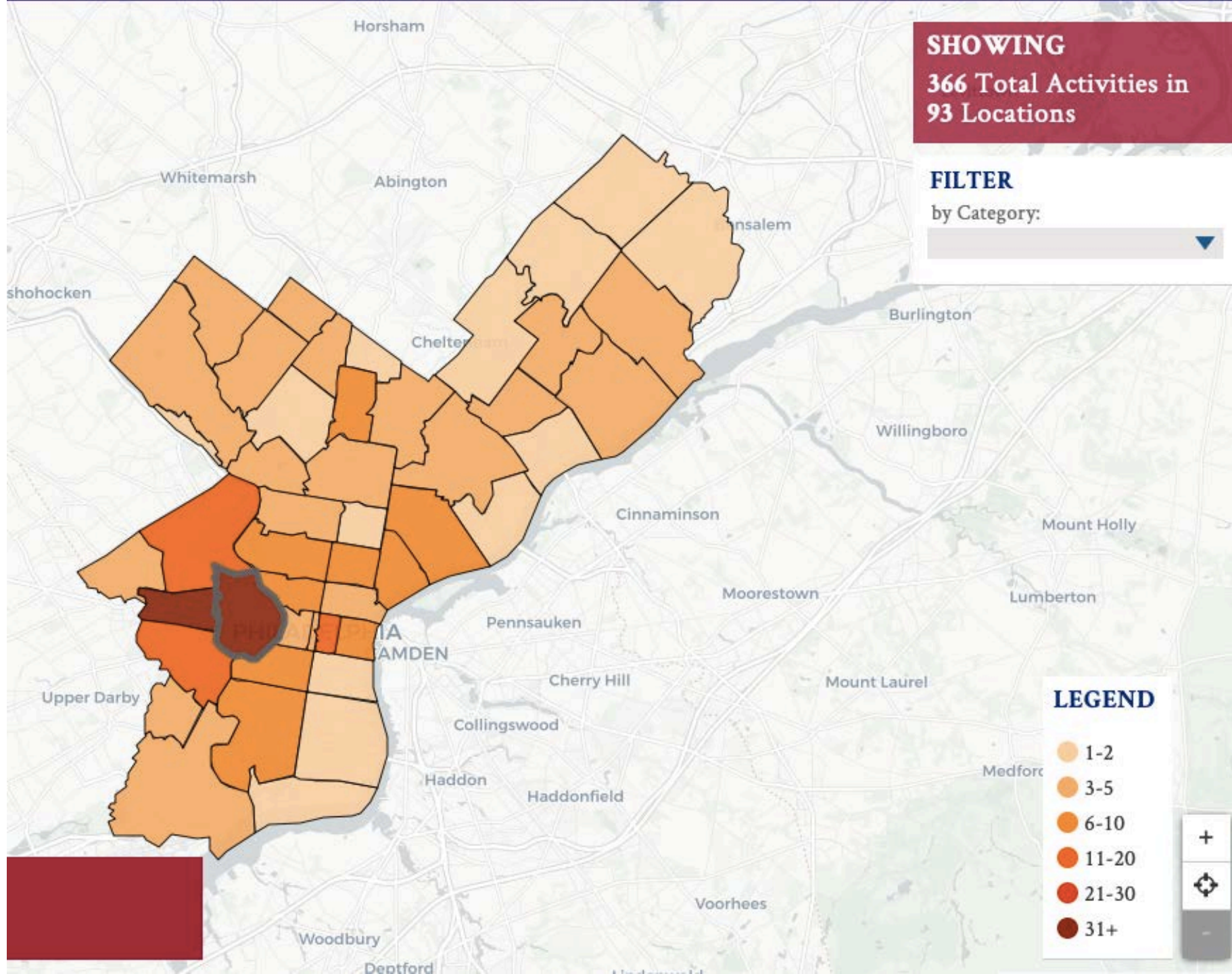


- Community engagement refers to the process of developing sustainable relationships based in trust, reciprocity and shared vision.
- Community engagement strives to build relationships that allow for collaborative response to the health needs and priorities of the surrounding community.
- The scope of engagement remains broad- encompassing reciprocal teaching/learning, research, practice and service-





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Dance for Health: An Intergenerational Program to Increase Access to Physical Activity



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ABSTRACT

Purpose: The purpose of this study was to evaluate Dance for Health, an intergenerational program to increase access to physical activity in an underserved, high risk urban community.

Design and Methods: Dance for Health was developed using community-based participatory research methods and evaluated using an observational study design. The program entailed two hour line dancing sessions delivered by trained dance instructors in the neighborhood recreation center. The weekly sessions were delivered for one month in the spring and one month in the fall from 2012–2016. Nurse practitioner students mentored local high school students to assess outcomes: achievement of target heart rate, Borg Rating of Perceived Exertion, number of pedometer steps during dance session, Physical Activity Enjoyment Scale, and adiposity. Analytic methods included descriptive statistics and mixed effects models.

No serious health problem can be solved and understood without academics, clinicians and the community working closely together to solve it

Benson, Harkavy & Puckett, 2000

Neighbor is not a geographic term. It is a moral concept. It means our collective responsibility for the preservation of man's dignity and integrity.

Dr. Joachim Prinz

August 28, 1963, Washington, DC