



DELTA DENTAL OF MINNESOTA



*Making a Healthy Difference Through Service*

# Project Ideas and Resources



*Making a Healthy Difference Through Service*



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**Engagement. Voice. Success.**



## PROJECT IDEAS

The theme of Serve a Smile is ***Making a Healthy Difference Through Service***. It is our hope that through this grant program Minnesota's youth become involved in a public health issue, promoting or affecting change among a group of people through a service/service-learning project. There are many ways to think about an issue that affects health or oral health. Below are some examples of possible projects.

### ORAL HEALTH TOPICS

- Partner with an Early Childhood Family Education /Head Start or other Children's Program to explain and demonstrate to parents and or children the importance of healthy oral habits. Bring dental professional and oral health education materials, or read a story about oral health to the children. (Budget can include up to 2 hours of compensated dental professional time @ \$35 /hour).
- Sponsor an Oral Health Media event. Invite local media and dental professionals to talk about oral health habits for children/ elderly/ teens. Include special topic (i.e. Smiling and Your Oral Health, Pop and Sugar Snacks and your Oral Health).
- Host an Oral Health Fair: Invite local dental professionals set up stations describing different components of oral health: Brushing and Flossing, Healthy Snacks, Effects of Smoking on your Oral Health.
- Make "I Care" kits with combs, toothbrushes, shampoo, etc. for a homeless shelter. Include educational materials on the importance of good oral health.
- Visit an elderly high-rise or nursing home and discuss with residents the impact of healthy habits on oral health and the importance of good health.

**Example of an Acceptable project:** Sponsor an Oral Health Fair and include posters and display boards on good oral health habits for teens.

**Example of a Good project:** Hold an Oral health Fair and include educational brochures for children, adults and pregnant women. Have a dental health professional on site to respond to questions.

**Example of an Excellent project:** Sponsor an Oral Health Media event. Conduct an interview with a local dental health professional. Arrange for participants to call in or write in questions. Distribute a follow-up survey to see if the education and information had an impact.

### HEALTH RELATED TOPICS

- Write an editorial to your local newspaper on a health topic affecting your community and explore other ways to get your message out: Leaflets, neighborhood parks, grocery store bulletin boards, senior high rise buildings.
- Find out why exercise is so important for good health. Develop a brochure using existing materials and distribute to a group or population in your community.
- Host a Diabetes Education Dialogue or Lunch and Learn. Discuss the types of diabetes, why the increase in diabetes cases, complications, treatment options, signs and symptoms. Have both a pre and post-test to see if the seminar was effective.
- Go for a walk with a senior citizen in your community. Talk to them about good healthy habits. Ask them what they have done to keep them healthy over their lifetime and ask them what weren't such good habits.
- Sponsor a Community Dialogue on Healthy Living for Youth. Invite a speaker to present and conduct small groups to identify ways that each person can make a difference in their community or school.

- Offer a seminar on Cancer Prevention with discussion and presentation from a health professional.
- Deliver meals to homebound individuals or offer to pick up groceries with/for a senior citizen. Discuss or show educational materials about the importance of exercise and good nutrition.

**Example of an Acceptable project:** Host a forum for with health practitioners (Family practice, obstetrics and dental) to respond to questions in a community or school setting.

**Example of a Good project:** Host a CARDIO Cycle event. Individuals or teams can ride 4-10 miles on Global Youth Service Day (GYSD). At each mile marker have statistics that promote and encourage good cardio fitness. The project should promote community outreach, physical activity, and should be fun and educational. Post tests could be given at the end of the event to see if participant showed any progress.

**Example of an Excellent project:** Present education materials to Somali community groups (i.e.) and individual parents on cardiovascular disease and diabetes. Arrange for physicians to present on heart health including what cardiovascular disease and diabetes is, and why is it affecting the Somali population. Highlight the risk factors and what can be done to reduce the risk factors.

