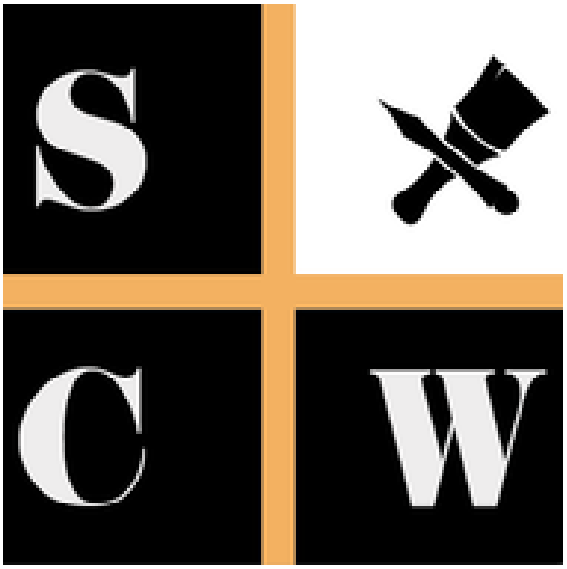


DOMINICAN UNIVERSITY of CALIFORNIA

Scholarly & Creative Works Conference

#10

Presenter: Karina Leon

Session & Time: Poster_II / 1:00 to 1:50pm

Room: Guzman Lecture Hall

Discipline: Global Public Health

Faculty Mentor: Michaela George

Digital Portfolio URL:

Title: Recreational opportunities at Play Marin enhance health and well-being for adolescents in Marin City, CA

Abstract:

Background

Given the current mental health crisis among young adults, finding evidence-based interventions and community supported solutions is imperative. Using a mixed methods approach, we aimed to understand the impact of Play Marin (a community based organization focused on after school and sports programs) on overall health and well-being using data collected from current students, alumni, family members, and coaches through a holistic evaluation of the program.

Study Design

In partnership with Play Marin, the research methodology consisted of quantitative and qualitative data collection through interviews and surveys. This mixed methods approach allowed for a

cross-sectional design with depth from open-ended responses and primary quantitative data that was comparable to national level statistics.

Methods

The interviews were conducted with current students and alumni of the Play Marin program, as well as parents and coaches involved in the community. Quantitatively, the survey data will be compared between current students and alumni of Play Marin and the national average using the YRBSS as a measurement tool.

Results

Preliminary results have revealed that recreational opportunities provided by Play Marin for adolescents and teenagers in Marin City, California resulted in an increase in mental and physical health, overall sense of belongingness within a community, and improved feelings of self-esteem and self-confidence. Current students and alumni were statistically significantly less likely to have poor mental health and higher physical activity than the national average according to the YRBSS.

Conclusions

Solutions to the mental health crisis may be ameliorated with increased recreational opportunities for adolescents and young adults through community engagement and positive interactions. Play Marin gives adolescents all the necessary tools and resources to have a healthier life and have lasting impacts in the future generation.