

# Community, Collaborate.....Celebrate

## FUN IN THE SUN

### BACKGROUND

Obesity and stress lead to health problems

In Fresno County, close to 7 out of 10 adults are overweight, and ~42% of students are overweight

43% of adults suffer adverse health affects from stress

Family is an important social and health determinant

The College of Health & Human Services (CHHS) Honors Students wanted to explore options for an outdoor, family event focused on relieving stress and promoting health and wellness

CHHS Honors Students formed a connection with the Art of Life Cancer Foundation, who is building a 3-acre Healing Garden at Woodward Park



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### METHODS

7-month collaboration between 8 CHHS Honors Students and the Art of Life Cancer Foundation

**Fall 2015:** Community needs assessment survey of >100 community members

**Spring 2016:** Creation of and implementation of **"Fun in the Sun"** at the Art of Life Healing Garden in Woodward Park

3 stations:

Healing Arts

Fitness/Wellness

Nutrition

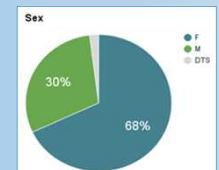
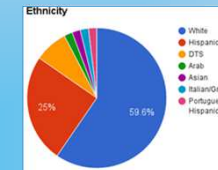


Thank You to the CHHS Honors Student program for their collaborative efforts with the Art of Life Cancer Foundation

### RESULTS

**Attendance:** 52 attendees, 11 families with 3 or > people

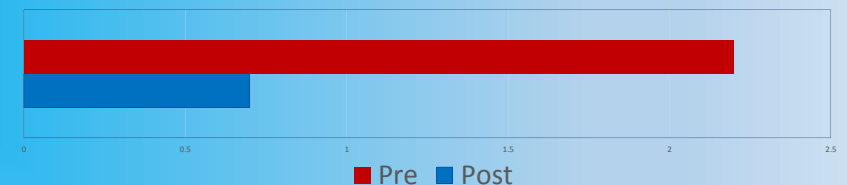
**Survey results:**



**Healing Arts Station:** 52 surveys; 37% reduction in stress level (perceived level of stress) after participation in rock coloring activity

**Nutrition & Family Fitness Stations:** 16 families completed surveys; As a result of the event, 93% of participants believed that a healthy lifestyle enhances family overall wellness

### Perceived Level of Stress



### DISCUSSION

Successful collaboration between Fresno State CHHS and the Art of Life Cancer Foundation

Art therapy is a valuable solution to stress:

*"During the 10 minutes I created my rock painting, I felt empowered and calm."*

*"For a few minutes, I was not worrying about the distracting things in my life....this was time for me, and it was wonderful."*

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