



# All Things Ignatian



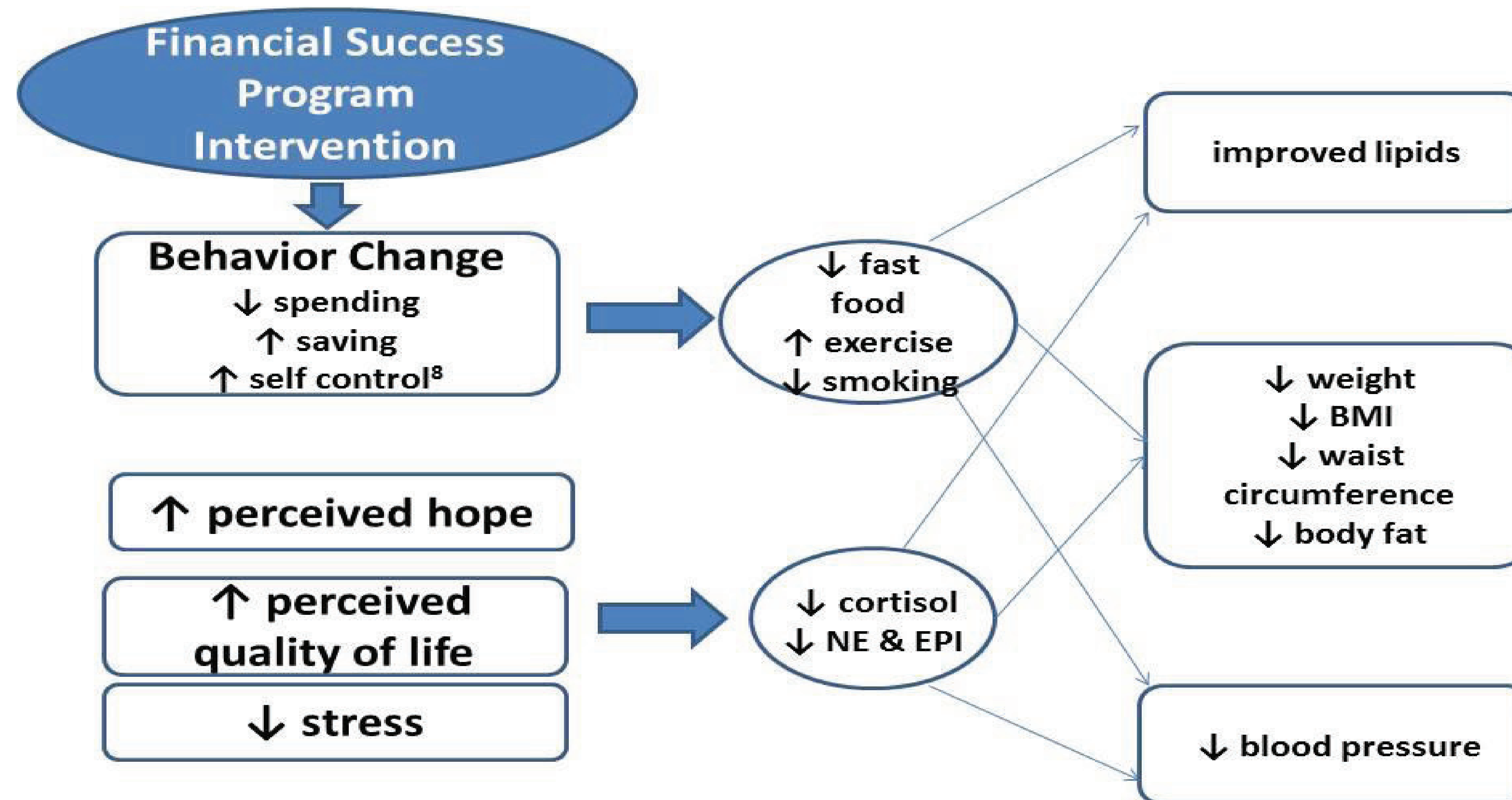
## Promoting Health and Strengthening Communities Through Financial Education

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Creighton's Mission states: "Creighton faculty members will conduct research to enhance teaching, to contribute to the betterment of society, and to discover new knowledge." Each of the pillars that compose this mission are uniquely addressed through a novel interprofessional collaboration between the College of Business, School of Pharmacy and Health Professions and School of Nursing. The collaboration seeks to resolve financial issues for low to moderate income households in Omaha, and in the process improve health and strengthen the community.

### Men and Women for Others

The Spirit of Creighton moves us to take a role in correcting the inequities of our community. One such injustice is the economic structure of America and the barriers it places on families in our community. The Financial Hope Collaborative (FHC) was created through the College of Business Administration to identify economic barriers for low-moderate income households and to collaborate with community partners to facilitate solutions to these barriers. The Financial Success Program (FSP) developed out of the FHC and is an educational resource for single-mother families in Omaha under financial stress. The program looks to change consumer behavior, provide access to the financial mainstream and to move families toward financial stability through intensive, individualized education.



