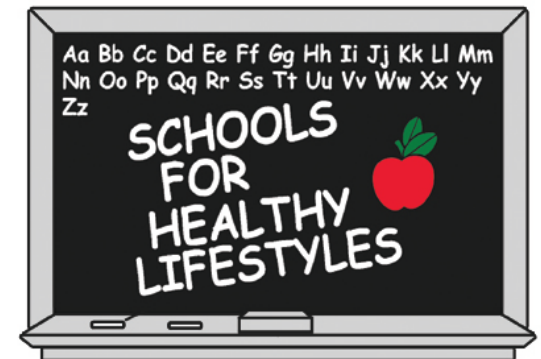


Schools for Healthy Lifestyles

Dana Chambers

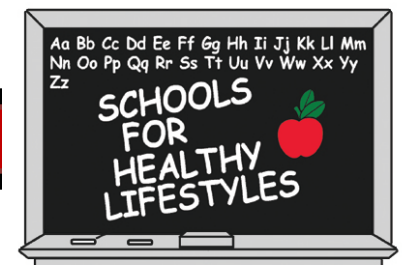
Newcastle Elementary School

**Physical Education Teacher
Schools for Healthy Lifestyles Coordinator**



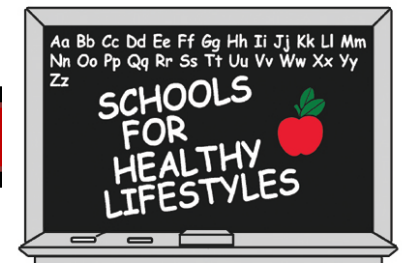
Health Statistics

- 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.



Oklahoma's Health Report Card

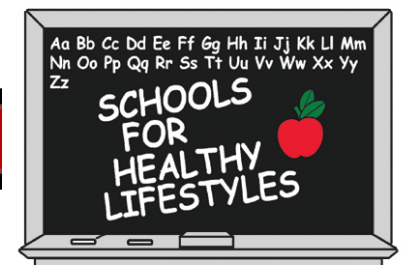
- 2011 = 48th
- In 2010 = 46th
- In 2009 = 49th
- In 2008 = 47th
- In 2007 = 49th



Oklahoma's Health Report Card

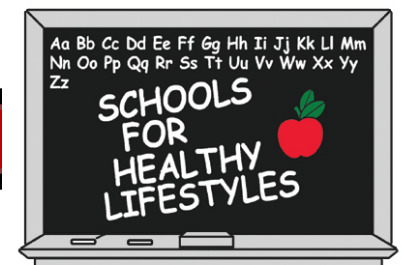
- Oklahoma is the 7th most obese state in the nation at 31.4%
- Oklahoma's obesity rates have risen for the 3rd year in a row (2009-2011)
- Oklahoma had the second highest increase in diabetes rates from 1995-2010 at 6.8%

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.



School Health in Oklahoma

Health:

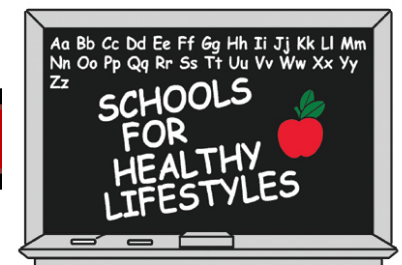
SB 1627 (2004): creates the *Healthy and Fit School Advisory Committees* in each school comprised of parents, local health care professionals and community leaders to study and make recommendations to their school principal regarding health, physical fitness, nutrition, health education and health services. 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.



State/ County Health Initiatives

Oklahoma Health Improvement Plan:

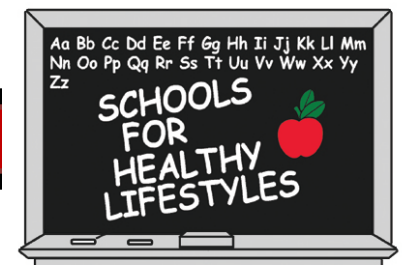
In 2008, the Oklahoma State Senate passed Joint Resolution 41 (OHIP) endorsing the Oklahoma Board of Health's activities which now includes a broad based strategic plan to improve the health of Oklahoma residents.

- Includes school health as part of its obesity plan.

Wellness NOW- Oklahoma City County Health Department:

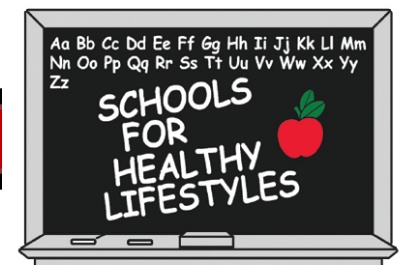
Plan developed in 2008 to help ensure the health and wellness of Oklahoma City and Oklahoma County residents.

- School health is considered a priority area.



School Health Initiatives

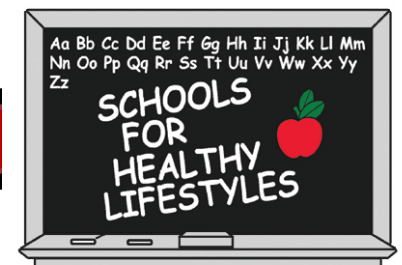
- Oklahoma State Department of Health- CATCH Pilot
- Tulsa County Health Department- It's All About Kids
- Oklahoma City County Health Department – Health at School
- Schools for Healthy Lifestyles



SHL Mission Statement

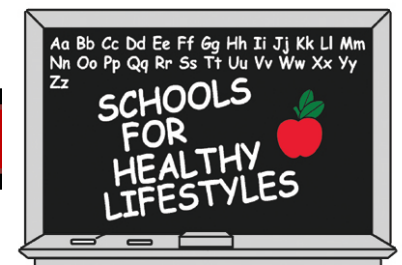


To promote and maintain healthy lifestyle choices in Oklahoma through preventive, community-based school health education programs for students, their families, and faculty.



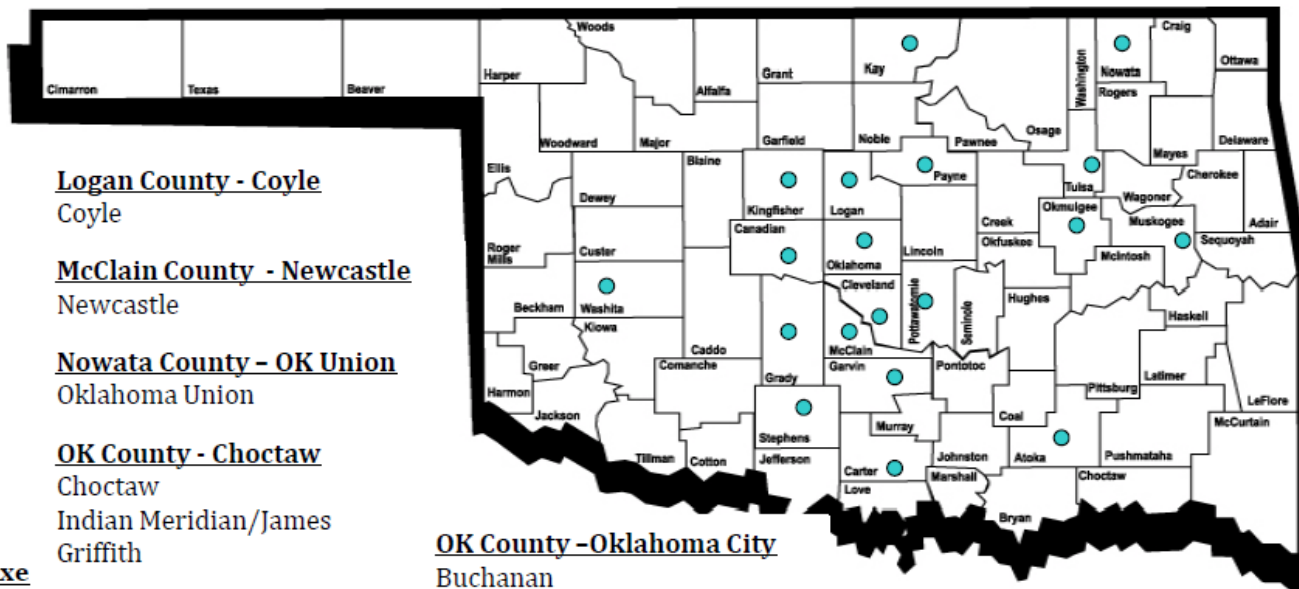
Program Background

- **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 Shedeck
Myers Skyview
Parkland