### **NUTRITION RELATED PROGRAMS**

- Help cook and/or serve a meal at a homeless shelter and demonstrate the importance of good nutrition with educational materials and or speakers.
- Sponsor a health fair and include topics for healthy living including exercise, good eating habits, and good oral health habits.
- Partner with Women, Infants, and Children (WIC) on an educational program directed for youth with the emphasis and the importance of eating a healthy breakfast.
- Visit an elderly high-rise or nursing home and discuss with residents the importance of good nutrition.
- Host an open house offering free healthy recipes. Encourage participants to bring in healthy recipes to share. Using collected recipes make a Healthy Eating Cook Book or post the recipes on a website sponsored by one of your partners.

**Example of an Acceptable project:** Design and display in Community Center a poster on obesity that describes the health risks.

**Example of a Good project:** Conduct an educational program for young children on healthy eating for an Early Childhood and Family Education (ECFE) classroom. Following the presentation, have the children do their own poster or drawing about what they heard.

**Example of an Excellent project:** Develop a program with an ECFE classroom that involves both display boards, art projects on healthy eating and acting out skits. Present the skits for the parents of the children. Follow with a question and answer period.

**For more specific feedback on project ideas contact Sarah Ullmer at the Minnesota Alliance With Youth, [serveasmile@mnyouth.net](mailto:serveasmile@mnyouth.net), 612-554-6019.**

## RESOURCES & LINKS

Global Youth Service Day <http://gysd.org>  
 Semester of Service:  
[www.semesterofservice.org](http://www.semesterofservice.org)

### **GOVERNMENT**

Administration on Aging: [www.aoa.gov](http://www.aoa.gov)  
 AgingStats.gov: [www.agingstats.gov](http://www.agingstats.gov)  
 Centers for Disease Control and Prevention:  
[www.cdc.gov](http://www.cdc.gov)  
 Centers for Medicare and Medicaid Services:  
[www.cms.hhs.gov](http://www.cms.hhs.gov)  
 Consumer Product Safety Commission:  
[www.eldercare.com](http://www.eldercare.com)  
 Department of Health and Human Services:  
[www.hhs.gov](http://www.hhs.gov)  
 Environmental Protection Agency: [www.epa.gov](http://www.epa.gov)  
 Aging Initiative: [www.epa.gov/aging/index.htm](http://www.epa.gov/aging/index.htm)  
 FirstGov for Seniors: [www.seniors.gov](http://www.seniors.gov)  
 Food & Drug Administration: [www.fda.gov](http://www.fda.gov)  
 Healthy People 2010: [www.healthypeople.gov](http://www.healthypeople.gov)  
 Healthfinder: [www.healthfinder.gov](http://www.healthfinder.gov)  
 HRSA Office of Rural Health Policy:  
[www.ruralhealth.hrsa.gov](http://www.ruralhealth.hrsa.gov)  
 Indian Health Service: [www.ihs.gov](http://www.ihs.gov)  
 Medicare.gov: [www.medicare.gov](http://www.medicare.gov)  
 National Highway Traffic Safety Administration:  
[www.nhtsa.dot.gov/](http://www.nhtsa.dot.gov/)  
 National Institute of Aging: [www.nia.nih.gov](http://www.nia.nih.gov)  
 National Institutes of Health: [www.nih.gov](http://www.nih.gov)  
 National Institute of Mental Health  
[www.nimh.nih.gov](http://www.nimh.nih.gov)  
 Office of Disease Prevention and Health  
 Promotion: [www.odphp.osophs.dhhs.gov](http://www.odphp.osophs.dhhs.gov)  
 Office of the Surgeon General:  
[www.surgeongeneral.gov/](http://www.surgeongeneral.gov/)  
 Office on Women's Health: [www.4woman.gov](http://www.4woman.gov)  
 Social Security Administration: [www.ssa.gov](http://www.ssa.gov)  
 The Access Board: [www.access-board.gov](http://www.access-board.gov)  
 United States Department of Agriculture:  
[www.usda.gov](http://www.usda.gov)  
 United States Department of Health and Human  
 Services: [www.dhhs.gov](http://www.dhhs.gov)  
 HHS Aging: [www.dhhs.gov/aging](http://www.dhhs.gov/aging)  
 United States Department of Labor:  
[www.dol.gov](http://www.dol.gov)  
 U.S. Senate Special Committee on Aging:  
[www.aging.senate.gov](http://www.aging.senate.gov)  
 White House Conference on Aging:  
[www.whcoa.gov](http://www.whcoa.gov)

