Schools for Healthy Lifestyles

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Schools for Healthy Lifestyles Coordinator
The prevalence of overweight children (age 6-11) has more than doubled in the past 20 years. Among adolescents (age 12-19), the prevalence has more than tripled.

Almost 75% of young people do not eat the recommended number of servings of fruit & vegetables each day.

More than 90% of elementary schools do not provide daily physical education.

Each day, 3900 children start smoking - 1 every 30 sec.

Unintentional injuries are the number one killer of ages 14 and under.

In 2009, nearly 50 percent of children without health insurance had not seen a dentist in the past year, and more than one in five needed dental care, but did not receive it because they could not afford the cost.

Source: Centers for Disease Control and Prevention
Oklahoma’s Health Report Card

- 2011 = 48th
- In 2010 = 46th
- In 2009 = 49th
- In 2008 = 47th
- In 2007 = 49th
• Oklahoma is the 7th most obese state in the nation at 31.4%

• Oklahoma’s obesity rates have risen for the 3rd year in a row (2009-2011)

• Oklahoma had the second highest increase in diabetes rates from 1995-2010 at 6.8%

Source: Oklahoma Fit Kids Coalition
School Health in Oklahoma

- Oklahoma is only one of two states that does not require at least one health education class in middle school.

- Oklahoma does not specify physical education credits for graduation nor does it mandate a teacher-to-student ratio comparable to other curricular areas.

- Oklahoma has developed its own standards for physical education through Priority Academic Student Skills (PASS).

- Oklahoma does not require the use of a particular fitness test protocol.
Health:
SB 1627 (2004): creates the Healthy and Fit School Advisory Committees in each school comprised of parents, local health care professionals and community leaders to study and make recommendations to their school principal regarding health, physical fitness, nutrition, health education and health services. Recommendation: meet once / month.

Nutrition:
SB 265 (2007): eliminates access to sugary drinks and snacks in elementary schools, except for special occasions. In Middle Schools, SB 265 requires that only healthy choices, except diet soda, be accessible during the day, and limits access to sugary snacks and beverages to after school and evening events, and special occasions. For high school, the bill requires the availability of some healthy choices to be offered.

Physical Education:
SB 1186 (2008): increases the PE requirement from 60 minutes to 120 per week in K-5, with flexibility in the additional 60 minutes to include health and wellness education and a variety of means to increase student physical activity.
Oklahoma Health Improvement Plan:
In 2008, the Oklahoma State Senate passed Joint Resolution 41 (OHIP) endorsing the Oklahoma Board of Health’s activities which now includes a broad based strategic plan to improve the health of Oklahoma residents.
- Includes school health as part of its obesity plan.

Wellness NOW- Oklahoma City County Health Department:
Plan developed in 2008 to help ensure the health and wellness of Oklahoma City and Oklahoma County residents.
- School health is considered a priority area.
School Health Initiatives

• Oklahoma State Department of Health - CATCH Pilot

• Tulsa County Health Department - It’s All About Kids

• Oklahoma City County Health Department – Health at School

• Schools for Healthy Lifestyles
To promote and maintain healthy lifestyle choices in Oklahoma through preventive, community-based school health education programs for students, their families, and faculty.
Program Background

• Founded in 1997 by the Oklahoma County Medical Society

• Modeled after Kentucky’s Health Promotion Schools of Excellence program

• Became an independent 501 (c) (3) organization in 2001

• Began with eight elementary schools in Oklahoma City
Schools for Healthy Lifestyles
2011-12

Atoka County - Atoka
  Atoka

Canadian County - Yukon
  Independence  Shredneck
  Myers  Skyview
  Parkland

Carter County - Lone Grove
  Lone Grove

Cleveland County - Norman
  Jefferson

Cleveland County - Little Axe
  Little Axe

Garvin County - Whitehead
  Whitehead

Grady County - Bridge Creek
  Bridge Creek

Grady County - Chickasha
  Grand  Lincoln
  Southwest

Kay County - Blackwell
  Blackwell

Kingfisher County - Kingfisher
  Gilmour

Kingfisher County  - Okarche
  Okarche

Logan County - Coyle
  Coyle

McClain County - Newcastle
  Newcastle

Nowata County - OK Union
  Oklahoma Union

OK County - Choctaw
  Choctaw
  Indian Meridian/James Griffith

OK County - Deer Creek
  Rose Union

OK County - Edmond
  Washington Irving
  Will Rogers

OK County - Jones
  Jones

OK County - Midwest City
  East Side  Steed
  Epperly Heights  Tinker

OK County - Putnam City
  Apollo  Central
  DD. Kirkland  Tulakes
  Western Oaks

OK County - Oklahoma City
  Buchanan
  Columbus
  Fillmore
  Heronville
  Horace Mann
  Hupfeld Academy
  Johnson
  M.L. King
  Mark Twain
  Linwood
  Rancho Village
  Rockwood
  Shilder
  Stand Watie
  West Nichols Hills
  Westwood
  Willow Brook