Carter County - Lone Grove

Lone Grove

Cleveland County - Norman

Jefferson

Cleveland County - Little Axe

Little Axe

Garvin County - Whitebead

Whitebead

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

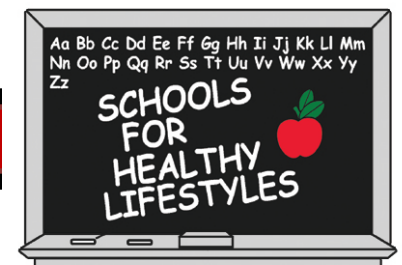
Jefferson

Washita County - Burns Flat/Dill City

Will Rogers

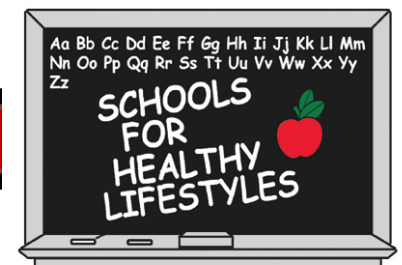
Focus Areas

- Physical Activity & Fitness
- Nutrition Education & Awareness
- Tobacco Use Prevention
- Safety & Injury Prevention
- Oral Health Education & Awareness



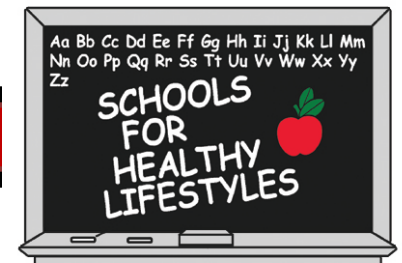
How You Become an SHL School

- 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.



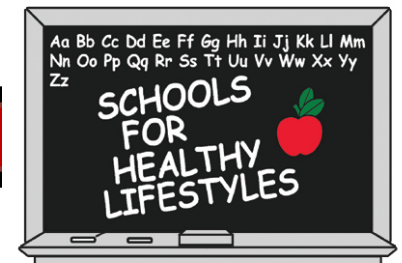
Program Implementation

- **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:

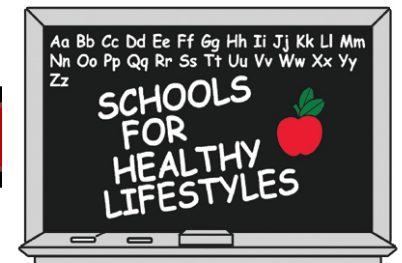
- Risk Watch Curriculum (NFPA- Injury Prevention)
- Promote Tar Wars
- Jar of Tar
- Kinect
- Food models
- Fat and Sugar Models

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:

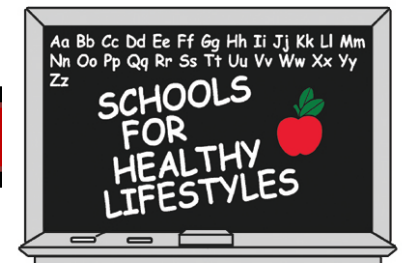
Selected SHL schools must select a team to attend a summer training on a variety of health topics including SHL's five focus areas.

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.).



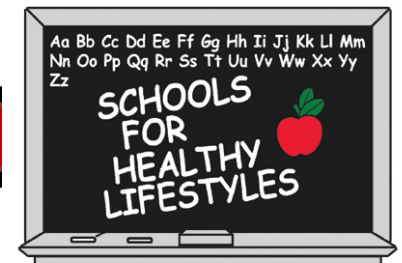
Benefits to Schools

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:

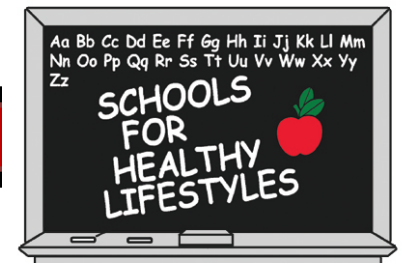
Wee and Wacky Water Wahoo: Students learn the importance of water safety and get to swim. Approximately 2,000 students attend the combined events.

Tobacco Jingle Contest: Contest for 4th grade students.

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

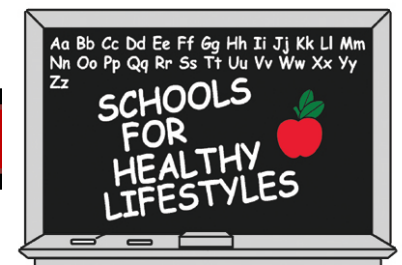
Bicycle Rodeos: Partnership with local hospital to provide bike rodeos to schools

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



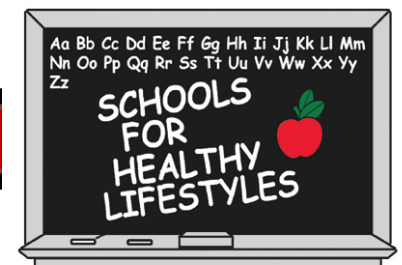
School Requirements

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

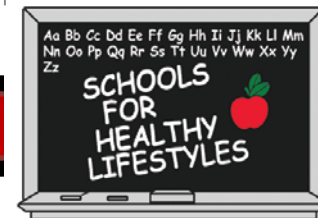
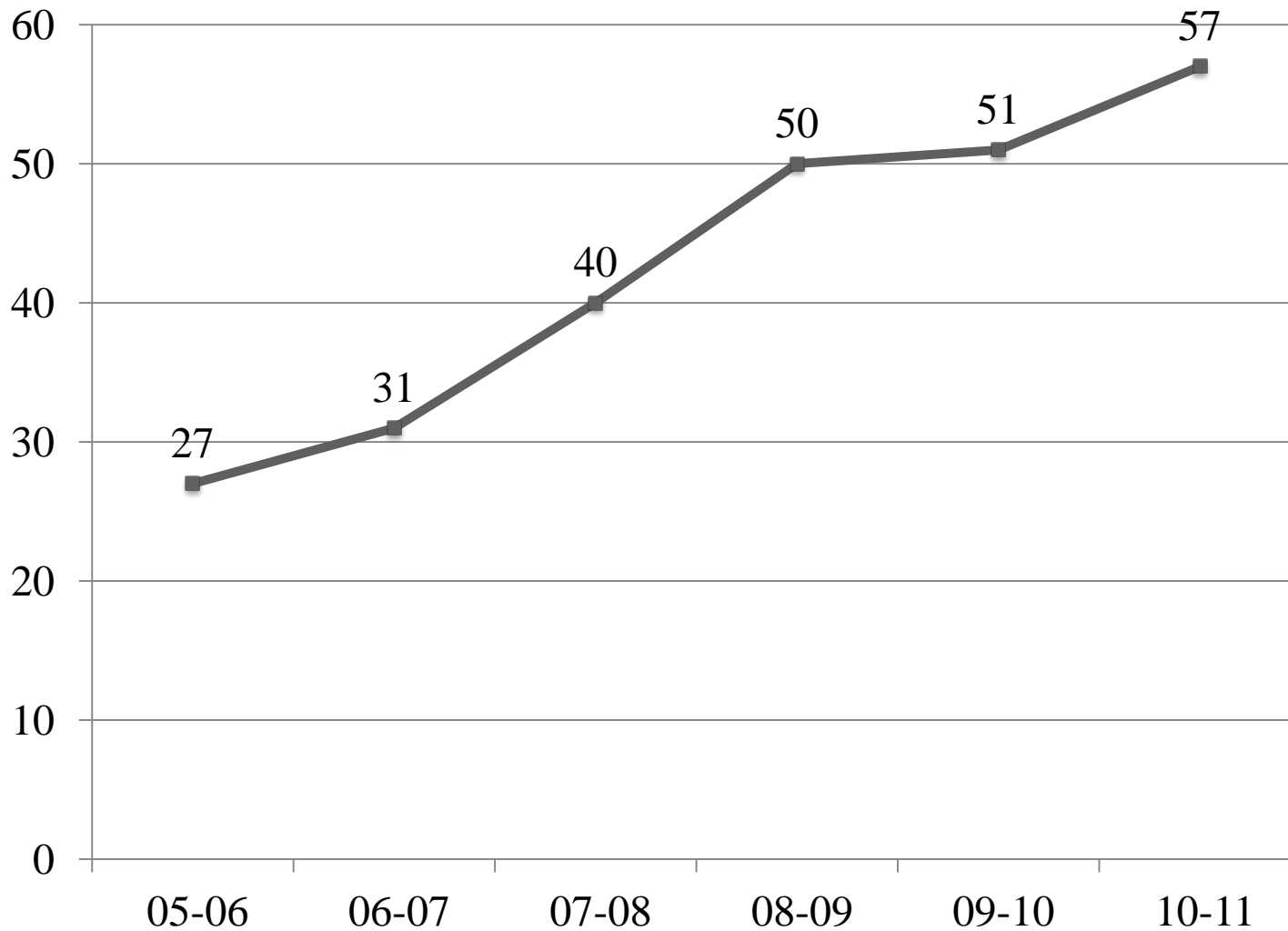