### **DISEASE ORGANIZATIONS**

American Cancer Society: [www.cancer.org](http://www.cancer.org)  
 American Diabetes Association:  
[www.diabetes.org](http://www.diabetes.org)  
 American Heart Association:  
[www.americanheart.org](http://www.americanheart.org)  
 American Lung Association: [www.lungusa.org](http://www.lungusa.org)  
 American Sickle Cell Anemia Association:  
[www.ascaa.org](http://www.ascaa.org)  
 Alzheimer's Association: [www.alz.org](http://www.alz.org)

### **HEALTH ORGANIZATIONS**

Alliance for Health Reform: [www.allhealth.org](http://www.allhealth.org)  
 Center for Studying Health System Change:  
[www.hschange.org](http://www.hschange.org)  
 Children's Defense Fund:  
[www.childrensdefense.org](http://www.childrensdefense.org)  
 Families USA: [www.familiesusa.org](http://www.familiesusa.org)  
 Urban Health Initiative: [www.urbanhealth.org/](http://www.urbanhealth.org/)  
 National Mental Health Association:  
[www.nmha.org](http://www.nmha.org)  
 National Network for Immunization Information:  
[www.immunizationinfo.org](http://www.immunizationinfo.org)

### **ADVOCACY, PROFESSIONAL & RESEARCH AGING ORGANIZATIONS**

AARP: [www.aarp.org](http://www.aarp.org)  
 Alliance for Aging Research:  
[www.agingresearch.org](http://www.agingresearch.org)  
 American Federation of Aging Research:  
[www.afar.org](http://www.afar.org)  
 American Society on Aging: [www.asaging.org](http://www.asaging.org)  
 American Geriatrics Society:  
[www.americangeriatrics.org](http://www.americangeriatrics.org)  
 Gerontological Society of America:  
[www.geron.org](http://www.geron.org)  
 Gray Panthers: [www.graypanthers.org](http://www.graypanthers.org)  
 Alzheimer's Drug Discovery Foundation  
 (formerly, Institute for the Study of Aging):  
[www.alzdiscovery.org](http://www.alzdiscovery.org)  
 National Academy of Elder Law Attorneys:  
[www.naela.org](http://www.naela.org)  
 National Archive of Computerized Data on  
 Aging: [www.icpsr.umich.edu/NACDA/](http://www.icpsr.umich.edu/NACDA/)  
 National Association of Area Agencies on Aging:  
[www.n4a.org](http://www.n4a.org)  
 National Council on Aging: [www.ncoa.org](http://www.ncoa.org)  
 Resources Centers for Minority Aging Research:  
[www.rcmar.ucla.edu](http://www.rcmar.ucla.edu)

## **POPULATION SPECIFIC**

Lesbian and Gay Aging Issues network:  
[www.asaging.org/networks/lgain](http://www.asaging.org/networks/lgain)  
 National Asian Pacific Center on Aging:  
[www.napca.org](http://www.napca.org)  
 National Caucus and Center on Black Aged:  
[www.ncba-aged.org](http://www.ncba-aged.org)  
 National Center on Women and Aging:  
[www.brandeis.edu/heller/national/ind.html](http://www.brandeis.edu/heller/national/ind.html)  
 National Hispanic Council on Aging:  
[www.nhcoa.org](http://www.nhcoa.org)  
 National Indian Council on Aging:  
[www.nicoa.org](http://www.nicoa.org)  
 National Resource Center on Native American Aging:  
[www.med.und.nodak.edu/depts/rural/nrcnaa](http://www.med.und.nodak.edu/depts/rural/nrcnaa)  
 National Society for American Indian Elderly:  
[www.nsaie.org](http://www.nsaie.org)  
 Older Women's League: [www.owl-national.org](http://www.owl-national.org)  
 Segunda Juventud:  
[www.aarpsegundajuventud.org](http://www.aarpsegundajuventud.org)