Okmulgee County - Beggs
  Beggs

Payne County - Cushing
  Harmony

Pottawatomie County - Shawnee
  Jefferson  Horace Mann
  Will Rogers

Stephens County - Duncan
  Mark Twain

Tulsa County - Tulsa
  Kendall-Whittier

Tulsa County - Union
  Jefferson

Washita County - Burns Flat/Dill City
  Will Rogers
Focus Areas

- Physical Activity & Fitness
- Nutrition Education & Awareness
- Tobacco Use Prevention
- Safety & Injury Prevention
- Oral Health Education & Awareness
• Interested elementary schools submit a letter of interest & application each spring for the following year.

• SHL staff visits the top 10 schools and 5 schools are selected based on site-specific plans which target their special needs.

• Plans should be designed to strengthen school, family and community partnerships.

• Schools accepted into the program follow a structured implementation process.
Freshman - $1,000 Grant – Physical Activity and Nutrition focus areas will be implemented.

Sophomore - $750 Grant – Injury Prevention and Tobacco Use Prevention will be implemented.

Junior - $500 Grant – Oral Health Education will be implemented.
Program Implementation

- **Senior/Certified** – (Years 4-8) – Up to $500 Grant – Schools will become eligible for SHL sponsored programs.

- **SHL Alumni** – (Years 9+) – Up to $500 Grant – Schools will follow a modified requirement program but will still be able to access SHL resources and participate in all activities.
Benefits to Schools

Selected schools are awarded an annual grant up to $1,000. First year schools receive over $5,000 worth of equipment and resources over a 3 year period.

Freshman:
- Fitness testing equipment (including Fitnessgram)
- CATCH curriculum
- Mileage Club

Sophomore:
- Risk Watch Curriculum (NFPA- Injury Prevention)
- Promote Tar Wars
- Jar of Tar
- Kinect
- Food models
- Fat and Sugar Models

Junior:
- Portion control kit
- Safety videos
- Mr. Gross Mouth (Tobacco Use Prevention)
- Giant Plexiglas cigarette (Tobacco Use Prevention)

Senior:
- SPARK
Benefits to Schools

Summer Health Institute:
Selected SHL schools must select a team to attend a summer training on a variety of health topics including SHL’s five focus areas.

Technical Assistance:
Participating schools receive ongoing support, health education resources, etc. from SHL staff.

Resource Library:
SHL maintains a resource library which is available to participating schools. Includes resources for each of the five focus areas (ie: pig lungs, videos, etc.).
Programs:

**Adopt-a-Doc program:** Schools are linked with a doctor to provide health education to students/staff. Also provide basic medical services (blood pressure checks, etc.)

**Adopt-a-Dentist program:** The Oklahoma Dental Association recruits volunteer dentists to serve as an oral health resource for schools. Dentist(s) make presentations and also assist in arranging emergency dental care for low income students.

**Fitness Buddies:** Links volunteers from corporations, universities and organizations with schools to promote physical fitness activities through interactive play and games.
Benefits to Schools

Sponsored Activities:

Wee and Wacky Water Wahoo: Students learn the importance of water safety and get to swim. Approximately 2,000 students attend the combined events.

Tobacco Jingle Contest: Contest for 4th grade students.