SHL Program Evaluation

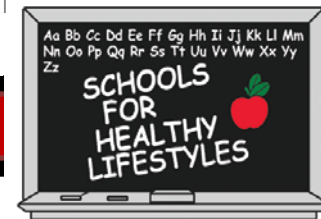
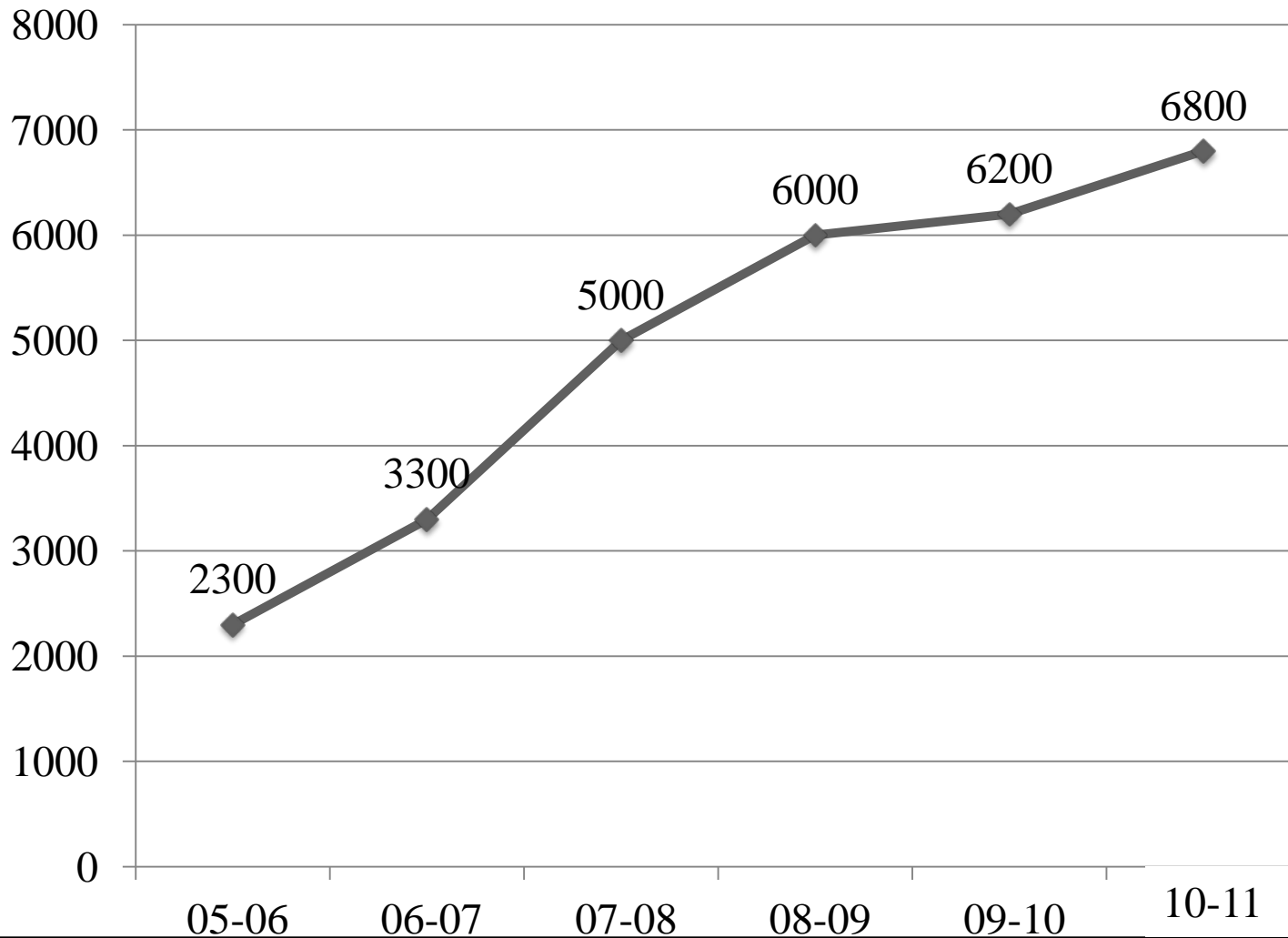
During the 2010-2011 school year, evaluation was conducted with approximately 6,800 children (~30%), primarily 4th and 5th grade students, as a sample of more than 22,000 children that benefited from SHL programs.



Number of SHL Schools 2005-2011

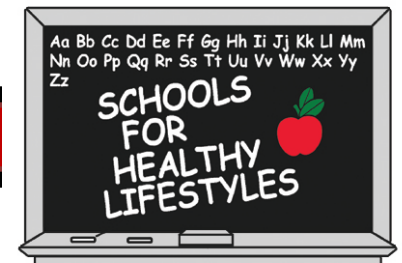


Youth in SHL Evaluation 2005-2011



Priority Health Concerns Survey

- Knowledge
- Attitudes
- Behaviors



Physical Activity

11. How do you feel about exercise?

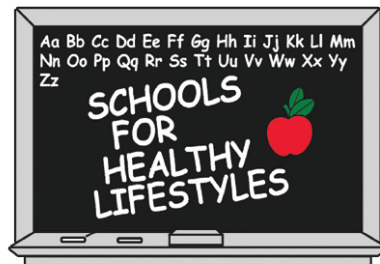
- a. It is not really important.
- b. It is only necessary for appearance reasons.
- c. It is important for a healthy body and mind.

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



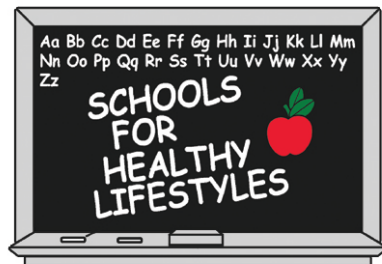
Nutrition

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.)

