

THE MASTER HEALTH VOLUNTEER PROGRAM: ADVANCING EVIDENCE-BASED PROGRAMS IN RURAL COMMUNITIES



SOUTH DAKOTA STATE
UNIVERSITY EXTENSION

In 2019, South Dakota ranked 15th out of
the 50 states with the most residents who
had volunteered

Hope Kleine MS, EP-C

SDSU Extension Health Education Field Specialist II

THE MASTER HEALTH VOLUNTEER PROGRAM: ADVANCING EVIDENCE-BASED PROGRAMS IN RURAL COMMUNITIES



SOUTH DAKOTA STATE
UNIVERSITY EXTENSION

Well Connected Communities Grant

Partnership between Robert Wood Johnson Foundation and the National 4-H
Council

Objective: Development of the Master Health/Wellness Volunteer Program to expand
the reach of health & nutrition programs

- Began brainstorming and development in Fall of 2019
- Launched recruitment in March 2021
- Had first volunteer complete training in July 2021

BENEFITS OF VOLUNTEERING

- ★ Increased Well Being
- ★ Build Your Resume
- ★ Learn New Skills
- ★ Decreased Depression
- ★ Sense of Purpose
- ★ Give Back to your Community





WHAT IS THE MASTER HEALTH VOLUNTEER PROGRAM?

The Master Health Volunteer program targets South Dakotans with an interest in sharing evidence-based programs which target healthy living.

SDSU Extension provides training to increase volunteer's knowledge and skills in many topics. Volunteers use what they have learned to facilitate Extension educational programming in their communities.



