

A Walking Intervention

- a community-university research collaboration to improve health in Hattiesburg

Overview

This research collaboration between the city of Hattiesburg and the University of Southern Mississippi focuses on improving health in the greater Hattiesburg area by involving residents in regular walking activity. Funded by the NIH Center for Minority Health and Health Disparities, it targets African American residents experiencing health disparities, but does not exclude others from participating.

Intervention dimensions included in funded proposal

- Establishment of community committees
 - oversee intervention
 - provide guidance related to processes and challenges encountered
- Recruitment and training of volunteer leaders who recruit friends and neighbors to participate in regular walking, and support and encourage their walking
- Assessment of participants to evaluate health improvements associated with walking
- Quality monitoring to ensure that intervention components are delivered as planned and problems that occur are addressed

Community – campus steering and advisory committees

- Project advisory board/steering committee
- Recruitment and retention committee
- Intervention strategies and education committee
- Data Collection and Evaluation

Timeline

- Overall project period: July 1, 2008 - June 30, 2013
- Year 1: establishing committees, hiring personnel, recruiting volunteer leaders, preparing manuals of procedure, assessing the community walking environment
- Year 2: recruiting participants, starting walking intervention

Intervention staff

- University based project director and evaluation personnel
- Community based field coordinator and recruitment coordinator
- Part-time community research assistants

Capacity-building

- Emphasis on sustainability of project efforts
- Training of project personnel, paid and volunteer
- Opportunities for community project leaders to attend national community campus partnership conferences

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Walking intervention kick-off in Hollandale