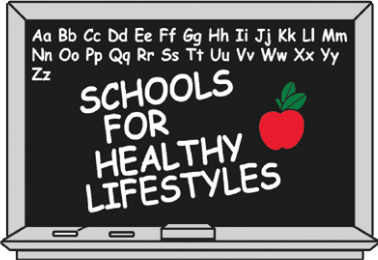
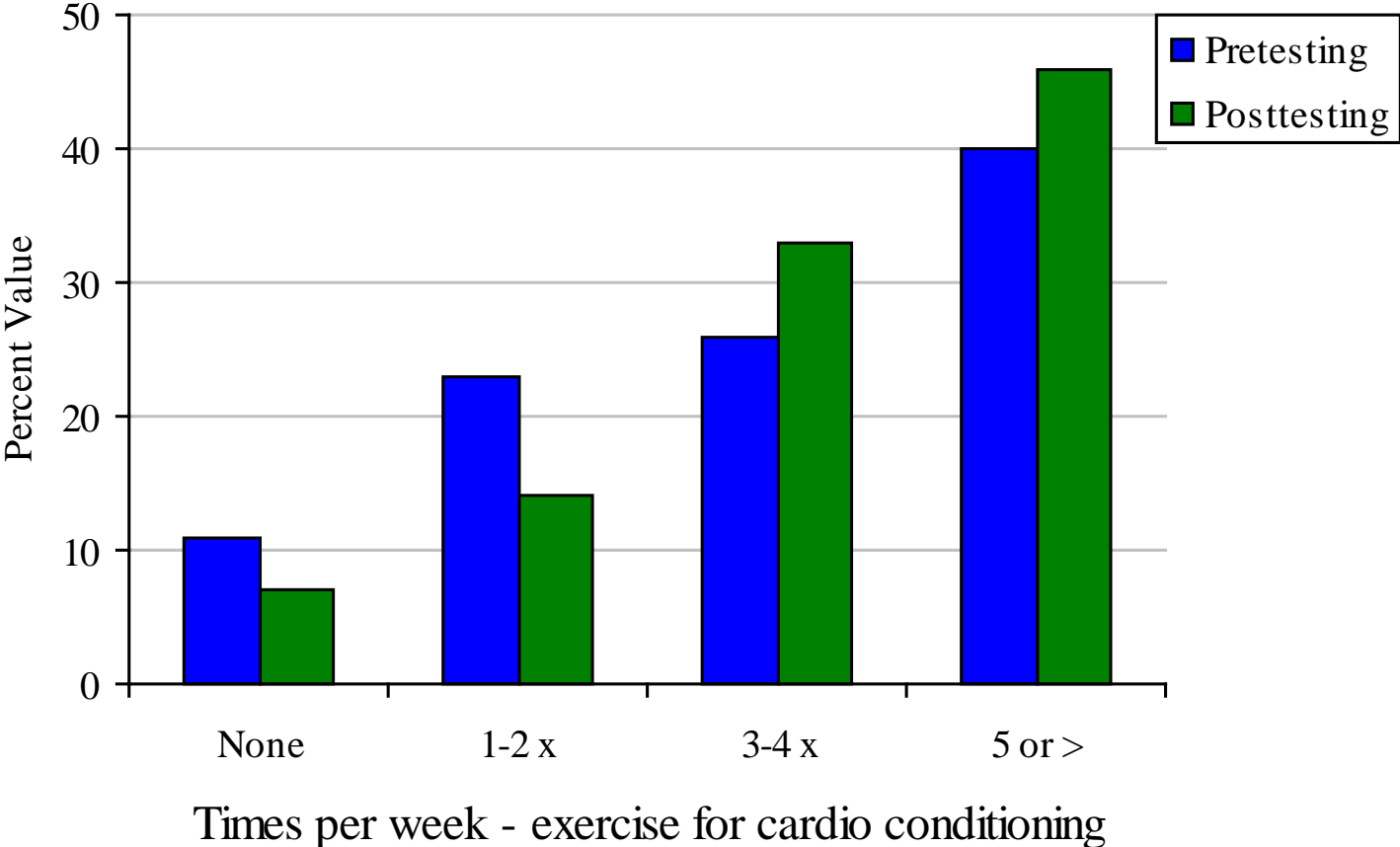
- a. 0 servings
- b. 1-2 servings
- c. 3-4 servings
- d. 5 or more servings

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.)

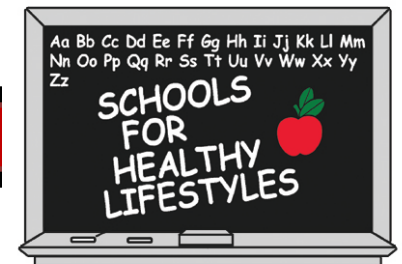
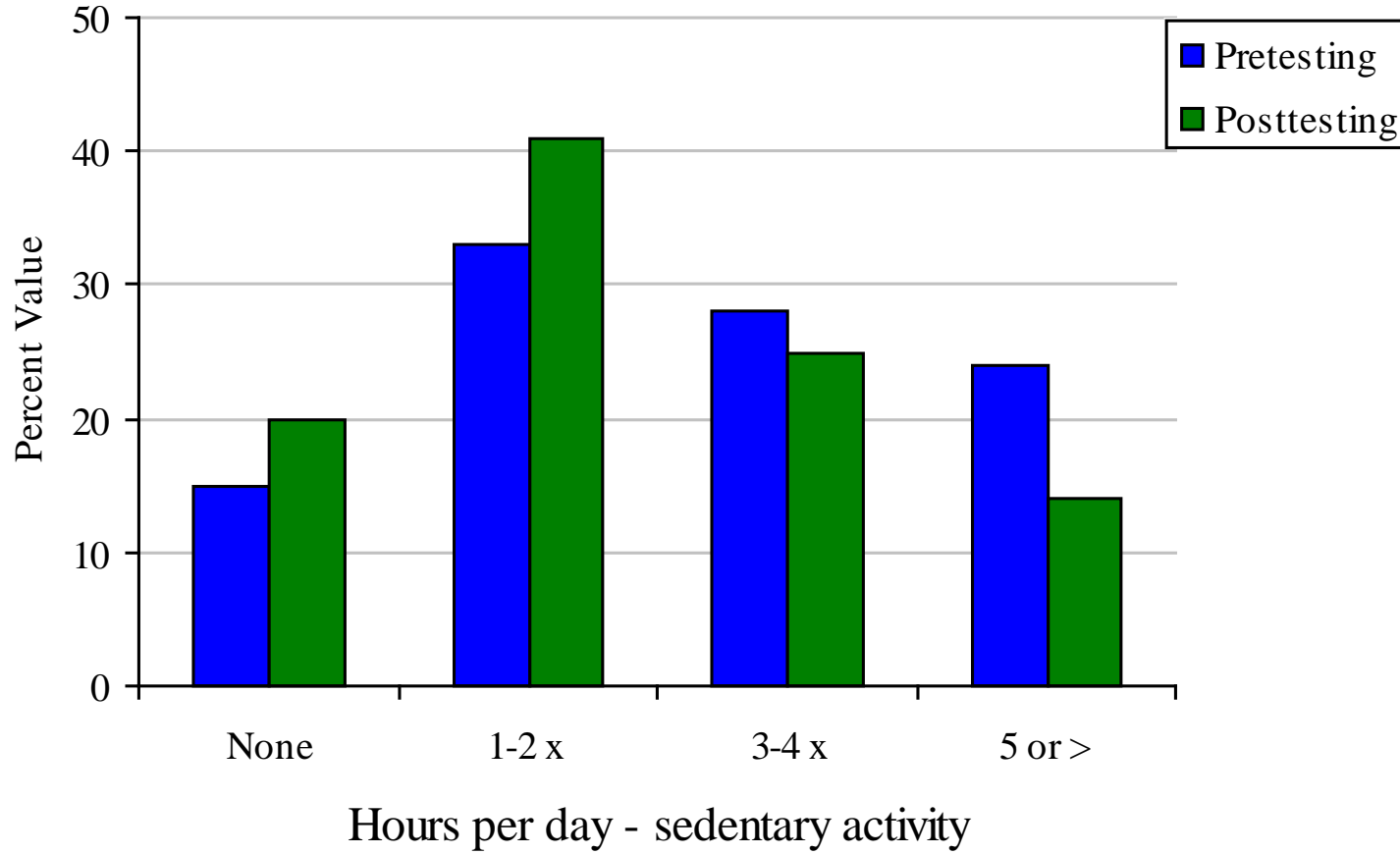
- a. 0 servings
- b. 1-2 servings
- c. 3-4 servings
- d. 5 or more servings