TRAINING AREAS

Leadership & Self-Efficacy

Action Planning

Cultural Understanding

Marketing

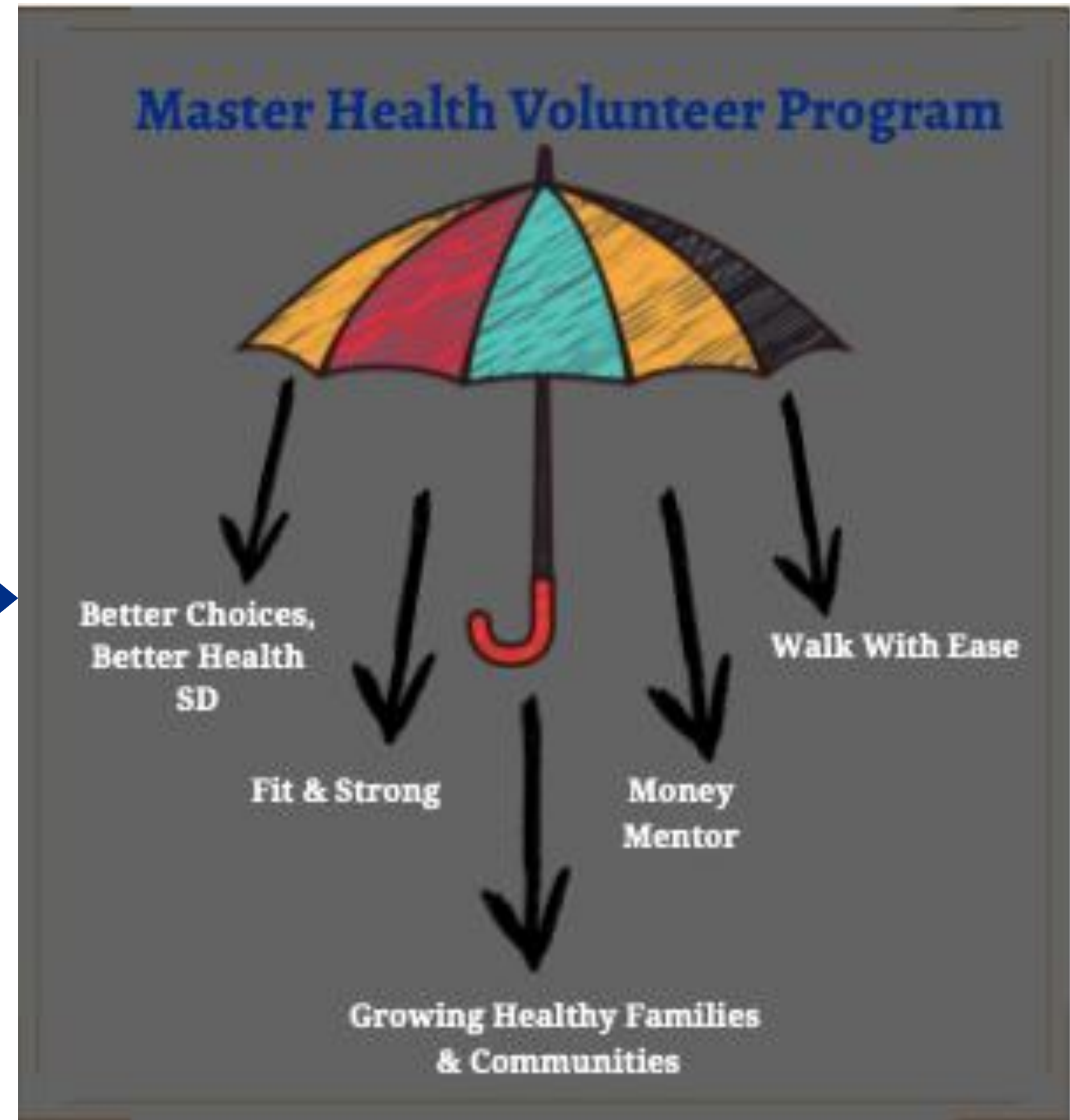
Social Media

Conflict Resolution

Mental Health

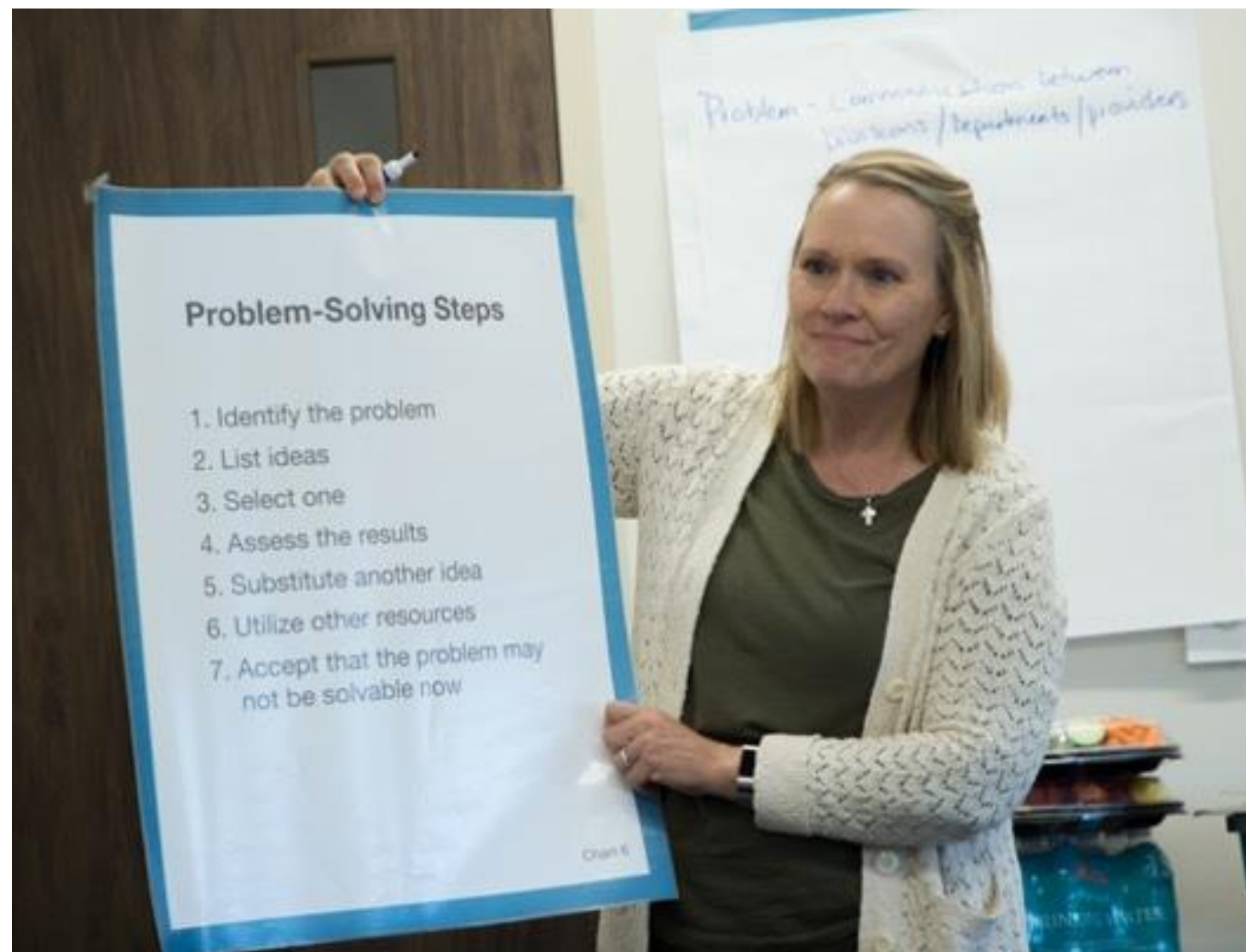
Facilitation

WHAT IS THE MASTER HEALTH VOLUNTEER PROGRAM?



BETTER CHOICES, BETTER HEALTH-SD

Chronic Disease Self-Management Education Lay Leader



Co-facilitate workshops designed to help adults living with ongoing physical and/or mental conditions and caregivers understand how healthier choices can improve quality of life, boost self-confidence, and inspire positive lifestyle changes.

Program focus areas

Chronic Disease Self-Management

Diabetes Self-Management

Chronic Pain Self-Management

Cancer

FIT AND STRONG INSTRUCTOR



Help others learn how to exercise safely, maintain an active lifestyle, and decrease joint pain and stiffness while managing arthritis.

Program focus areas:

- Stretching
- Cardiovascular exercise
- Strength training
- Health Education

Since Program Implementation in Spring 2019:

Participants who described their activity level as moderate increased from 52% to 81%

Participants who were very sure they could increase their physical strength increased from 43% to 60%

GROWING HEALTHY FAMILIES AND COMMUNITIES LEADER



The SDSU Extension Supplemental Nutrition Assistance Program-Education (SNAP-Ed) expands evidence-based strategies to increase community member knowledge to improve healthier nutrition and physical activity behaviors while increasing access to physical activity and healthier food options.

Program focus areas:

- Nutrition
- Physical Activity

MONEY MENTOR



Empower individuals and families to become more confident about making financial decisions. Money Mentors will provide education on budgeting, developing financial goals, building savings, managing credit, and handling financial emergencies.

Program focus area:

-Finance



WALK WITH EASE LEADER

Lead educational workshops designed by the Arthritis Foundation to help adults become more active.

Program focus areas:

- Stretching
- Walking
- Health Education

Since Program Implementation in Fall 2018

On average, participants increase days walked/week by one day, and increase walking time by 9 minutes

