

# Shifting from In-Person to Virtual Program Delivery: Lessons Learned from the COVID-19 Pandemic

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## Introduction

The Global Health Heroes program:

- Beginning in 2016, to teach children positive health behaviors with the intention that the kids will use these new skills and share them with their family and friends.
- The program design is an interactive on-site experience that includes information and activities highlighting the importance of good nutrition, recycling, and hygiene. Program facilitators measure pre-existing knowledge with a pre-test and information comprehension with a post-test.
- On-site implementation is the responsibility of a Center for Global Health representative with assistance from ODU interns and on-site employees.

Starting in September 2020, the Center began adapting the Global Health Heroes program in response to the changes in daily routines brought on by the COVID-19 pandemic.

- In December 2020, the Center for Global Health successfully launched its first-ever virtual Global Health Heroes program, via Zoom piloted with 20 students from the Rosemont Unit Boys and Girls Club.
- The virtual program's objective is to promote healthy habits that reduce the spread of germs by reinforcing the importance of social distancing, wearing a mask, and hand hygiene.
- To enhance the virtual session's theme, an e-book, accessible on the Center's website, is available to promote individual learning and increase accessibility.



## Process

The Center used this opportunity to reinforce the Centers for Disease Control guidance on reducing COVID-19 spread. The virtual lesson consists of:

- A discussion on the meaning and importance of Global Health.
- Engagement with the children on reducing the spread of germs to gauge existing knowledge.
- Slide series with videos
- A choice of activity explaining to friends and family the importance of not spreading germs, social distancing, or wearing a mask. Such as:
  - storyboard, mind map, poster
  - poem, song, or a social media post
- Opportunities for children to present a completed project and receive feedback from the facilitators.

- Wrap-up - the opportunity to reinforce lesson themes and to answer questions.
- Issuance of a certificate of completion and receipt of healthy snacks.

### Global Health Heroes Certificate of Achievement



### Global Health Heroes Slide Series Content

What is a Global Health?

Improve	Promote	Eliminate
Improve health for all people in all nations	Promote being healthy	Eliminate avoidable diseases and not get sick

Group Work Activity/Presentation

Ideas:

1. Storyboard
2. Mind Map
3. Poster
4. Poem



### Global Health Heroes E-book Content



#### Be Healthy, Be a Hero!

Remember **YOU** can be a Global Health Hero and stop the spread of germs by:

- Washing your hands frequently
- Coughing and sneezing into your elbow
- Staying home if you feel sick
- Covering your nose and mouth when wearing a mask
- By socially distancing yourself from others
- Cleaning areas that you touch the most
- Reminding friends and family members to do the same



## Perspective

The Center for Global Health piloted the virtual program with 20 students from the Boys and Girls Club. While the program's implementation was a success, the Center learned valuable lessons to create robust, dynamic, and interactive future presentations.

- Compared to the previous face-to-face program format, spontaneous teachable moments are absent.
- The virtual program benefits from an on-site facilitator to assist in the lesson's flow and provide direction.
- Engagement and buy-in from community partners are essential to have a successful virtual program. It is the driving force for site participation and program information dissemination to their customers.
- Facilitators and developers will need to continue to develop skills to utilize advancing technology to provide a more interactive, engaging experience for the children.
  - Additional presentation software (Prezi and Visme)
  - Gamification apps
  - Book widgets
  - Polling software

## Conclusion

The Global Health Heroes program's purpose is to promote healthy behaviors and educate children on the positive outcomes associated with those behaviors, not just for themselves but also for their friends, loved ones, and the community. The transition of the Global Health Heroes program to an online platform during the COVID-19 pandemic reflects the Center's mission and vision of positively impacting health and well-being by using its members' unique strengths to address community needs. Utilizing the information and lessons learned with the pilot program's implementation, the Center is motivated to continue to develop the virtual Global Health Heroes program.