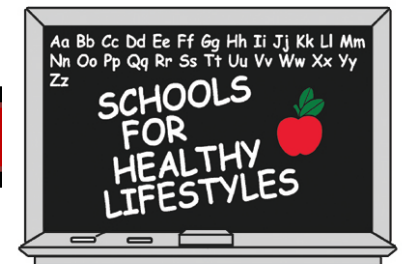
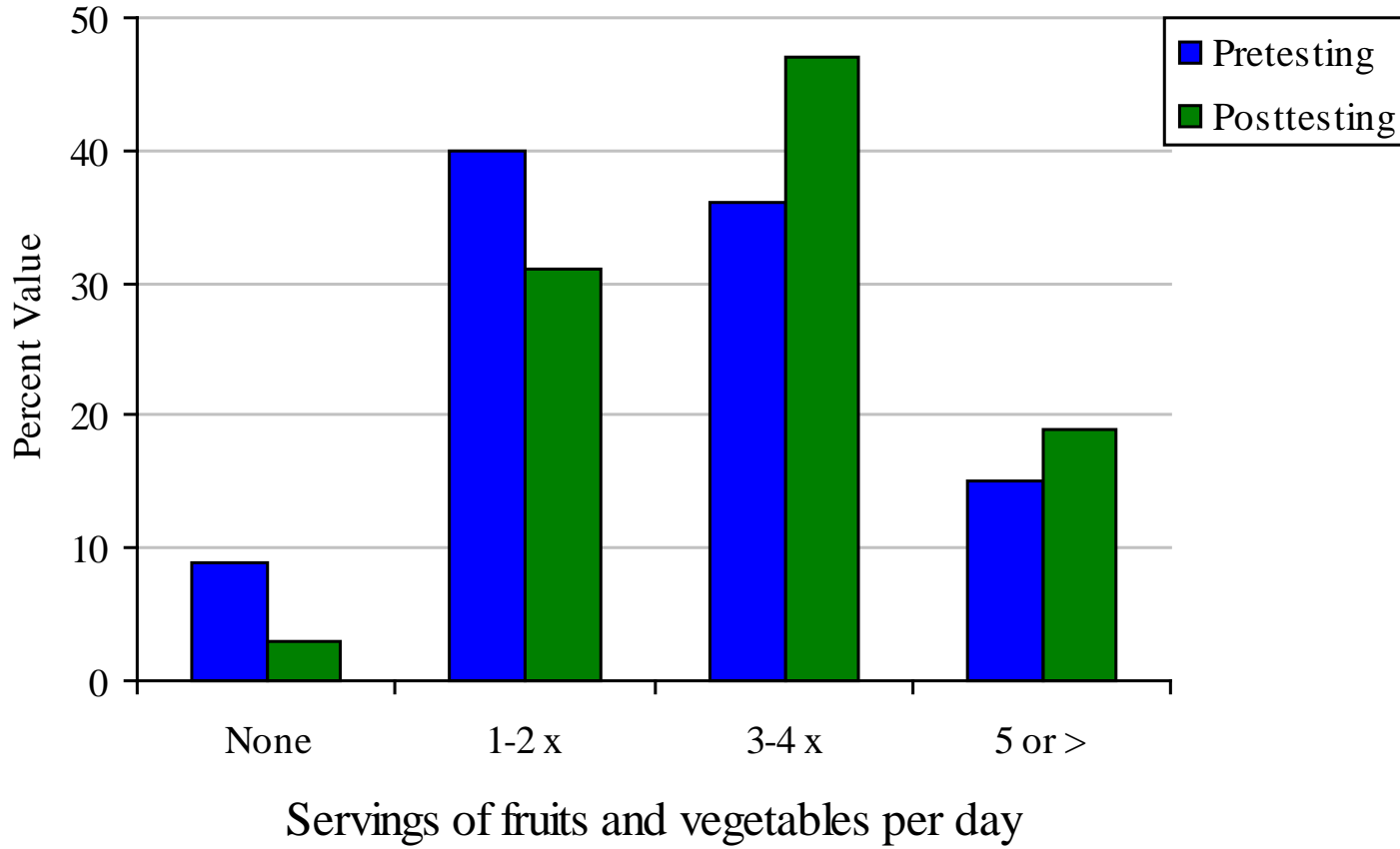
2010-2011