Participants who ranked their health very good increased from 34% to 47%

TRAINING & CERTIFICATION PROCESS

STEP 1

Complete 40 hours of online training

- Master Health Volunteer Intern



STEP 2

Complete 40 hours of volunteering within program guidelines

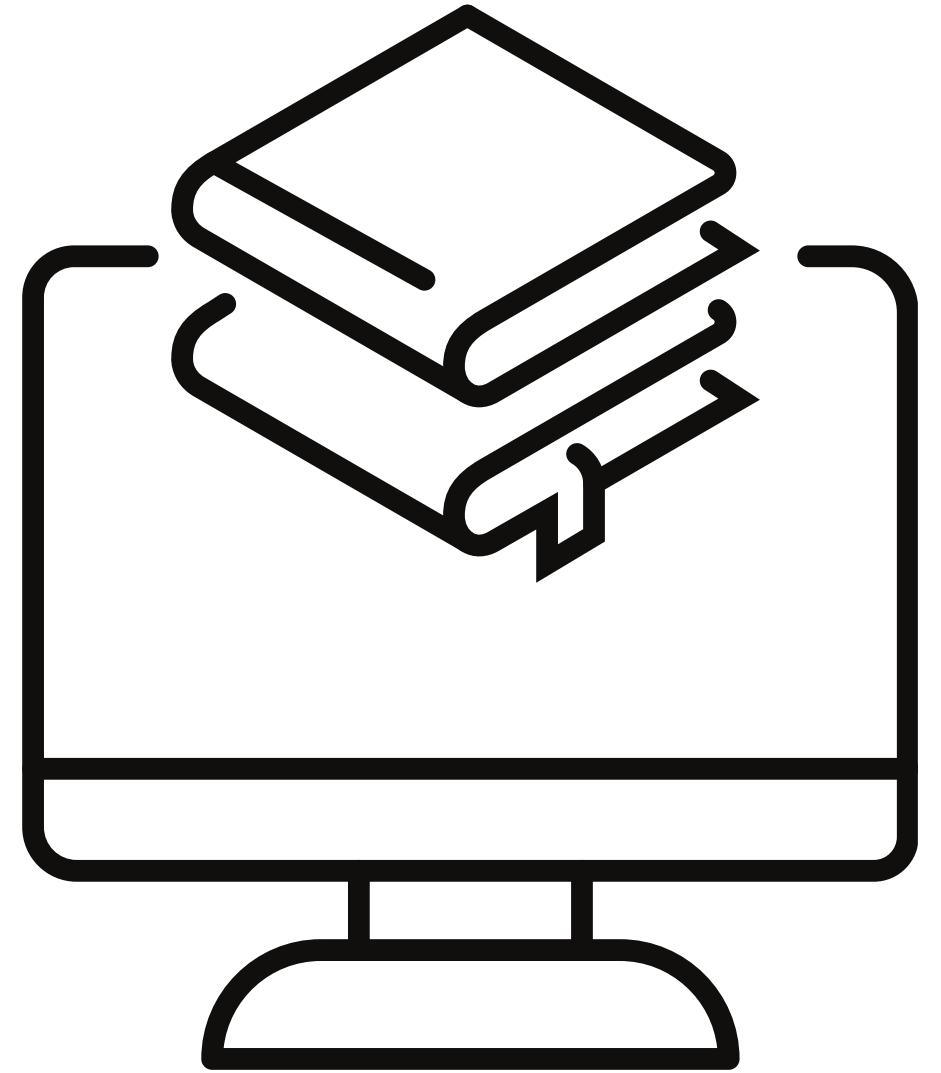
- Certified Master Health Volunteer!



STEP 3

To Maintain Certification, complete:

- 20 volunteer hours per year
- 10 hours of continuing education each year



WHAT CAN YOU DO AS A MASTER HEALTH VOLUNTEER?

- Provide workshops to your community
- Host workshops virtually
- Provide one-on-one educational sessions
- Host a booth at a health fair/community event
- Give presentations on the Master Health Volunteer Program
- Create programming materials

