

# Program Evaluation of Group-Based Health Education Class for Women in a State Prison

👤 Karmen Dippmann<sup>1</sup>, Carly Edson<sup>1</sup>, Rachael Mills<sup>1</sup>, Bri Warren<sup>1</sup> Aysia Dukes<sup>2</sup>, Sarita Kundrod<sup>1</sup>, Olivia Sullivan<sup>1</sup>, Kayla Lyftogt<sup>3</sup>, Andrea M. Maxwell<sup>4</sup>, and Rebecca Shlafer<sup>5</sup>

## THE PROJECT

- Students from the University of Minnesota School of Public Health adapted a health education curriculum from Rush Medical College for Minnesota Correctional Facility – Shakopee.
- Topics include nutrition, mental health, and vaccines, chronic diseases, and others.

## Goals of the class:

1. Provide participants with information and skills needed to make informed health decisions.
2. Increase participants’ sense of autonomy regarding their health and wellbeing.

## METHODS

### Participants:

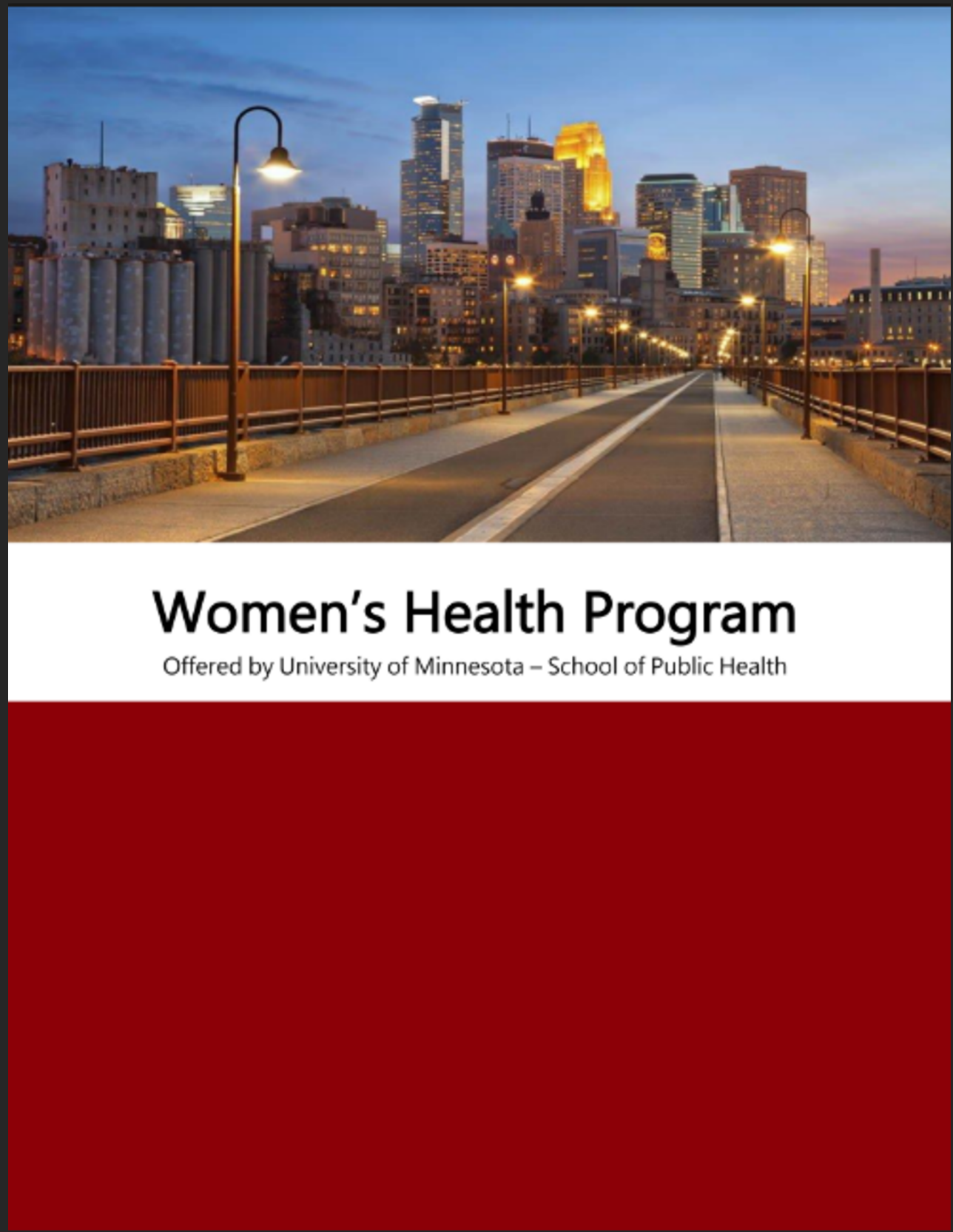
- Participants were residents at the Minnesota Correctional Facility - Shakopee, that houses individuals assigned female at birth.
- Participation in this health education class is voluntary

