

# STEPS

## HEALTH INITIATIVE

STUDENTS TEACHING EDUCATIONAL PLANS FOR SUCCESS IN DAYTON, OH

### MISSION



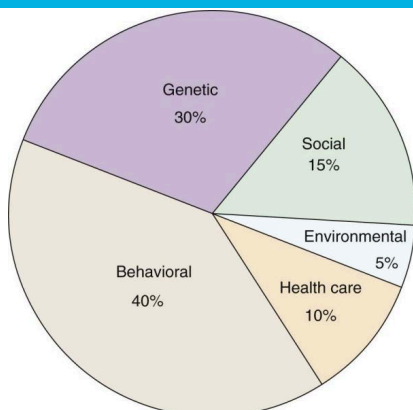
To promote healthy behaviors and assist in the management of chronic illnesses in vulnerable populations in the Dayton area.

### PURPOSE

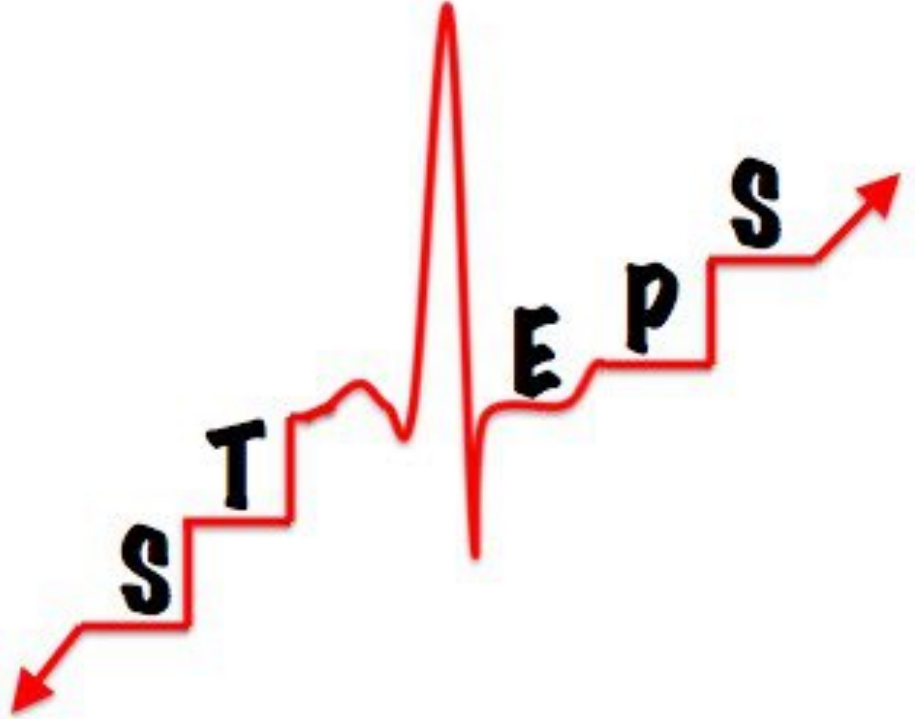


- To better understand **social determinants of health**.
- Create a student-led **interdisciplinary team**.
- Learn **patient-centered care** through motivational interviewing.
- Provide **community outreach**.
- Empower participants to make **healthy life choices**.

### COMMUNITY NEED



It has been said that 40% of your health state is dependent on health behaviors. STEPS seeks to improve the health of the Dayton community by influencing health behaviors in vulnerable populations.



## A STEP in the right direction...

STEPS was formed in 2012 as a student-led interdisciplinary team to address the health concerns of the homeless population of Dayton, OH. Since that time it has grown to include more than 6 different health disciplines, and currently hosts sessions at two homeless shelters in the Dayton area: the Saint Vincent De Paul Gateway Shelter for Men and the Gateway Shelter for Women and Families.

At each STEPS Initiative session, students from health programs at Wright State University, Cedarville University, University of Dayton, and Kettering College work side-by-side to take participants blood pressure, weight, and BMI. Participants then enter a room with two students to detail their health status, and open a dialogue about the participant's current health state. Utilizing motivational interviewing, students log three health goals for each participant, and their progress is noted on future visits.

In considering their current health state, participants are empowered to take STEPS towards a healthier lifestyle.

### MORE INFO:

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