

Seeds of HOPE

University of North Carolina Center for Health Promotion and Disease Prevention

A Prevention Research Center Tool Showing Evidence of Effectiveness

FAST FACTS:

- Initiated in 1986, PRCs work with at-risk communities to promote health and prevent diseases such as cancer, diabetes, heart disease, HIV/AIDs, and obesity.
- Funded by the CDC for 2014-2019, the PRC Program consists of 26 centers nationally, which are housed within a school of public health or a medical school that has a preventive medicine residency program.
- For every \$1 invested by the CDC in 2013, PRCs received an average of \$7.93 in additional funds.

OVERVIEW

Seeds of HOPE (Health, Opportunity, Partnerships, Empowerment) is a community-based intervention that helps low income, rural, southern women improve their health through setting goals, planning ahead, and focusing on solutions. The program addresses not only lifestyle, but also social and economic factors that lead to obesity and poor health. Using an American Indian framework, peer leaders gather women from existing social networks into Hope Circles. The groups discuss healthy eating, physical activity, weight control, and stress, as well as money management, education, and job skills. A HOPE Circle Leader Manual includes lessons for 24 two-hour sessions, held twice a month. The Seeds of HOPE Journal provides key information and space for participants to take notes.

RESEARCH RESULTS

According to one study, women completing 12 HOPE Circle sessions exercised 25 minutes more per week and saw an average weight loss of 4.5 pounds. In contrast, the comparison group exercised 32 minutes less per week and lost only .4 pounds. For 80% of the participants, Seeds of HOPE led to improved health behaviors, and 74% said it helped them reach life goals.¹

TOOL LOCATION

<http://www.research4nc.org/resource?id=1199§ion=1>



REFERENCES

1. Campbell, M. K., Benedict, S., Gizlice, Z., Kelsey, K., Barnes, K., et al. (2012). HOPE works: A community-based obesity intervention addressing social determinants as underlying factors. *Journal of Community Medicine and Health Education*, 2, 154. doi:10.4172/2161-0711.1000154