



TULANE PREVENTION RESEARCH CENTER

# NOLA LEADS

## LEADERSHIP EDUCATION AND ACTION ON HEALTH DISPARITIES

### overview

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*This project was supported by the Tulane Prevention Research Center, under Cooperative Agreement #U48DP005050, and by Special Interest Project #15-006, under the Health Promotion and Disease Prevention Research Centers Program, funded by the Centers for Disease Control and Prevention.*

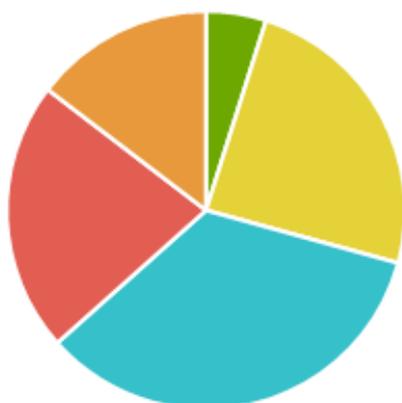
The aim of NOLA LEADS was to increase health leadership skills and strategies for making change among community members interested in improving their neighborhoods. Through education and leadership workshops, trainees learned skills related to coalition building, community assessment, speaking to decision makers, and the social determinants of health. Ultimately, this training aimed to enable community members without formal health training to address health disparities and improve their neighborhoods. The training was held over six, six-hour sessions at two local churches.

### who participated?

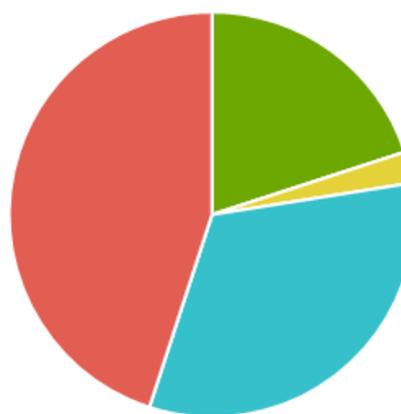
**42 participants**

- **92.7%** Female
- **92.7%** African-American
- **61.5 Years** median age
- **29-76** Age range

Education



Occupation



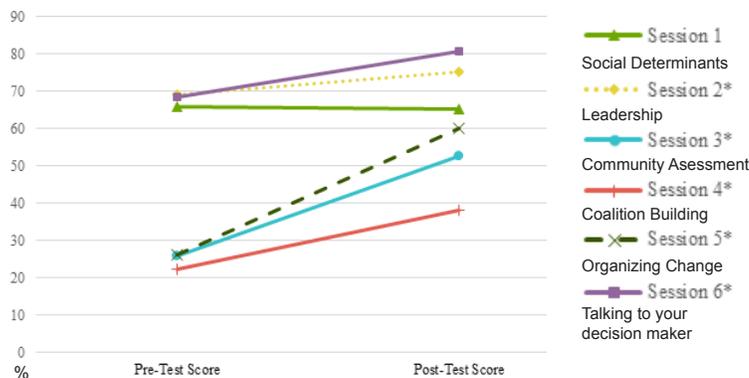
■ Less than high school ■ High school or GED ■ Some college  
 ■ Bachelor's degree ■ Graduate degree

■ Works full time ■ Works part time ■ Retired ■ Unemployed

## key takeaways

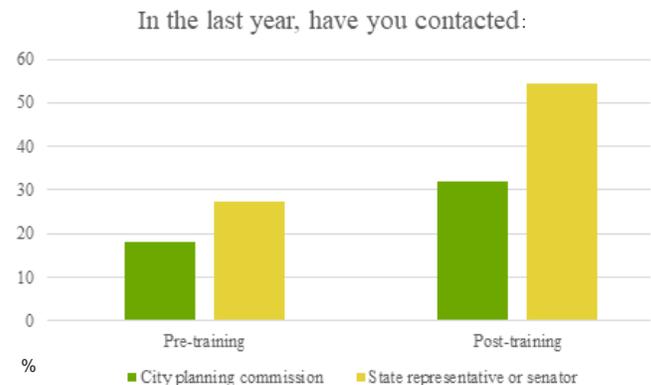
- Curriculum is promising for broader use
- Training demonstrated increases in
  - Knowledge of health leadership and communication skills**
  - Self-efficacy—belief and confidence in one’s abilities**
  - Community involvement—willingness to collaborate and organize**

### Pre-Post Session Change in Knowledge



Mean participant knowledge score from pre-test to post-test; New Orleans, Louisiana; July – December 2016. All changes significant at  $p \leq 0.05$ , except Session 1.

### Change in Community Engagement 6 Months After Training



Changes significant at  $p \leq 0.05$ .

## interview results

We interviewed NOLA LEADs trainees 6 months after the class ended. They reported they had:

- **Increased self-efficacy**
- **Increased knowledge of community resources**
- **Increased educational aspirations**
- **Increased participation in leadership activities**

*“I feel I have a voice and I feel like I can articulate myself better to get my point across.”*

*“I joined the Krewe de Iose peer leaders ... Now, I was already a member with them, but then after going through the leadership classes I decided to become a peer leader.”*

*“I found out the different places I can go when I do have a problem that’s concerning the neighborhood or the community. I never did really know exactly who to go to, but with the program here, I found out where to go.”*