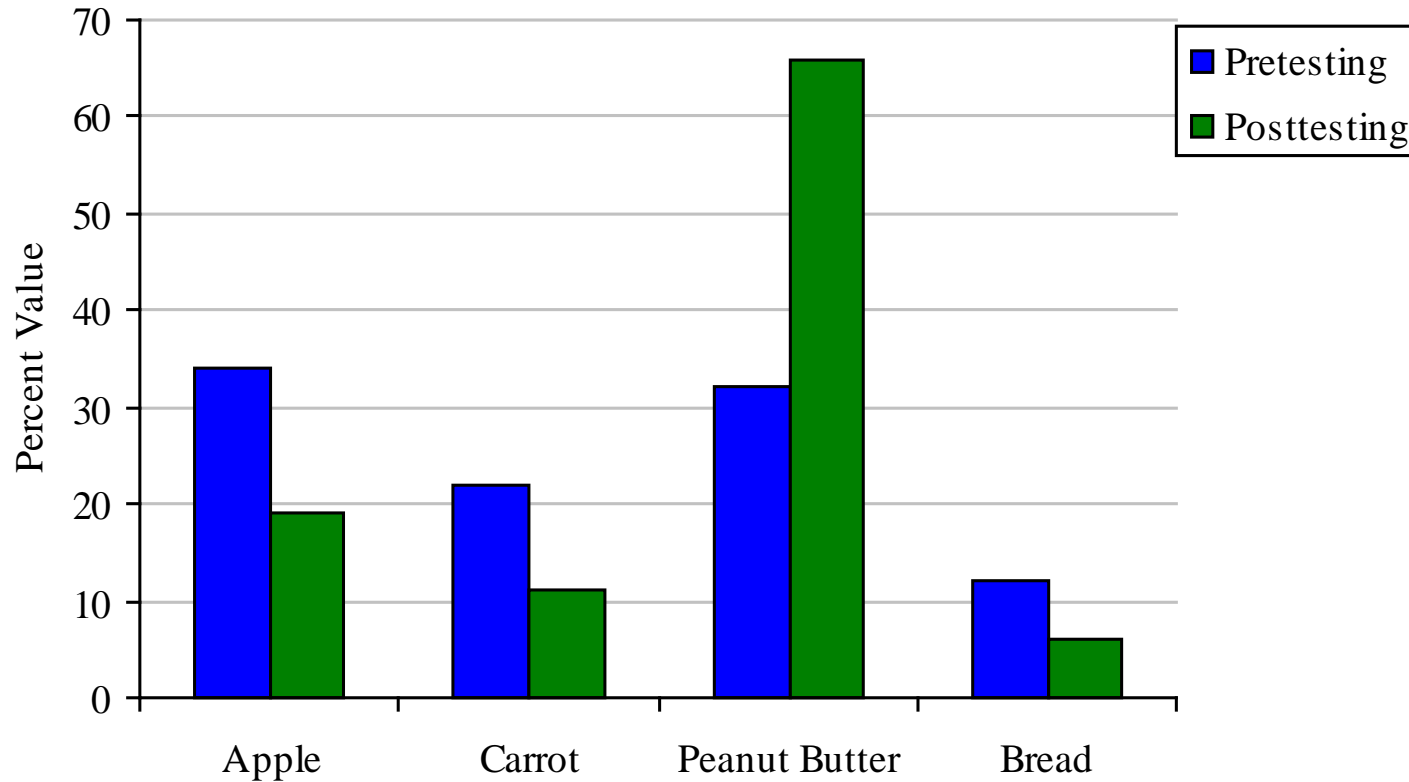
2010-2011



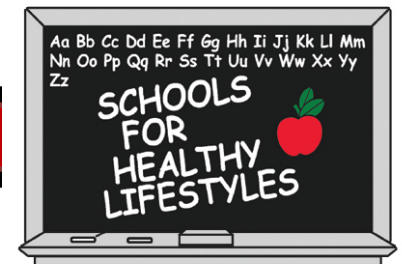
2010-2011



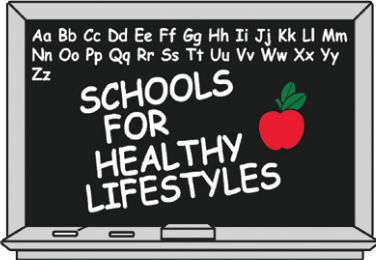
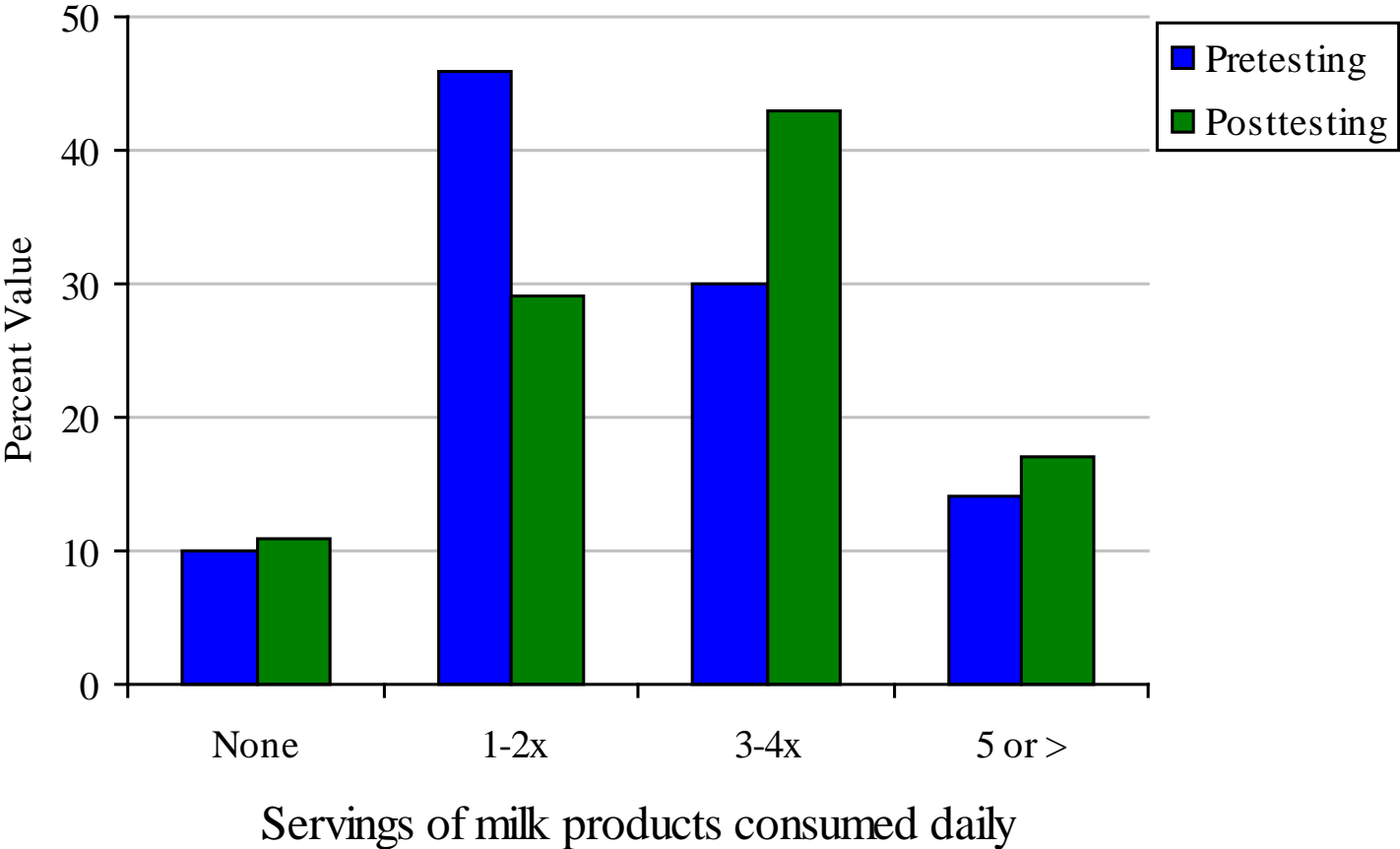
2010-2011



Understanding food that is a protein source

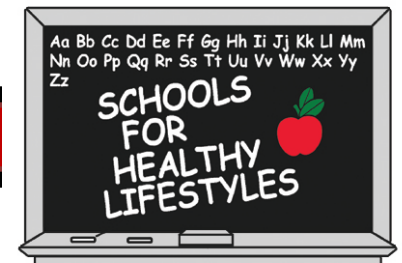


2010-2011

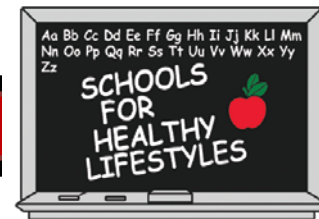
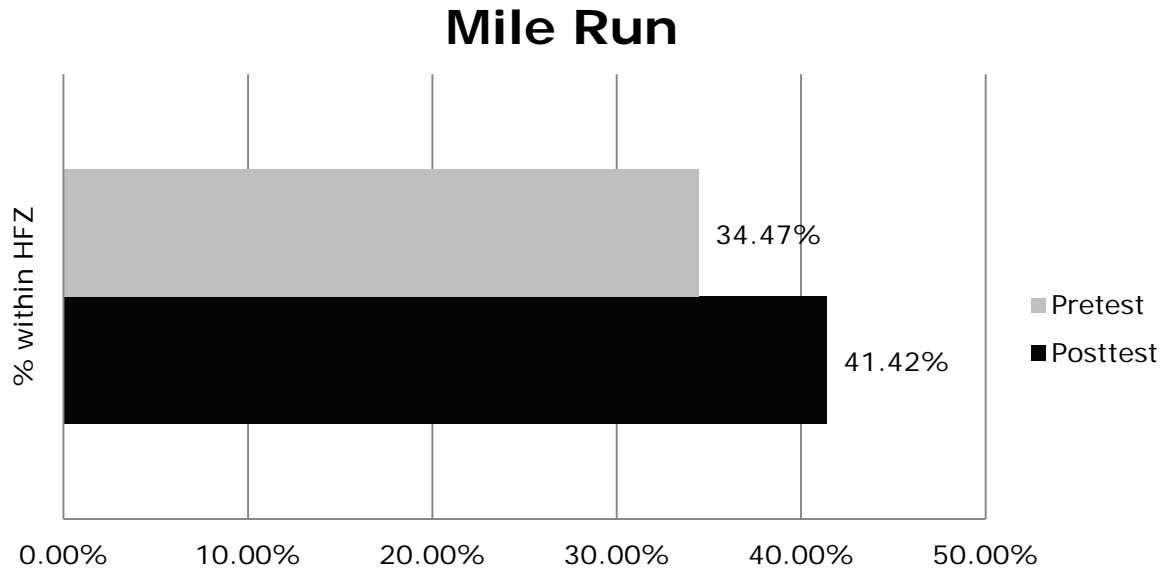