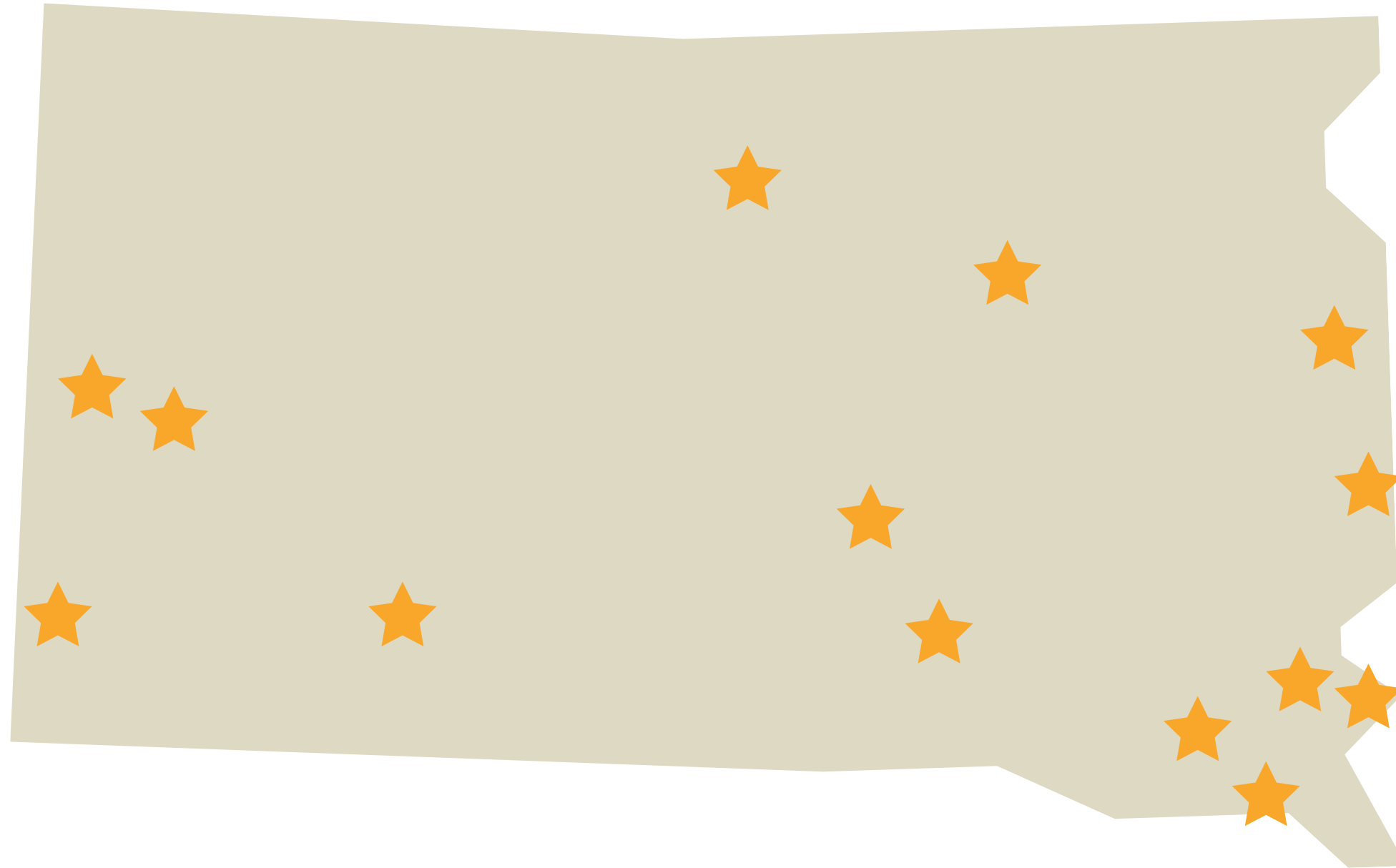
Is the Master Health Volunteer Program not for you?

IF THE MASTER HEALTH VOLUNTEER PROGRAM IS NOT FOR YOU, YOU CAN....

