

CENTER for HEALTH & COMMUNITY IMPACT

WAYNE STATE UNIVERSITY



OUR MISSION IS to improve community health and vitality through diverse and inclusive programs, advocacy, and research



WAYNE STATE
College of Education
Center for Health and
Community Impact

WHO WE ARE

Together, we are educators, clinicians, scientists, and community leaders devoted to advancing health, well-being, equity, and life success throughout communities locally, regionally, nationally.

PRIORITIES

- a) We develop inclusive, community-driven, and evidence-based PROGRAMS that improve physical, mental, and emotional health and performance to maximize quality of life and human potential.
- b) We conduct community-engaged and clinical RESEARCH examining complex environmental factors that influence disease prevention, emotional well-being, educational and career success, and optimal human performance.
- c) Collectively, our work emphasizes a whole-person, culturally-relevant approach to health, well-being and social equity across the lifespan.

FOCUS AREAS



ACADEMY FOR MINDFULNESS AND YOGA

Academic Classes and Undergraduate Minor

Academic classes in the history, philosophy, practice and instruction of yoga and mindfulness leading to teacher certification, as well as an undergraduate minor in "Yoga and Mindfulness."

Functional Aging and Mindfulness for Seniors

A program integrating mindfulness, meditation and functional movement with seniors to support healthy aging and improve brain health by enhancing working memory and cognition.

Kids Work It Out

A one-of-a-kind formula of yoga, mindfulness, social & emotional learning, trauma coping, and nutrition education implemented in elementary schools and community organizations to promote optimal health in mind, body, and spirit.

Self-Care for Parents

A unique combination of yoga, mindfulness, and small-group therapy for individuals dealing with the stress, anxiety and challenges of parenting.

Teacher Certification Programs

Yoga training sessions offered to acquire teacher certification, add teaching specialization credentials, or fulfill continuing education requirements.

Teens Work it Out

A combination of mindful movement, mindful relaxation, and mindful thinking focused on empowering teens to improve physical and mental health, school engagement, and academic achievement.

Warrior Life

Diverse yoga and mindfulness opportunities for residential and commuter students across Wayne State University to improve student health, stress management, and college-success.

Warriors at Wayne

Yoga, mindfulness, and physical activity opportunities for WSU student veterans and active military members designed to improve relaxation response, stress reduction, mobility, and overall quality of life.

Yoga in the Park

Weekly yoga and mindfulness sessions offered to the university and Detroit community by local teaching specialists each Wednesday at the Wayne State University Farmer's Market.



WAYNE STATE
College of Education
Center for Health and
Community Impact

HEALTHY SCHOOLS

Air Quality, Health & Learning

A program examining the links between air quality, student health metrics, and academic achievement in K-12 school buildings.

Building Healthy Communities

A comprehensive healthy school transformation program reducing childhood obesity, increasing physical activity and healthy eating, and enhancing academic achievement in elementary and middle schools across Michigan.

Chicago School Wellness Initiative

Comprehensive health and wellness policy implementation and evaluation across Chicago public schools designed as a blueprint for nationwide school wellness policy implementation and evaluation.

Dearborn SHINES

A comprehensive program using culturally relevant nutrition and physical activity programs to create a culture of health throughout Dearborn schools that supports students, families and the broader community.

Detroit Healthy Youth Initiative

A high school initiative coupling nutrition education and student-led policy, systems and environmental changes to increase healthy eating and healthy food access across Detroit.

Starting Small

Programs and evaluation to enhance healthy eating and physical activity opportunities, policies, and practices in early care and education centers and homes throughout Detroit.

SOPHE School Health Initiative

Assessment of health education teacher preparation programs throughout the United States to identify best practices, evidence-based models, and gaps signaling areas for improvement to providing effective health education in every school district.



MENTAL HEALTH AND WELL-BEING

BUILD

BUILD (Bonding Underscores infant Learning and Development) provides baby bundle resources to pregnant mothers and co-parenting fathers to prepare them for successful family bonding.

Calming Early Childhood Classrooms

Programs implementing trauma informed teaching and classroom calming centers to improve emotion regulation, behavior, and learning through movement-based sensory processing with preschool children.

Creating Connections

Enhances early parent-child bonding and child development in the critical early years following the Happiest Baby on the Block parenting and Little Steps early literacy programs.

Project SUCCESS: Improving Education for Trauma-Affected Youth

Programs examining the influences of social-emotional learning (SEL) and trauma-informed teaching on the academic achievement and social, behavioral, and mental health of youth affected by trauma.

Project Support: LGBTQ Youth and Social Support

Programs examining the impact of LGBTQ youth's social support, disclosure, identity development and self-perceptions on overall well-being and life satisfaction.

Project Support: LGBTQ Youth Video Series

A psychoeducational video series for LGBTQ youth to affirm diverse identities, develop pro-social coping skills, and promote social support.

Integrated Trauma Informed Education

A whole-child approach setting the learning context by blending trauma-informed teaching, social-emotional learning, yoga practice, mindful breathing exercises, and cognitive reframing to achieve optimal mental and physical health, social relationships, and academic achievement.

Understanding Addiction: Training Future Health Care Providers

Programs examining the effectiveness of mental healthcare provider training focused on data-driven, integrative approaches to understanding and treating substance use disorders.

Women's Empowerment and Well-Being

Evaluation of programs facilitating the mental health and sexual empowerment of women.