Cooper Fitnessgram

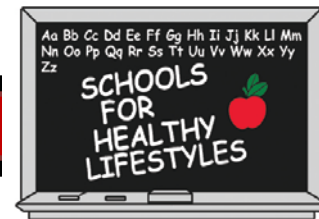
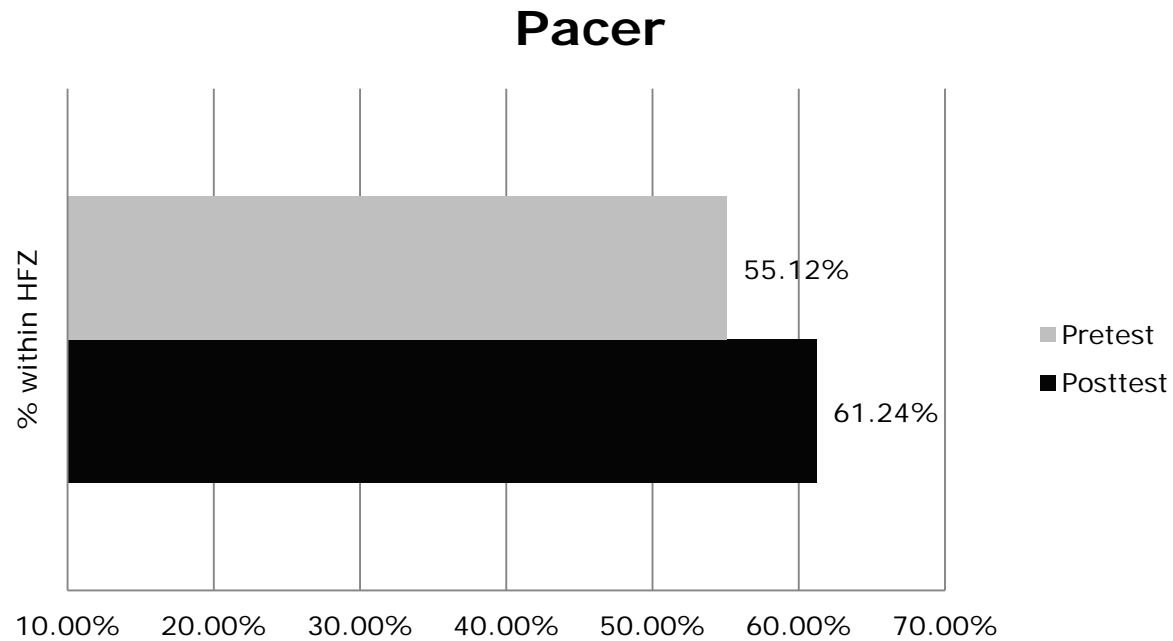
- Mile Run or Pacer
- Curl Ups
- Sit and Reach
- Push Ups
- Trunk lift
- BMI (body mass index)



Fitnessgram Evaluation

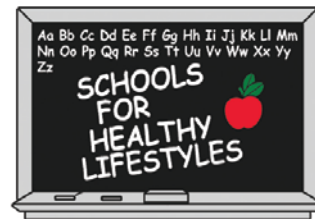


Fitnessgram Evaluation



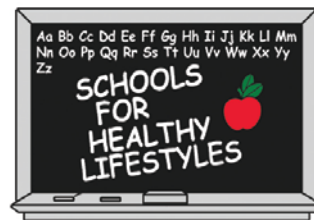
Fitnessgram Evaluation

Pacer	Pretest FZ or >	Posttest FZ or >
4 th Grade		
Boys	42.5%	47.2%
Girls	60.5%	80.1%
5 th Grade		
Boys	53.2%	61.8%
Girls	69.1%	82.5%
Mile Run	Pretest FZ or <	Posttest FZ or <
4 th Grade		
Boys	35.6%	44.2%
Girls	33.1%	42.7%
5 th Grade		
Boys	37.9%	48.2%
Girls	34.4%	47.3%

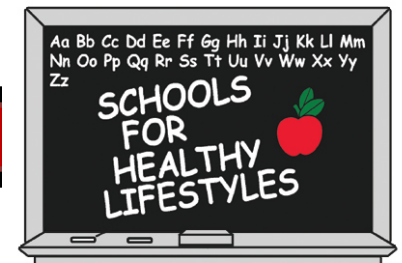


Fitnessgram Evaluation

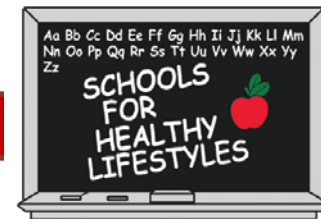
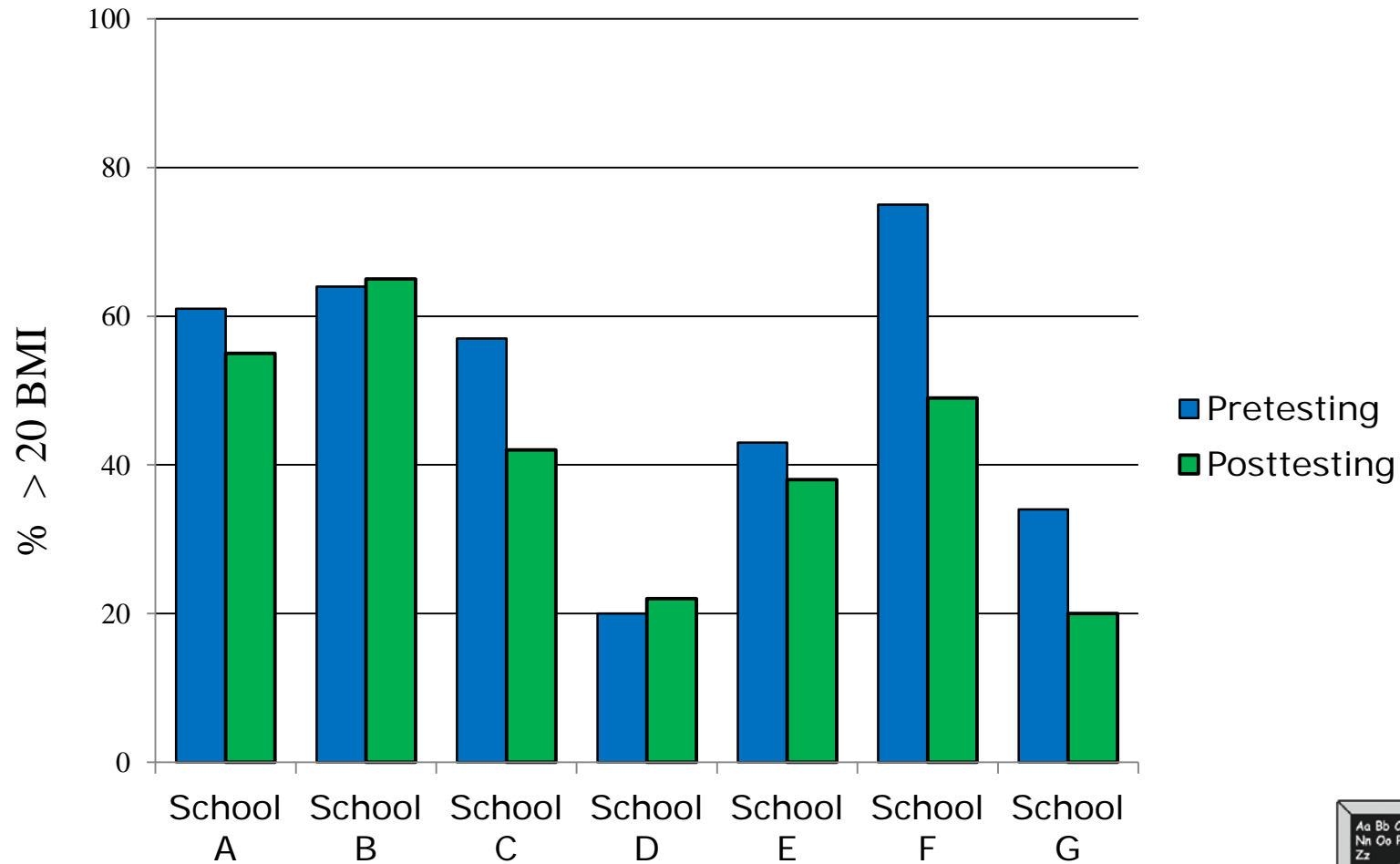
Push Up	Pretest FZ or >	Posttest FZ or >
4 th Grade		
Boys	61.9%	70.2%
Girls	49.2%	62.4%
5 th Grade		
Boys	62.8%	73.9%
Girls	52.5%	64.7%
Curl Up	Pretest FZ or >	Posttest FZ or >
4 th Grade		
Boys	65.2%	75.2%
Girls	66.9%	79.5%
5 th Grade		
Boys	70.4%	77.9%
Girls	67.3%	76.3%



