Behavior change is a central objective in public health, especially for the purposes of prevention prior to the onset of disease. The decline in the overall health of Americans in an ongoing issue. In an effort to educate the community about prominent health issues, there were discussions and activities held to increase awareness. The project was expanded by hosting “Health Chat” sessions with children in the community. The aim of this project was to educate the Nashville community about the benefits of healthy eating and regular physical activity. Understanding the intention-behavior relationship is the first step to changing behavior. To encourage sedentary patients to exercise consistently and minimize the substantial lifetime health and economic consequences of sedentary lifestyle, healthcare professionals must understand the beliefs regarding exercise that lead to sedentary lifestyle. The theory of planned behavior (TPB), a validated behavior model, has been used extensively in past studies to understand the influencing factors of adoption, motivation, and adherence to physical activity.

**Survey**
Approximately 25 male adolescents at an underserved high school in Nashville, TN. Consented participants completed a questionnaire in the exercise domain. The questionnaire evaluated the various components of their education about organ systems and their pre and post “Health Chats” session motivation to make healthier choices.

**Community Outreach: “Health Chats”**
A weekly “Health Chats” session was held weekly to teach high school students about the importance of making healthy choices, eating healthy, handling conflict, and encouraging others live a healthy lifestyle. In addition, they were educated about the following organ systems:
- Cardiovascular System
- Gastrointestinal System
- Pulmonary System
- Musculoskeletal System
- Handling conflict

The purpose of these sessions will be to educate students in the community about the importance of living a healthy lifestyle. In addition, they will become more knowledgeable about diseases that plague America (e.g., Cardiovascular Disease, Obesity, Hypertension, & Diabetes). My goal is that this will enlighten them and aid them to better understand the impact a healthy lifestyle will have on their overall health. The questions from the survey will analyze whether or not the students are well versed in the diseases that plague this country, know what a healthy lifestyle consists of, know the benefits of living a healthy lifestyle, learned the primary function of organ systems (cardiovascular, gastroenterology, pulmonary) and if they believe they will continue this behavior as they age.

**RESULTS**

Figure 2 displays the results of the Pre and Post Health Chats Survey. Prior to the initiation of the health chats, the students had limited knowledge of all of the organ systems (Cardiovascular System, Respiratory System, and Gastrointestinal System). However, they understood the importance of health, what it means to live a healthy lifestyle, and how strongly food choice impacts health outcomes. Additionally, the majority of students attributed their financial state to their poor choice of food selections and admitted to many of their family members suffering from Hypertension (HTN), Diabetes (DM), and/or Obesity. At the conclusion of the program, there was an improvement in the students understand of the aforementioned organ systems.

**CONCLUSIONS**

The impact of health professionals actively engaging in community health chats with students is unparalleled. In conclusion, the students become more aware of health conditions that impact Americans and can make a conscious effort to engage in making healthy choices.

**CITATIONS**

This poster is 36” wide by 24” high. It’s designed to be printed on a large format printer.

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