FITNESS AND HUMAN PERFORMANCE

10,000 Warriors

A comprehensive program of metabolic, physiological, body composition, and fitness assessment to evaluate, educate, and promote sustainable physical fitness and disease prevention throughout the entire Warrior community.

Athlete PROTECT Project

A program of physiological and psychological stress and recovery assessments in elite athletes to enhance athletic performance, reduce injury risk, and prevent illness.

Enhancing Exercise Through Virtual Reality

Programs examining the use of virtual reality (VR) to stimulate activity and enhance the effects of exercise for individuals leading habitually sedentary lives.

EPIC WIN

A partnership between WSU and the Women's Intersport Network providing training to the leaders and coaches of girls' sport camps focused on fostering optimal relationships and engagement.

Healthy Hydration

Clinical examinations of the influences of hydration and dehydration on the functioning of the cardiovascular system.

Motivating Athletes Through Coaching

Programs investigating the influence of coaches' motivation, coaching style, and perceptions of role-modeling on athlete engagement, performance, and enjoyment.

Motivation, Empowerment and Exercise

Research in the Sport & Exercise Psychology Lab examining the impact of exercise instructors' teaching approaches on individuals' motivation, empowerment and persistence to exercise.

Steroid Use and Long-Term Health

A program of longitudinal research into the physical and psychological impact and lingering side-effects of long-term anabolic-androgenic steroid use earlier in life.



HEALTHY COMMUNITIES

ArtsCorp Detroit

Art-based programs that support Detroit neighborhoods and community groups through workshops and special projects that drive personal and social growth, enrich lives, and revitalize communities.

Brilliant Detroit

Trauma-informed yoga and mindfulness programs at Brilliant Detroit locations across the city aimed at enhancing physical activity, healthy eating, community engagement, and overall well-being in families with young children.

Community Health Pipeline

A multi-component program for Detroit youth combining nutrition education, food system exposure, leadership development and employment as a pipeline to college entrance and successful careers in the health sector.



NUTRITION & FOOD SYSTEMS

Best Food Forward

A school-based program that increases food access and security for families, and improves childhood health and school success throughout Michigan.

CHOICES

A collaboration between the Detroit Health Department, United Way of Southeast Michigan, and Wayne State University to establish, support and monitor physical activity and healthy food and beverage policies and guidelines in early care and education centers and after-school programs.

Double Up Food Bucks

A statewide evaluation of Double Up Food Bucks, a healthy food incentive program that drives the purchasing of fresh fruits and vegetables among low income residents in over 200 Michigan stores and farmer's markets.

Great Grocer Project

A program assessing the healthy food environments in grocery stores across Detroit and technical support for grocers to improve food access and economic vitality through enhanced relationships with community residents and increased sales and consumption of healthy foods.

Mi Plato Mi Vida

A program assessing corner stores throughout Detroit to determine the current state of food access and identify strategies to improve healthy food access and nutrition in under-resourced communities.

WSU Farmer's Market

The WSU Farmer's Market operates each Wednesday from early June through October and offers fresh produce for sale, healthy lunch options, nutrition education, yoga-in-the-park, fitness sessions, fun outdoor games, and live music for the WSU and Detroit communities from 10am-3pm on the corner of Woodward and Warren avenues.



INCLUSIVE HEALTH AND WELLNESS

Emotion and Paralympian Performance

A program of research using state of the art Facereader technology to examine how Paralympic medalists' emotions relate to winning or losing, personal goals of time and placement, cultural factors, and gender.

HAPPY: Healthy Adapted Physical Activity Programs for Youth

HAPPY promotes positive health trajectories in preschool-age children with intellectual and developmental disabilities (e.g., Autism Spectrum Disorder) through physical literacy training, aquatics and water safety programs, and nutrition education.

Inclusive Aquatic Summer Camps

Summer camps for children with disabilities focused on building confidence around water, water safety skills, survival techniques, and stroke refinement in an effort to reduce drown drowning disparities in children with disabilities.

My Bike Camp

A comprehensive five-day summer camp where children with intellectual and developmental disabilities learn to independently ride two-wheeled bicycles to promote bike safety, physical health, independent mobility, and social interaction.

MYTime: Mindfulness and Yoga

MYTime provides parents and caregivers of children with disabilities with yoga and mindfulness sessions designed to reduce stress, increase physical and mental health, and enhance social support networks.

PLANE: Physical Literacy and Nutrition Education

PLANE improves the health, independence and social engagement of children with intellectual and developmental disabilities (e.g., Autism Spectrum Disorder) and their families through comprehensive programs in physical literacy, nutrition education, and training in advocacy, legislation, social services, and support networks.

Yoga and Mindfulness After Traumatic Brain Injury

A yoga and mindfulness program designed for individuals with traumatic brain injury and their caregivers based on the national LoveYourBrain model to improve physical and mental health, social support, and overall quality of life.





\$27 MILLION

IN FUNDING TO SUPPORT PROGRAMS AND RESEARCH

250,000 IMPACTED

CHILDREN, YOUTH, ADULTS AND SENIORS

67 COUNTIES IMPACTED

ACROSS MICHIGAN AND BEYOND

325 PUBLICATIONS

AND TECHNICAL REPORTS

400 PRESENTATIONS

REGIONAL, NATIONAL, AND INTERNATIONAL

100 KEYNOTE ADDRESSES

INVITED LECTURES, AND EXPERT TESTIMONIES

**50 RESEARCH & COMMUNITY
ENGAGEMENT AWARDS**



fb.com/wsukhs
[@waynestateKHS](https://twitter.com/waynestateKHS)
coe.wayne.edu/chci