacity of local community colleges to support this career track, and plan a course sequence for both junior and senior levels with local agencies and PSL.

**Joan Kub, Associate Professor, School of Nursing**  
**Nicole Johnson, Director, Elev8**

**No Room for Bullying**

Johns Hopkins School of Nursing is a long-term partner with Elev8 Baltimore, an initiative of East Baltimore Development Inc (EBDI) that collaborates with schools, families and the community to ensure that every student is prepared for success in school and in life. This proposal focuses on social emotional learning and specifically bullying behaviors in elementary school children. Children who bully others and those who are victimized are at risk of a wide range of health and safety problems. The aims of the project are to: 1) Assess faculty perceptions of bullying behaviors among elementary school children in two Elev8 schools to tailor an anti-bullying program for 5th graders; 2) Implement a broadly focused anti-bullying program for fifth graders based on Steps to Respect curriculum enriched with arts-based activities; 3) Measure the effectiveness of Steps to Respect program on anti-bullying behaviors, health outcomes, and educational outcomes among 5th grade students. Two schools in East Baltimore are the target of the project; Tench Tilghman and Rayner Browne. A quasi-experimental pretest, post test control group design will be used to evaluate the effectiveness of a curriculum, Steps to Respect with an enhanced arts based intervention.

**Kristin Mmari, Assistant Professor, School of Public Health**  
**Tong Zhang, CFO, Incentive Mentoring Program (IMP)**

**Developing an Assessment Tool for Tracking Progress among IMP Students**

The IMP mission is to foster students' academic advancement and personal growth into self-motivated, resilient, and responsible citizens. While the program has undoubtedly become an overwhelming success in helping with the academic advancement of its students, IMP still struggles to identify the impact of volunteer actions on changing students' moral character and maturity and whether or not these changes directly affect student academic outcome. The hypothesis is that the academic improvements seen in the students is dependent upon the development of these character traits but there is currently limited knowledge about the specific components and criteria in the program that are important for



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creating change among the participants. This is an important knowledge gap that needs to be addressed, particularly since the program is in a position to go to scale and be replicated in other high schools in Baltimore City. This study aims to develop and validate an assessment tool to measure and track specific areas of competency among IMP students. Findings from the validation study will be incorporated into a finalized tool and guidebook to help IMP staff, students, and Family members track specific areas of competency as students move through the program. This tool and guidebook will serve as a critical first step towards understanding the success of the IMP program model.

**Yolanda Abel, Assistant Professor, School of Education**

**A. Alexander Dorsey-Ball, Director, PRAISE College Readiness Program**

#### **A Process Program Evaluation: Supporting Boys of Color.....Moving to the next LEVEL!"**

Today's growing economy and skill set lends itself much more readily to needing a college degree and one group of students who is still challenged to graduate from high school, enroll in college and earn a degree within in six years of entrance is African American males. African American males, in urban cities like Baltimore, and who reside in single female headed households can be among the most challenged. This process evaluation is designed to evaluate a college readiness program, for African American males, in high school, and who reside in single, female-headed households, in Baltimore City. By examining its efforts to provide individual college counseling, tutoring, workshops, college tours, special events, and summer programming it will be demonstrated that students and their families demonstrate increased self-efficacy related to academic behaviors and college readiness. This data will be used to support the program's efforts to increase the number of African American youth, in Baltimore City, that they can serve and develop program materials and protocols to facilitate replication in other areas to support more African American males in urban areas exhibiting college readiness skills and dispositions.

### **GRADUATE STUDENT-COMMUNITY GRANTS**

**Tanyka Sam, Fellow, School of Medicine**

**Charles Duff, President, Jubilee Baltimore**

#### **People, Housing, Neighborhoods: Choice and Engaging Residents About Health**

Historically, strategically positioned public housing developments have suffered from siphoned off resources and highly inadequate public services affecting the health outcomes of residents. Since 2009, community leaders in Central West Baltimore have been conceiving a revitalization plan for this area and its public housing complexes. In 2011, HUD awarded a \$213,000 Choice Neighborhoods planning grant for the development of a transformation plan which includes community engagement and consideration of resident health. This application proposes to engage residents in a series of dinner and learn sessions around issues of health pertinent to the redevelopment footprint which includes Upton, Druid Heights, Reservoir Hill, and Bolton Hill with the goal of educating residents, leveraging lessons learned from the series to plan for a late spring 2013 health fair, and creating community health advocates who will continue the work of health education and promotion.



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**Kelsey J Egbert, Graduate Student MSN/MPH(c), Research Assistant, School of Nursing**  
**Sally Hess, SAFE Domestic Violence Coordinator, Greater Baltimore Medical Center**

### **Development of an interactive, safety-decision aid application (App) for smart phones to help college women and their friends prevent and respond to dating violence**

This community-academic collaborative project aims to develop an interactive safety decision aid mobile App to help college women and their friends prevent and respond to dating violence. College women in Baltimore City experience dating violence at alarming rates and suffer the multiple consequences. To date there are limited interventions aimed at helping college women determine the safety of their relationships and to make critical safety decisions. Johns Hopkins SON and SPH in collaboration with the One Love Foundation and the Greater Baltimore Medical Center through this grant will pilot a prototype of an interactive safety decision aid App. The project will consist of interviews with college staff and focus groups with college women who have previously experienced violent relationships and/or college students who have observed unsafe relationships. The focus groups and interviews will discuss the comprehensiveness and safety of the App as a tool to increase safety for women on college campuses. The findings will inform a planned NICHD proposal with the goal of disseminating this essential safety-decision aid App throughout Baltimore City and Nationwide. This intervention has the potential to be a cost-effective strategy to prevent dating violence, consequences of experiencing violence, and to save lives in an at risk population.