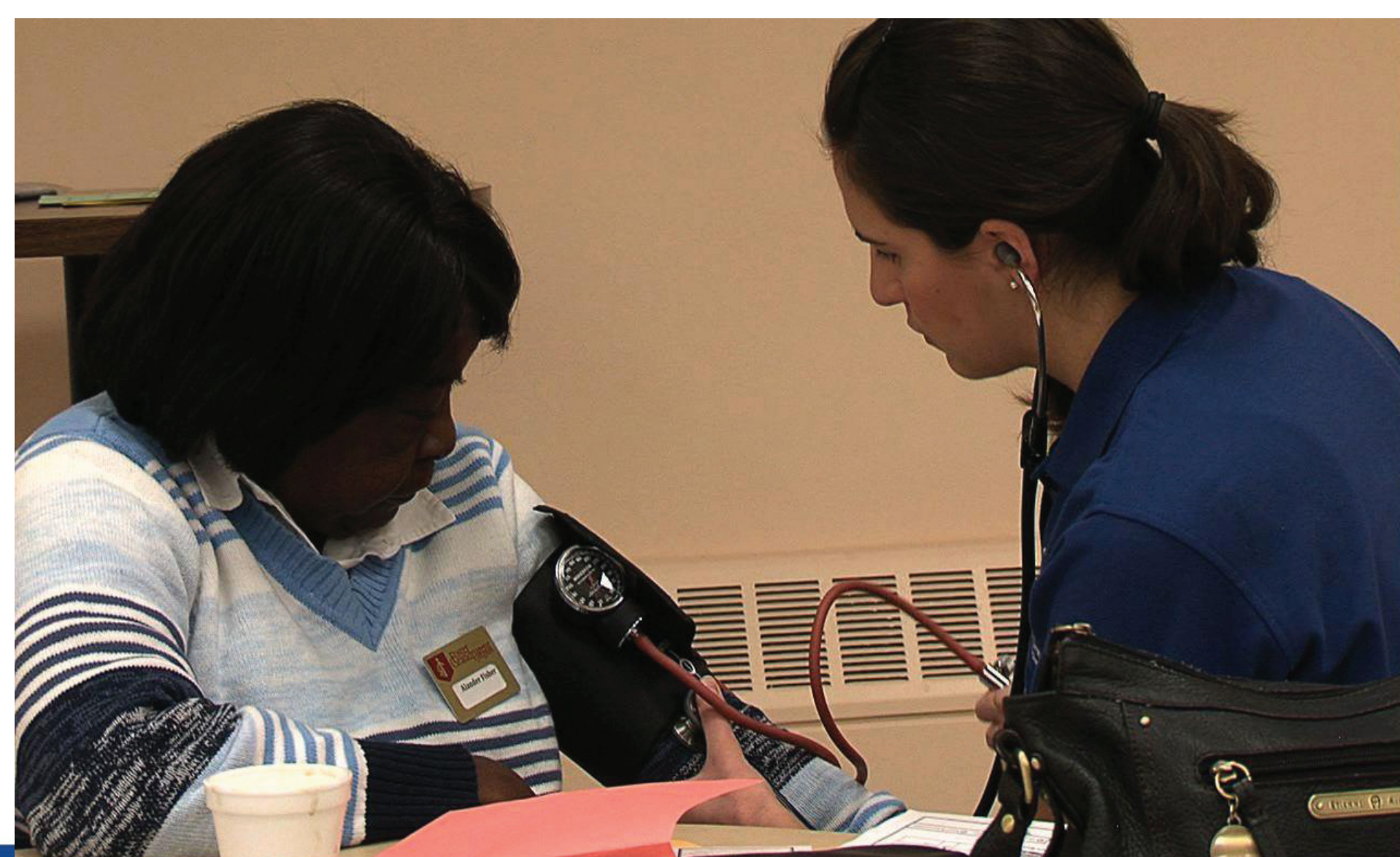
### Discovering New Knowledge

Forty-eight women and children have completed baseline and twelve-month data to date. After one year of intervention, women reported significant improvements in their quality of life as measured by the WHO-QOL BREF questionnaire. Specifically, improvements were seen in self-reported physical health, and their environment (i.e. financial resources, freedom, security, opportunity, etc). Likewise, Hope Trait Scale scores improved significantly for mothers. Weekly fast food consumption was decreased significantly in both women and children. While there was no significant changes in body weight, nine women (31%) lost weight, between 6 and 28 pounds. Fifteen women (52%) experienced a BMI reduction,

and 12 women (41%) experienced a body fat percentage reduction. Financial outcomes at one year include a significant reduction in the number of overdrawn bank accounts, shut off notices, pay day lender utilization, and late paid bills. Additionally, participants reported lower financial stress including less sleep lost over money, fighting with partner about money and allowing financial stress to affect health, relationships and their ability to work. While no significant changes in mean cardiovascular risk factors were seen, the optimal length for follow-up is unknown. Two-year assessment data is currently being collected to determine the long-term effects of the financial education.

### Education for Justice

Participation with the Financial Success Program research allows faculty and students to experience the Jesuit Mission in action. Nursing students as well as students from the School of Pharmacy and Health Professions, through the coordination of the Office of Interprofessional Scholarship, Service, and Education, volunteer to participate at the FSP health screenings. Students are called to use their conscience, intelligence and skills to give to others. Students are able to step out of the classroom and provide health assessments and education to actual people with real need. Students are exposed to faculty displaying a basic attitude of respect for all people and are expected to display respect at the same level. Through participation and research, students begin to see how their gifts can be used to work with others towards dismantling an unjust economic structure and improving the wellbeing of those they come in contact with.



Sponsored by the Creighton University Jesuit Community, in association with the Deglman Center for Ignatian Spirituality.