### Data Collection:

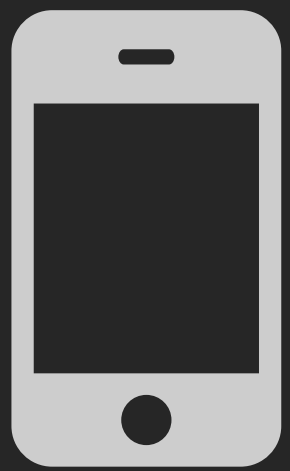
- Participant satisfaction on a five-point Likert scale (1 = *not satisfied* and 5 = *very satisfied*)
- Free response items probing satisfaction with class content.
- Administered to all participants present at the end of each class.

## RESULTS

- Four quarters of successful course implementation
- N = 286 total responses
- **Average satisfaction score = 4.57**  
(range: 4.44 - 4.81)



Overall, participants are highly satisfied with the health education course at the Shakopee Women's Prison.



Take a picture for more details

## LITERATURE REVIEW

- Women in prison have high rates of pre-existing health issues and exhibit poor health compared to non-incarcerated counterparts, many of which are exacerbated by the correctional setting.<sup>i,ii</sup>
- 80% of women in prison are mothers, the majority of whom are primary caretakers, suggesting a large impact on family and community-level health.<sup>ii</sup>
- These women often lack the appropriate resources to inform their health and wellbeing.<sup>iii</sup>
- **There is a crucial need for high-quality, targeted health programming for women in the correctional setting.**

## LIMITATIONS

- Due to the inherent unpredictability of the prison setting, variable participant attendance led to incomplete survey completion.

## FUTURE DIRECTIONS

- Evaluation of content knowledge with pre-and post- class session assessments
- Evaluation of participant's perception on their ability to make healthy choices before and after the class.



UNIVERSITY OF MINNESOTA  
Medical School  
Driven to Discover<sup>SM</sup>

## ACKNOWLEDGEMENTS

- This project was supported by the Center for Leadership in Maternal and Child Health and the Division of Epidemiology and Community Health in the School of Public Health, a community-engagement award from the Clinical and Translational Science Institute (RJS) and the MSTP from the NIH (T32 GM008244, AMM)
- **THANK YOU** to all the participants and personnel at Shakopee!

## REFERENCES

- i. Harner and Riley, 2013 *J Health Care Poor Underserved*
- ii. Kajstura, 2017 *Prison Policy Initiative*
- iii. Hadden et al., 2018 *J Urban Health*

<sup>1</sup> School of Public Health  
<sup>2</sup> College of Liberal Arts  
<sup>3</sup> College of Education and Human Development  
<sup>4</sup> Medical Scientist Training Program  
<sup>5</sup> Department of Pediatrics  
<sup>1-5</sup>University of Minnesota – Twin Cities  
\* All authors contributed equally to this project