**Kate Abowd Johnson, PhD Student, School of Public Health**  
**Bill Tyler, Recreation Bureau Chief, Baltimore City Department of Recreation and Parks**

### **Food in my neighborhood: A photovoice pilot project**

In Baltimore City, over 18% of youth are classified as obese and many consume diets that do not meet nutritional recommendations. A food environment that does not encourage healthful choices exacerbates the health risks that youth are exposed to due to unhealthy weights and/or diets. B'more Healthy Communities for Kids (BHCK) is a multi-level childhood obesity prevention trial that will address the food environment in Baltimore under which the proposed study—Food in my neighborhood: A photovoice pilot program—will occur in partnership with Baltimore City recreation centers. The goals of this photovoice program are to better understand Baltimore City youth's perceptions of their food environment, regular diets, and food preferences. And, to empower participating youth to become active leaders in identifying community needs and assets and changing their food environment using the novel, participatory photovoice technique. Forty youth ages 10-14 in two city recreation center afterschool programs will participate. Over the course of this program, youth will photograph and describe both positive and negative aspects of their food environment. Their photographs and narratives will be shared with their communities, recreation centers, and policymakers and used to inform BHCK intervention design and materials.



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**Rebecca Yenawine, Project Leader, School of Education**  
**Zoe Reznick Gewanter, Program Director, New Lens**

### **Arts and Community Impact Project**

Though art is often seen as practice reserved for the privileged, there is growing evidence to suggest that art that takes place outside of big institutions in communities has a role in community development. A handful of neighborhood arts organizations and many individual artists have been working in Baltimore's communities for years to engage young people, beautify public spaces and uplift residents. Though this work seems to have touched many lives, it has evolved largely without evaluation or research to explain or measure it. In response to this gap in data, JHU student Rebecca Yenawine and community partners seek to assess arts impact on a community level. Impact will be assessed through tracking neighborhood data in three communities where there is a community arts presence. Data collected will include mining large existing data sets as well as conducting interviews and focus groups with residents. The final result will be three neighborhood narratives represented in written and video form that describe arts impact on communities. The results will be disseminated to stakeholders and help to inform future community investment.

**Nicky Mehtani, Primary Research Coordinator, School of Medicine**  
**Dr. Peter Beilenson, Founder, Evergreen Healthcare Co-operative, Inc.**

### **Preliminary Evaluation of "The Evergreen Project: Redefining Health Care," an Attempt to Create Systematic Change**

The Evergreen Health Cooperative Inc. (EHC) is a consumer operated and oriented health insurance plan created under the guidance of Section 1322 of the Patient Protection and Affordable Care Act. It is specifically intended to serve as an affordable insurance option for residents with incomes under 400% of the FPL who were previously uninsured. The model has been designed from the ground up to meet consumer needs by improving quality, lowering costs and increasing patient satisfaction. Among the plan's components is an integrated primary care teamlet model consisting of collaborative service efforts among physicians, nurse practitioners, social workers, and health coaches. Prior to official launch of EHC in 2014, preliminary testing of the integrated clinic model must be carried out to ensure that the numerous interactions within each teamlet are well planned and choreographed. The model is therefore being tested from July through December of 2012 at two pilot clinical sites. This study serves to evaluate the health plan by addressing the following questions: are there any logistical barriers in the EHC teamlet model's day-to-day execution that detract from quality of care? How can these be overcome so as to ensure maximum efficacy of the prototype clinics created in 2014?



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### **UNDERGRADUATE STUDENT-COMMUNITY GRANTS**

**Elizabeth Campbell, Undergraduate student, Arts Sciences**

**Julia DiBussolo, Program Director, The Club at Collington Square (Episcopal Community Services of Maryland)**

#### **Fit for the Future**

A healthy diet can improve a person's educational performance and overall health. Cooking classes and access to healthy foods will benefit the residents of Collington Square, East Baltimore. Through Fit for the Future, teens and adults will participate in classes that emphasize nutrition education, and easy, affordable recipes with foods that are readily available in the community. A neighborhood survey will determine the interest in developing local access to wholesome foods. These activities will be hosted at the Collington Square Community Teaching Kitchen, a commercial-grade kitchen at The Club at Collington Square (2110 Mura Street), an out-of-school program that focuses on youth development and family involvement.

Fit for the Future will be a building block in The Club's on-going effort to provide health and wellness classes to youth and adults. Two separate cooking classes will be offered; one to teens involved with The Club, and the other class to mothers living at Dayspring Recovery. Both of these groups share responsibility for family meals. Fit for The Future will also assess how to improve the quality of nutritious foods in Collington Square.