

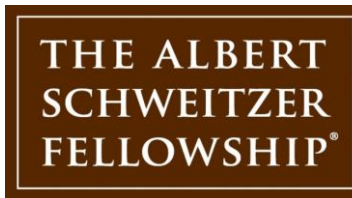


Godly Running Girls

Kate Magee

UNC School of Medicine

2014-2015 NC Albert Schweitzer Fellow



As a Schweitzer Fellow, Kate moved into a low-income apartment complex in Durham, NC home to recently relocated refugees and immigrants. She facilitated the growth of a healthy community by providing medical and spiritual support through Godly Running Girls, a 5K training program for elementary school girls.

Program Components

1. Weekly practices which included teaching, devotional, and exercise activities.
2. Community wide pediatric dental education event with the UNC School of Dentistry.
3. In-neighborhood no cost physicals provided by Samaritan Health Center.
4. Jingle Bell Jog 5K race in Raleigh, NC (Dec 2014).
5. Inside Out 5K race in Cary, NC (May 2015).
6. End-of-season celebrations for the girls and their families.

Outcomes

- All participants increased their physical activity by 45 minutes 3 or more times per week.
- 16 out of 20 girls improved their scores on the Rosenberg Self-Esteem Scale and the PACER test.
- 19 out of 20 girls attended a medical and dental appointment.

Sustainability

Next year, Kate will continue leading the Godly Running Girls team with the help of her roommates while she pursues her Masters of Public Health at UNC. She will partner with Samaritan Health Center and Summit's DWELL Program to recruit and train new coaches to live and serve in the apartment complex. The NC Schweitzer Fellowship will provide sustainability funding for race fees and program materials.

www.schweitzerfellowship.org 704-895-6506