## **FOUNDATIONS**

AARP Foundation: [www.aarp.org/foundation/](http://www.aarp.org/foundation/)  
 Geriatric Mental Health Foundation:  
[www.gmhfonline.org/gmhf/](http://www.gmhfonline.org/gmhf/)  
 The American Geriatrics Society/Foundation:  
[www.americangeriatrics.org](http://www.americangeriatrics.org)  
 The Commonwealth Fund: [www.cmwf.org/](http://www.cmwf.org/)  
 Kaiser Family Foundation: [www.kff.org](http://www.kff.org)  
 Kaiser State Health Statistics:  
[www.statehealthfacts.kff.org](http://www.statehealthfacts.kff.org)  
 W.K. Kellogg Foundation: <http://www.wkkgf.org>  
 Retirement Research Foundation: [www.rrf.org/](http://www.rrf.org/)  
 Robert Wood Johnson Foundation: [www.rwjf.org](http://www.rwjf.org)

## **CARE GIVER RESOURCES**

C.A.R.E-PRO: <http://www.asaging.org/care-pro/>  
 National Alliance for Care Giving:  
[www.caregiving.org](http://www.caregiving.org)  
 Children of Aging Parents:  
[www.caps4caregivers.org/](http://www.caps4caregivers.org/)  
 Family Caregiver Alliance: [www.caregiver.org](http://www.caregiver.org)  
 National Adult Day Services Association:  
[www.nadsa.org](http://www.nadsa.org)  
 National Resource Center on Nutrition, Physical Activity & Aging: <http://nutritionandaging.fiu.edu>

## **BUILT ENVIRONMENT AND TRANSPORTATION**

AAA Foundation for Traffic Safety Senior Driver Web Site: [www.SeniorDrivers.org](http://www.SeniorDrivers.org)  
 AARP Driver Safety Program:  
[www.aarp.org/drive](http://www.aarp.org/drive)  
 American Association of Homes and Services for the Aging: [www.aahsa.org](http://www.aahsa.org)  
 American Public Transportation Association:  
[www.apta.com/research/info/briefings/briefing\\_3.cfm](http://www.apta.com/research/info/briefings/briefing_3.cfm)  
 Center of Design for an Aging Society:  
<http://www.centerofdesign.org>  
 National Agenda for Aging and the Environment:  
[www.epa.gov/aging/agenda](http://www.epa.gov/aging/agenda)  
 Transportation Association: <http://www.ctaa.org/>

## **ASSOCIATIONS**

American Dietetic Association: [www.eatright.org](http://www.eatright.org)  
 American Academy of Pediatrics:  
<http://www.aap.org>  
 American Association of Homes and Services for the Aging (AAHSA) [www.aahsa.org](http://www.aahsa.org)  
 American Health Care Association:  
[www.ahcancal.org](http://www.ahcancal.org)  
 American Nurses Association:  
<http://www.nursingworld.org>  
 American Medical Student Association:  
<http://www.amsa.org>  
 American Psychological Association:  
<http://www.apa.org>  
 Association of American Indian Physicians:  
<http://www.aaip.com>  
 Association of Medical Colleges:  
<http://www.aamc.org>  
 Association of Clinicians for the Underserved:  
<http://www.clinicians.org>  
 Association of Schools of Public Health:  
<http://www.asph.org>  
 Association of State and Territorial Health Officials: <http://www.astho.org>  
 Council on Education for Public Health:  
<http://www.ceph.org>  
 Gay Lesbian Medical Association:  
<http://www.glma.org>  
 National Association of Social Workers:  
<http://www.socialworkers.org>  
 National Association of County and City Health Officials: <http://www.naccho.org>  
 National Association of Community Health Centers: <http://www.nachc.org>

National Association of Hispanic Nurses:

<http://www.thehispanicnurses.org>

National Association of Local Boards of Health:

<http://www.nalboh.org>

National Black Nurses Association:

<http://www.nbna.org>

National Hispanic Medical Association:

<http://www.nhmamd.org>

National Mental Health Association:

[www.nmha.org/](http://www.nmha.org/)

National Medical Association:

<http://www.nmanet.org>

National Rural Health Association:

[/www.nrharural.org](http://www.nrharural.org)

Society for Public Health Education:

[www.sophe.org](http://www.sophe.org)

Visiting Nurse Associations of America:

[www.vnaa.org](http://www.vnaa.org)