# A Focused Approach to Address Health Behaviors and Pediatric Obesity-



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#### Model for Bridging Gaps in School Wellness Programs

- 2008 Executive Summary of the Action for Healthy Kids Report- Identified Gaps in School Wellness Programs
  - Perception of leadership & staff & students
  - Looking at foods to avoid- not teaching
  - Physical Education programs fragmented
  - Policy Implementation- monitoring-system support
  - Who is responsible? Interest?
  - Parental engagement, underserved communitis

## Steps Leading to the Development of the School Wellness Model

- Slow process- 10 years
- 3 Grants- First 2- Outsiders
- Community-Consortium
- Gaining Entry
- Community Buy In
- Focused



## Initial Programs HRSA-Grants

#### Phase I-

HSHK- 2000-2003-Pike County Phase II - HSHK-2005-2008-Troy University Pike, Bullock, Barber County Phase III - HSHKHF- 2009-2012 Union Springs Elementary Bullock County



# Phase II- Catch

Coordinated Approach to Child Health

- Classroom Curricula
- Physical Education
- Family Program
- Eat Smart Program
  - Child Nutritional Services







**HSHKHF** 

## **Findings Continued**

Variable	Pre-Assess	Post-Assess
BMI	Overweight-21.1% Obese-23.1%	Overweight-22.7% Obese-25.5%
Skin Folds	Exceeded optimal- Girls- 59.3% Boys- 58.6%	Exceeded optimal- Girls- 54.2% Boys- 48.6%
BP	Mean- 108/70 Max- 159/96	Mean- 107/71 Max- 159/96?
Cholesterol	170-199 (13.5%) >200 (6.1%)	170-199 (7.5%) >200 (8%)
Glucose	>120-2.7	>120-16.5% (just ate pancakes-syrup?)- new machine



## **Qualitative-Teachers**

- 44 teachers- 9 structured questions
- How did they incorporate CATCH principles into classroom
- Had woven nutritional content into reading and math
- Cafeteria foods had become more healthy
- Exercise- still saw that as PE, but some took long way back from lunch, library
- AL. Corporative Extension (nutrient intake) had given students work sheets- teachers incorporated this into weekly activity

Felt parents needed to be more involved & welcomed the idea of homework for parents and children related to nutrition & exercise





## So- Phase III

- HSHKHF
- Less Money available
- Use Model of Wellness Nurse- Focused
  - Bullock County, Elementary School
  - 3 years
  - Research (compare existing data- 3<sup>rd</sup> graders)



## Goals

HSHKHF ,

- Demonstrate the benefit of a school-based comprehensive health wellness model in at-risk, culturally diverse elementary school children in an underserved rural area.
- 2. Change the health behaviors of elementary children to more wellness orientation through parental, school, and community involvement.
- 3. Continue and increase collaborative participatory efforts of community partners to ensure wellness promotion in schools and in the community



# **USES Year 1**

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- School Assessment (including teachers/faculty/staff)
- Student Assessment
- Year 1 Interventions
- Establish Trust
- Establish School/Community Awareness
- Nutrition Education- Wellness Nurse/Troy University
- Health Screening
- Create Lasting Replicable Health Events with Rewards
- Nutrition Education & Exercise into Classrooms
- Cafeteria



#### Year 1 "Healthy Mind, Healthy Body Week"\_\_\_\_



#### Year 1 "Fitness is Fun Field Days" & Exercise US



# Year 1 Parent/Community Outreach

TROY LOUVERIES

SHIT & OBESIT





## **USES Year 2**

**HSHKHF** 

- Church
- Consortium to School/USES Wellness
   Committee
- Interventions:
- Exercise & Nutrition Education in Classrooms
- PE Intervention- SPARK PE, FITNESSGRAM, Wii
- Teacher Program
- Garden
- Expanded Replicable Health Events
- Physician Collaboration
- New Playground Equipment
- New Basketball Court



## Year 2 Garden



## Year 2 Fruit Tasting

Sporsored

Free

Fruit

Tasting!

Health Schools,

Heall y Kids.

Health Families

UES

Child Mutrition!







#### Year 2 Troy University Students (Fitnessgram, Aerobics, Teaching)

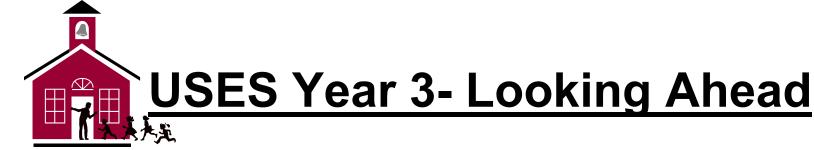


## Year 2 Playground Equipment, Basketball Court, Cooking Cart, Wii



## Year 2...Everything Else





HSHKHF

- Salad Bar
- Increase Consortium/Wellness Committee
   Strength
- Increase School Ownership
- Finish School Health Index
- Make Adjustments
- Finish Data Collection-Accelerometers



#### Preliminary Data (3<sup>rd</sup> Grade Only, Single Dependent Variable- BMI)

Variable	*HSHK 2005 Pre- Intervention N=45	*HSHK 2008 Post- Intervention N=49	**HSHKHF 2010 N=83	***HSHKHF 2010 N=396
Male	24/53.3%	20/40.8%	49/59%	199/50.3%
Female	21/46.7%	29/52.2%	34/41%	197/49.7%
African Am.	41/91.1%	45/91.8	67/80.7%	314/79.3%
Hispanic	3/6.7%	4/8.2%	14/16.9%	78/19.7%
Other	1 /.2%	0	2/2.4%	4/1.0%
BMI	18.68 (12.8-29.3)	21.76 (13.1-36.4)	19.39 (12.2-40.3)	17.96 (11.2-40.3)

•N limited to those with active consent

\*\* N includes third grade only in the 2010 intervention

\*\*\* N includes all children at USES