Tar Wars and Sun Safety presentations: Medical students from the University of Oklahoma College of Medicine

Bicycle Rodeos: Partnership with local hospital to provide bike rodeos to schools

Dental Van: Provided to SHL schools through the Oklahoma Dental Foundation
School Requirements

1. Must send representative(S) to Summer Health Institute

2. Mini-Institute for school staff

3. Administer Fitnessgram to 3rd, 4th and 5th grade students (pre-and-post)

4. Administer survey to 3rd, 4th and 5th grade students (pre-and-post)

5. Must implement SHL provided curriculum

6. One activity or event per semester

7. Submit required mid-year and final report

8. Follow all grant spending guidelines
During the 2010-2011 school year, evaluation was conducted with approximately 6,800 children (~30%), primarily 4th and 5th grade students, as a sample of more than 22,000 children that benefited from SHL programs.
Number of SHL Schools 2005-2011

Year | Number of Schools
--- | ---
2005-06 | 27
2006-07 | 31
2007-08 | 40
2008-09 | 50
2009-10 | 51
2010-11 | 57
Priority Health Concerns Survey

- Knowledge
- Attitudes
- Behaviors
Physical Activity

11. How do you feel about exercise?
   a. It is not really important.
   b. It is only necessary for appearance reasons.
   c. It is important for a healthy body and mind.

12. About how many times a Week (7 days) do you normally exercise or play sports that make you breathe hard and make your heart beat fast for more than 20 minutes (such as basketball, running, swimming, tennis, soccer, etc.)?
   a. None
   b. 1-2 times a week
   c. 3-4 times a week
   d. 5 or more times a week

13. About how many hours per day do you spend watching TV, playing video games, or surfing the internet?
   a. None
   b. 1-2 hours a day
   c. 3-4 hours a day
   d. 5 or more hours a day
15. In an average day, how many servings of fruits and vegetables do you eat? (Assume that a serving is the amount of fruit or vegetables that would fill the palm of your hand. Do not count fruit juice.)
   a. 0 servings
   b. 1-2 servings
   c. 3-4 servings
   d. 5 or more servings

16. In an average day, how many servings of milk products do you eat or drink? (Examples are cheese, yogurt, milk, etc. The milk you drink in a glass, from a small carton, or with cereal counts as a serving.)
   a. 0 servings
   b. 1-2 servings
   c. 3-4 servings
   d. 5 or more servings
None | 1-2 x | 3-4 x | 5 or >
---|---|---|---
Pretesting | 10% | 20% | 30%
Posttesting | 5% | 15% | 40%

Times per week - exercise for cardio conditioning
2010-2011

Hours per day - sedentary activity

<table>
<thead>
<tr>
<th>Hours per day</th>
<th>Pretesting</th>
<th>Posttesting</th>
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</thead>
<tbody>
<tr>
<td>None</td>
<td></td>
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</tr>
<tr>
<td>1-2 x</td>
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<tr>
<td>3-4 x</td>
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<tr>
<td>5 or &gt;</td>
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</table>

Percent Value
Servings of fruits and vegetables per day

Pretesting
Posttesting

Percent Value

2010-2011
Understanding food that is a protein source

<table>
<thead>
<tr>
<th>Food</th>
<th>Pretesting</th>
<th>Posttesting</th>
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</thead>
<tbody>
<tr>
<td>Apple</td>
<td>30</td>
<td>0</td>
</tr>
<tr>
<td>Carrot</td>
<td>20</td>
<td>10</td>
</tr>
<tr>
<td>Peanut Butter</td>
<td>40</td>
<td>60</td>
</tr>
<tr>
<td>Bread</td>
<td>10</td>
<td>50</td>
</tr>
</tbody>
</table>

2010-2011

Percent Value
Cooper Fitnessgram

- Mile Run or Pacer
- Curl Ups
- Sit and Reach
- Push Ups
- Trunk lift
- BMI (body mass index)
Fitnessgram Evaluation

