

# What's happening at CFR

Center for Family Research at the University of Georgia

Fall, 2022

What does it take to improve the health and well-being of Black youth? Our mission to provide answers continues.



The Health and Resilience Project, we call HARP, is fully under way at CFR.

Researchers are working to better understand the effects of stress on cardio-metabolic health among African Americans in two groups: young adults between 18 and 22 years of age and families with youth 11 to 13.

In the HARP-Foundations study, we are seeing how stress affects African American youth and their families and testing to see if participating in a family-centered prevention program can result in better health and well-being.

Stress experienced during periods of transition can have lasting impacts on overall health. So in the HARP-Transitions study, researchers are working to better understand how stress affects the health and well-being of African American young adults during the transition to adulthood. What we learn contributes to a growing knowledge base and to direct interventions like the Strong African American Families program.



Getting weighed and measured for the HARP Foundations project.

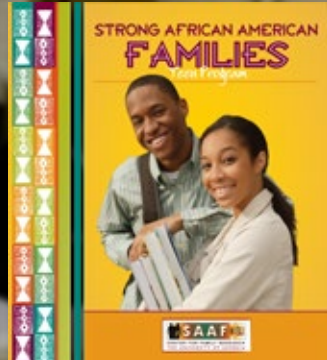
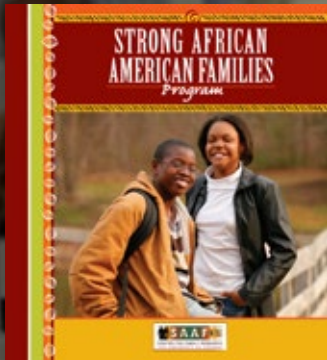


Learn about participating in HARP



CFR's Assistant Director, Dr. Tracy Anderson providing training in Pennsylvania recently for people who will lead families in our Strong African American Families (SAAF) program.

Learn more about the SAAF and SAAF-Teen programs



[cfr.uga.edu/for-communities/](http://cfr.uga.edu/for-communities/)

## Strong Families Tip > Know where your kids are and what they are doing



Kids can get into all kinds of trouble when they have too much freedom to go anywhere, at any time, with anyone. From being exposed to things that are not healthy for them such as illicit drugs or early sexual activity to getting into trouble with the law or just a neighbor, children need help deciding what is appropriate and what is not. Simply requiring that they always let you know where they are is one way to manage this.

Children typically are not big fans of this rule as they get older—perhaps more so as they get older—but it is still important. They need your wisdom of experience to keep them out of unhealthy situations. Being sure to monitor where they are, who they are with, and what they are doing is the surest way to do that.

Our **Strong African American Families Healthy Adult Project (SHAPE)**, on-going for over twenty years, continues in its effort to follow Black youth from age 11 into adulthood for investigations of risk, resilience, and development. We work to understand what promotes rural Black youths' mental and emotional well-being as well as prevents conduct problems and substance use. A more recent focus has been to identify factors that contribute to more positive weathering of the stressors experienced by participants to support greater well-being and longer, healthier living.

# Home visitors help children get off to a good start



In addition to the many research projects at CFR over the years, we also support Georgia's home visiting programs. There are four different home visiting programs in the state, but they all have the goal of improving the health and well-being of children and parents, and in the process, preventing abuse and neglect or other negative outcomes.

Home visitors work with parents in their home in some cases until the target child starts school. The long-term, supportive relationship developed between home visitors and families helps parents understand child development, answer questions about caring for infants and children, and explore ways of solving problems.

CFR provides some of the training needed by home visiting programs as well as expert help collecting and managing the data collected by the programs that are needed to evaluate their effectiveness and make reports to the federal and state agencies that fund them.



Jasmine packs supplies to take to families participating in a virtual version of the Strong African American Families program.

**Jasmine Bishop**, a research assistant at CFR, is an Athens native. Despite her busy life, she stays involved with her four younger sisters, being sure to spend time with them when she can doing an activity or just hanging out. That's a tall order considering she has a two-year-old son herself, attends Augusta University online for a master's degree in public health, and has a full-time job with us.

Jasmine supports three different projects at CFR by doing whatever needs to be done to help things run smoothly. She is usually in the office organizing materials, helping process information or whatever else needs to be done. You may have seen her at your front door delivering material for one of our HARP studies. People like Jasmine help make CFR research possible.

The **Family and Community Health Study (FACHS)** continues to research how family processes, neighborhood characteristics, and other factors affect Black families, and the health of both parents and their children, through this long-term study of 800 families. In recent years, we expanded the project to include the collection of biological measures to complement repeated interviews. While conventional medicine has highlighted the importance of diet, regular exercise, and quitting smoking as the primary explanations for healthy aging, FACHS investigators have documented the impact of social conditions on health.

The **African American Men's Project (AMP)** focuses on the health and development of young Black men from rural Georgia during the transition from adolescence to young adulthood. AMP is helping us understand the challenges involved in becoming a young adult including transitioning to the labor force and beginning a family. This can be particularly difficult in rural communities where opportunities for good jobs are few and experiences with racial discrimination takes a toll on well-being. These challenges can promote misuse of alcohol and marijuana. AMP is currently collecting data from participants which includes a health assessment that will help us to understand how this transitional time may affect health disparities Black men experience.



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**CFR in Numbers**

**52+**

the number of  
U.S. cities where  
SAAF &  
SAAF-Teen  
have been  
implemented

Learn more about CFR at [cfr.uga.edu](http://cfr.uga.edu)



**Center for Family Research**

*Owens Institute for Behavioral Research*

**UNIVERSITY OF GEORGIA**

## Research | Insights | Intervention

Research that makes a difference in the lives of African American families

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