- Become a host site for in-person programming
- Promote workshop opportunities for your employees, patients, clients
- Refer family/friends to our programs
- Become a trained volunteer leader for any of the programs



<<LOCATIONS OF CURRENT & IN-TRAINING MHVS>>



Impact

June 2021 - Present

Trained Volunteers: 2

Volunteers in Training: 14

Volunteers in Onboarding Process: 2

MHV Reach: 272

MHV Programs implemented: 3

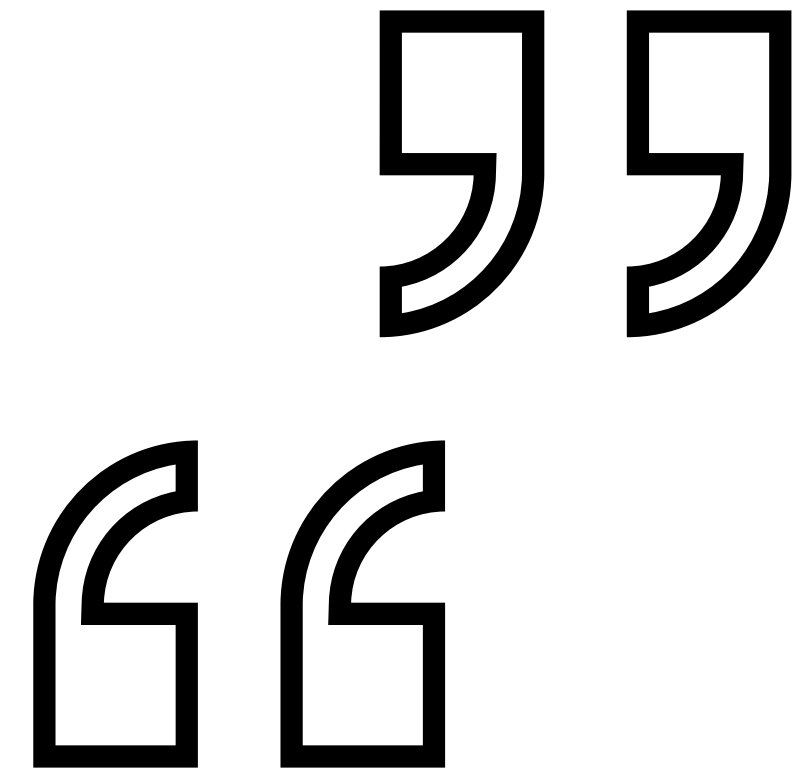


For more information, visit:
extension.sdstate.edu/master-health-volunteer-program



What Our Volunteers Say

"SDSU Extension has proved to be an invaluable resource to the Faulkton Area Medical Center. We were able to offer evidence-based exercise groups to our patrons at no cost due to our affiliation with SDSU Extension. It is very difficult to provide these classes in rural areas due to start-up costs and finding qualified leaders. By volunteering with SDSU Extension, I was provided the resources and leadership and assistance with marketing and registration to make things happen for my community." ----**Jean Mitchell, Fit & Strong Program Volunteer**



CONTACT INFORMATION



Hope Kleine

Health Education & Food Safety Field
Specialist



605.688-6409



hope.kleine@sdstate.edu



SDSU Extension
Box 2275A, Wagner 425
Brookings, SD 57007

extension.sdstate.edu



AND JUSTICE FOR ALL



In accordance with Federal law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, disability, and reprisal or retaliation for prior civil rights activity. (Not all prohibited bases apply to all programs.)

Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication for program information (e.g., Braille, large print, audiotope, and American Sign Language) should contact the responsible State or local Agency that administers the program or USDA's TARGET Center at **(202) 720-2600** (voice and TTY) or contact USDA through the Federal Relay Service at **(800) 877-8339**.

To file a program discrimination complaint, a complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form, which can be obtained online, at www.usda.gov/sites/default/files/documents/usda-program-discrimination-complaint-form.pdf, from any USDA office, by calling **(866) 632-9992**, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by:

mail:

U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410; or

fax:

(833) 256-1665 or (202) 690-7442;

email:

program.intake@usda.gov.

This institution is an equal opportunity provider.

SDSU Extension is an equal opportunity provider and employer in accordance with the nondiscrimination policies of South Dakota State University, the South Dakota Board of Regents and the United States Department of Agriculture.

Learn more at extension.sdstate.edu.