Mile Run

% within HFZ

0.00% 10.00% 20.00% 30.00% 40.00% 50.00%

34.47% 41.42%

Pretest
Posttest
Fitnessgram Evaluation

Pacer

% within HFZ

10.00% 20.00% 30.00% 40.00% 50.00% 60.00% 70.00%

55.12% 61.24%

Pretest
Posttest
# Fitnessgram Evaluation

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<thead>
<tr>
<th>Pacer</th>
<th>Pretest FZ or &gt;</th>
<th>Posttest FZ or &gt;</th>
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<tbody>
<tr>
<td><strong>4th Grade</strong></td>
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</tr>
<tr>
<td>Boys</td>
<td>42.5%</td>
<td>47.2%</td>
</tr>
<tr>
<td>Girls</td>
<td>60.5%</td>
<td>80.1%</td>
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<tr>
<td><strong>5th Grade</strong></td>
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<td></td>
</tr>
<tr>
<td>Boys</td>
<td>53.2%</td>
<td>61.8%</td>
</tr>
<tr>
<td>Girls</td>
<td>69.1%</td>
<td>82.5%</td>
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<td><strong>4th Grade</strong></td>
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<tr>
<td>Boys</td>
<td>35.6%</td>
<td>44.2%</td>
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<tr>
<td>Girls</td>
<td>33.1%</td>
<td>42.7%</td>
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<tr>
<td><strong>5th Grade</strong></td>
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<tr>
<td>Boys</td>
<td>37.9%</td>
<td>48.2%</td>
</tr>
<tr>
<td>Girls</td>
<td>34.4%</td>
<td>47.3%</td>
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## Fitnessgram Evaluation

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<tbody>
<tr>
<td><strong>4th Grade</strong></td>
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</tr>
<tr>
<td>Boys</td>
<td>61.9%</td>
<td>70.2%</td>
</tr>
<tr>
<td>Girls</td>
<td>49.2%</td>
<td>62.4%</td>
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<tr>
<td><strong>5th Grade</strong></td>
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<tr>
<td>Boys</td>
<td>62.8%</td>
<td>73.9%</td>
</tr>
<tr>
<td>Girls</td>
<td>52.5%</td>
<td>64.7%</td>
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<th></th>
<th>Pretest FZ or &gt;</th>
<th>Posttest FZ or &gt;</th>
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<tr>
<td><strong>Curl Up</strong></td>
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<tr>
<td><strong>4th Grade</strong></td>
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<td></td>
</tr>
<tr>
<td>Boys</td>
<td>65.2%</td>
<td>75.2%</td>
</tr>
<tr>
<td>Girls</td>
<td>66.9%</td>
<td>79.5%</td>
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<tr>
<td><strong>5th Grade</strong></td>
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<tr>
<td>Boys</td>
<td>70.4%</td>
<td>77.9%</td>
</tr>
<tr>
<td>Girls</td>
<td>67.3%</td>
<td>76.3%</td>
</tr>
</tbody>
</table>
Body Mass Index (BMI)
SHL – 10 year old boys above CDC 85th %ile

% > 20 BMI

School A  School B  School C  School D  School E  School F  School G

Pretesting  Posttesting
SHL – 10 year old boys above CDC 95th %ile

% > 22.5 BMI

School A | School B | School C | School D | School E | School F | School G
---|---|---|---|---|---|---
Pretesting | Posttesting

SCHOOLS FOR HEALTHY LIFESTYLES
Academic Performance Index
API - SHL and Comparison

OKC (average 12)
Tulsa
Shawnee
Edmond
Blackwell
Kingfisher
Mid-Del
Putnam City
Chickasha
Yukon
Putnam City – API Scores 2003 & 2008

2003 Comp

2008 Comp

2003 SHL

2008 SHL

3% ↑

17% ↑
Kingfisher – API Scores 2003 & 2008

- 2003 Comp
- 2008 Comp
- 2003 SHL
- 2008 SHL

5% ↑
27% ↑
"We held our first Health Fair this fall at our Open House. It was a lot of work, and you often wonder if it just goes unnoticed or if you actually made a difference in someone's life. Well, about a week ago, I had a mother of one of our students come up to me and told me that she had quit smoking after attending our health fair. We used the SHL pig lung display, and the mother said that she had been a smoker for 15 years, but when she saw the effects of smoking on the pig lung, she went home and decided to quit and hasn't smoked since. If that health fair even only affected that one mother, all the time and energy we put into it was well worth it!!" - Denise Douglas, Physical Education Teacher and SHL Coordinator

"The climate of my school is one of health. We have created a culture where educational decisions automatically run through a "health or not" filter. Student’s call us on it, parents bring ideas to us based on this is good and healthy. It is not always just about grades, and SCHOOL. It is about..." is it good for our kids?” What started as schools for Healthy Lifestyles now includes Peaceful Playgrounds, Strong and Healthy Oklahoma, and Farm To You. It is a Lifestyle that truly has been embraced.” - Cecil Bowles, Principal, Yukon Oklahoma
Summary

Keys to success:

• Voluntary (commitment & compliance)

• Public/Private Partnership

• Community Involvement and Partnership
Strategic Growth Initiative

• Make available for all schools in Oklahoma
QUESTIONS
Schools for Healthy Lifestyles

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