

## A community-based hip-hop intervention for underprivileged adolescents: Impact on psychosocial and physical well-being



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## Project Rationale/Objectives



- **Rationale**
  - Underprivileged youth have poorer psychosocial and physical well-being
  - Underprivileged youth participate significantly less in physical activity
  - Socio-economic inequalities in health exist and can be reduced
- **Objectives**
  - *Planning Objective:* To better understand the needs, barriers, and facilitators to youth participation in physical activity, from the perspective of youth and parents within the target underprivileged community
  - *Process Objective:* To assess the extent to which a new physical activity program is implemented as planned?
  - *Outcome Objective:* To assess the extent to which a new physical activity program results in improved psychosocial and physical well-being?



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## Project Description



- **Planning Phase:**
  - Development of a community-academic partnership
  - Application and receipt of United Way Ottawa funding
  - *Study 1:* Views of parents and adolescents on needs, barriers, facilitators, and programming
- **Intervention Phase:**
  - Implementation of a new hip-hop dance program
    - Two sessions (Winter & Spring)
    - Two groups were offered each session (girls-only & co-ed)
  - *Study 2:* Evaluation of the implementation and outcome of the new hip-hop dance intervention



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## Design and Methodology



- **Study 1: Planning Phase**
  - Participants: Youth (10 female, 7 male) & parents (13)
  - Method: Three focus groups
- **Study 2: Implementation & Outcome Evaluation**
  - Youth participants: 11-16 years of age; 91 (pre) & 48 (post)
  - Design: Non-experimental pretest-posttest
  - Sources of feedback: Youth participants, parents, staff
  - Mixed methods: Interview, focus group, questionnaire



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## Project Implications



- The newly implemented program was demonstrated as one potentially effective and relevant physical activity program for underprivileged youth
- Findings suggest a need for more physical activity programming that is safe, accessible, and age and culturally relevant
- Community input should be sought prior to implementing new programs in order to increase effectiveness and sustainability
- Policies seeking to increase participation in physical activity ought to consider social, cultural and structural factors, in addition to individual-level factors



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