



PRESENTED BY: TATIANA HOWELL

Black Wellness Initiative: UC Merced



"My mission in life is
not merely to survive,
but to thrive..."

- DR. MAYA ANGELOU

Introduction

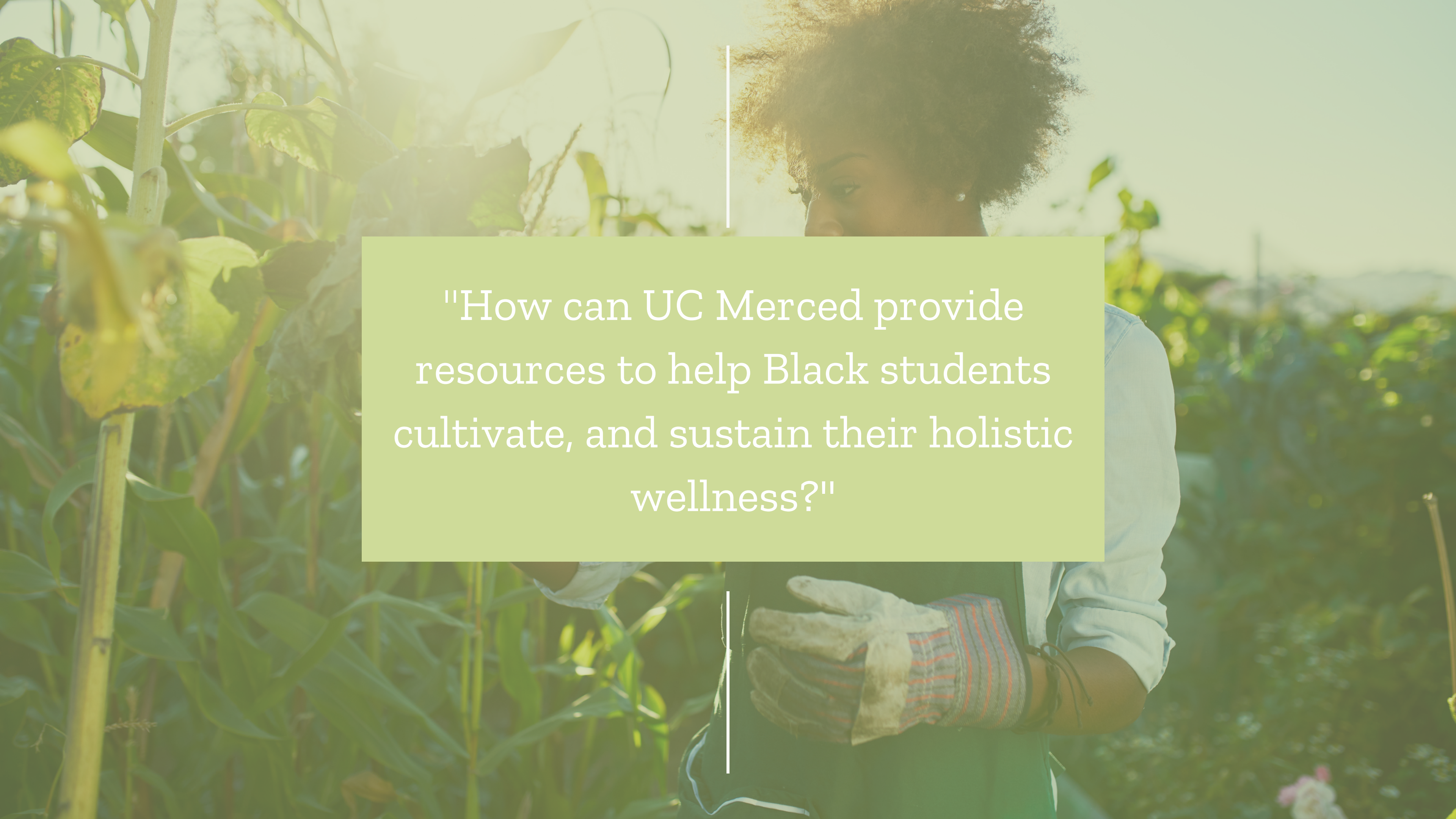
- Black Health Is Revolutionary
- Exploratory Research Project
- What Is Holistic Wellness:
 - Physical
 - Mental
 - Nutritional
 - Spiritual





Agenda

Research Question
Background Information
Methods
Findings
Recommendations
Conclusion

A woman with curly hair, wearing a light blue long-sleeved shirt and work gloves, is shown in profile, looking down at a plant in a field. The background is a lush green field with some pink flowers. The image has a soft, warm light filter.

"How can UC Merced provide resources to help Black students cultivate, and sustain their holistic wellness?"

Background

Racial Health Care Disparities:

- Environmental placement (food deserts, lack of resources, etc.)
- Health Awareness/ Education
- Lack of access to quality healthcare
- Generational behaviors

(Penner, Hagiwara, Eggly, Gaertner, Albrecht, & Dovidio, 2013)

Black Maternal Health

- High Infant mortality rates
- High mortality rates for women
- Maltreatment

(Owens PhD & Fett PhD, 2019)



Background

COVID 19:

- Black people are dying at alarming rates
- Underlying health conditions (diabetes, high blood pressure, heart disease, lack of access to sufficient health care etc.)
- Occupations with major exposure (public service)

(Singu, Acharya, Challgunda, & Byrarddy, 2020)



Methods

CONTENT ANALYSIS

- Black college student health. (Ford PhD & Goode PhD, 2010)
- Outside institutions' approach to assisting their Black students health journey.
- Examined current and historic health detriments

POLLING

- Conducted a poll for Black students to identify current states of wellness, and access to pursue better holistic wellness.

INSTITUTION EXPLORATION

- Spoke with multiple departments on campus.
- Discussed solutions with Black student leaders.
- Identified services currently in place.

FORUM

- Hosted a discussion with various Black student leaders to identify issues regarding access to wellness.

Findings

LEVEL OF SELF PERSEVERANCE:

- Many of my interviewees are very perseverant and are currently doing as much as they can to fight for change, but this often leads to not being able to cater to their own health needs.

STRESS:

- Various students whom were apart of my study students deal with not only the stresses of school, but the stresses of being black in this society.

DESIRE TO OCCUPY SPACE:

- One thing that many of my interviewees seemed to identify is their feeling that things may never change.



Recommendations


UCM Black Health Initiative

- More events that cater to the health, and wellbeing specifically for black students
- A designated space/resource that is purposeful in making black students feel heard
- Allocate appropriate funding in support of black students doing work to improve the school environment
- Hire more black staff (for example: Hire local teams of black students to update black resource websites)
- Rely heavily on the student's voice's
- Participation opportunities must be made strategically accessible.



Conclusion

- As college students, we are in a very pivotal time in our lives, a time of enlightenment, and self-discovery. It is critical that we are given tools to also elevate our wellness
- Black students need to feel heard, seen, and safe in order to actively pursue their own forms of holistic wellness.



"Caring for myself is not self-indulgence, it is self-preservation, and that is an act of political warfare."

-Audre Lorde



Acknowledgments

The image features a light green background with several green leaves scattered around the edges. A vertical white line runs down the center of the page. The text "Thank You!" is written in a large, white, serif font, centered horizontally and partially overlaid by the white line.

Thank You!