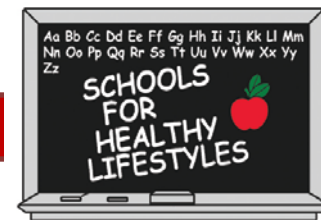
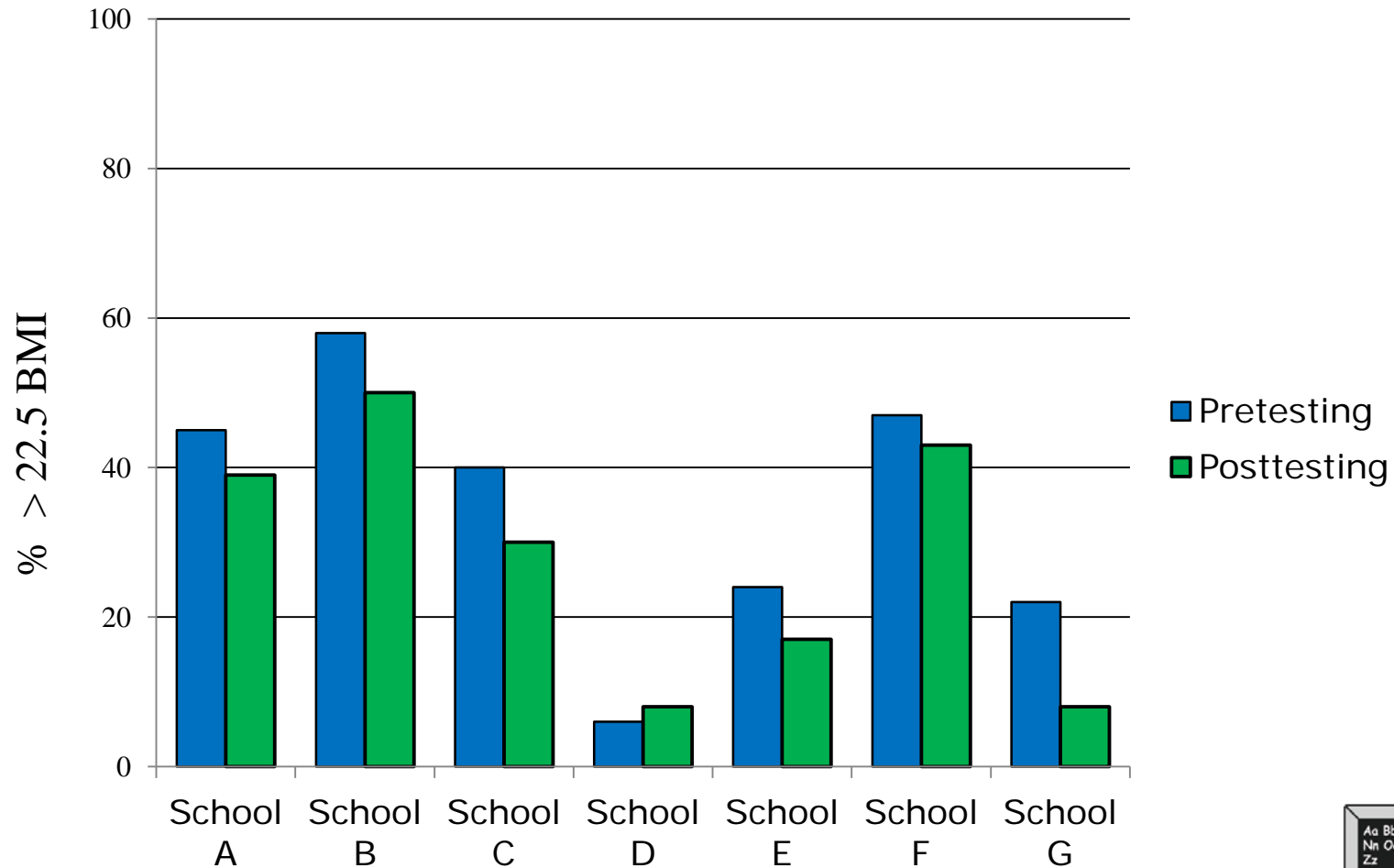
Body Mass Index (BMI)



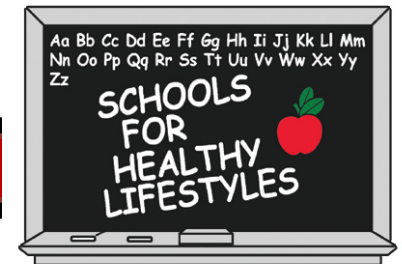
SHL – 10 year old boys above CDC 85th %ile



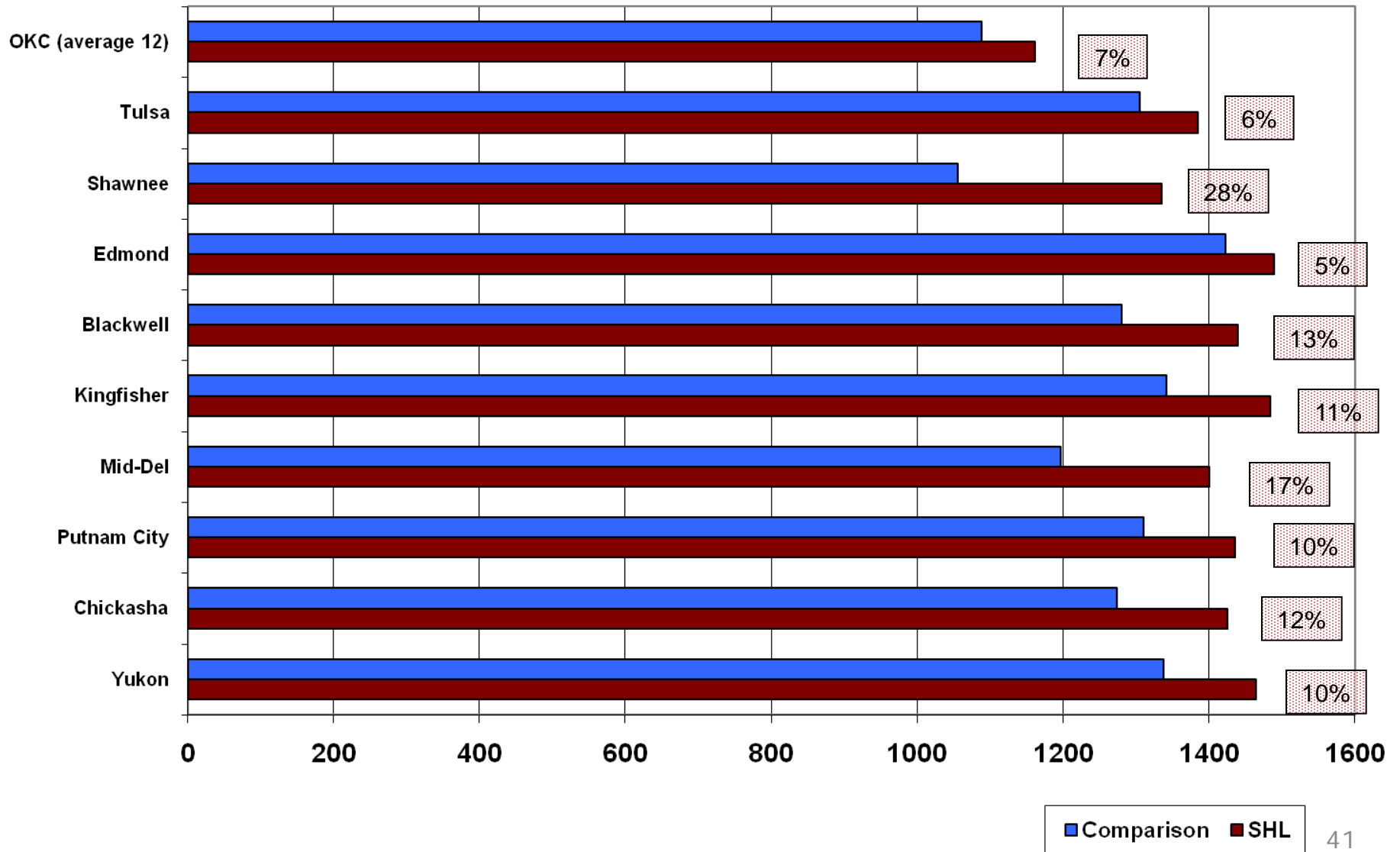
SHL – 10 year old boys above CDC 95th %ile



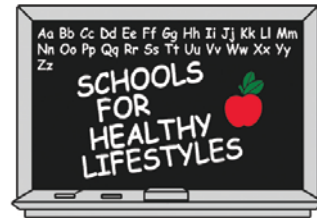
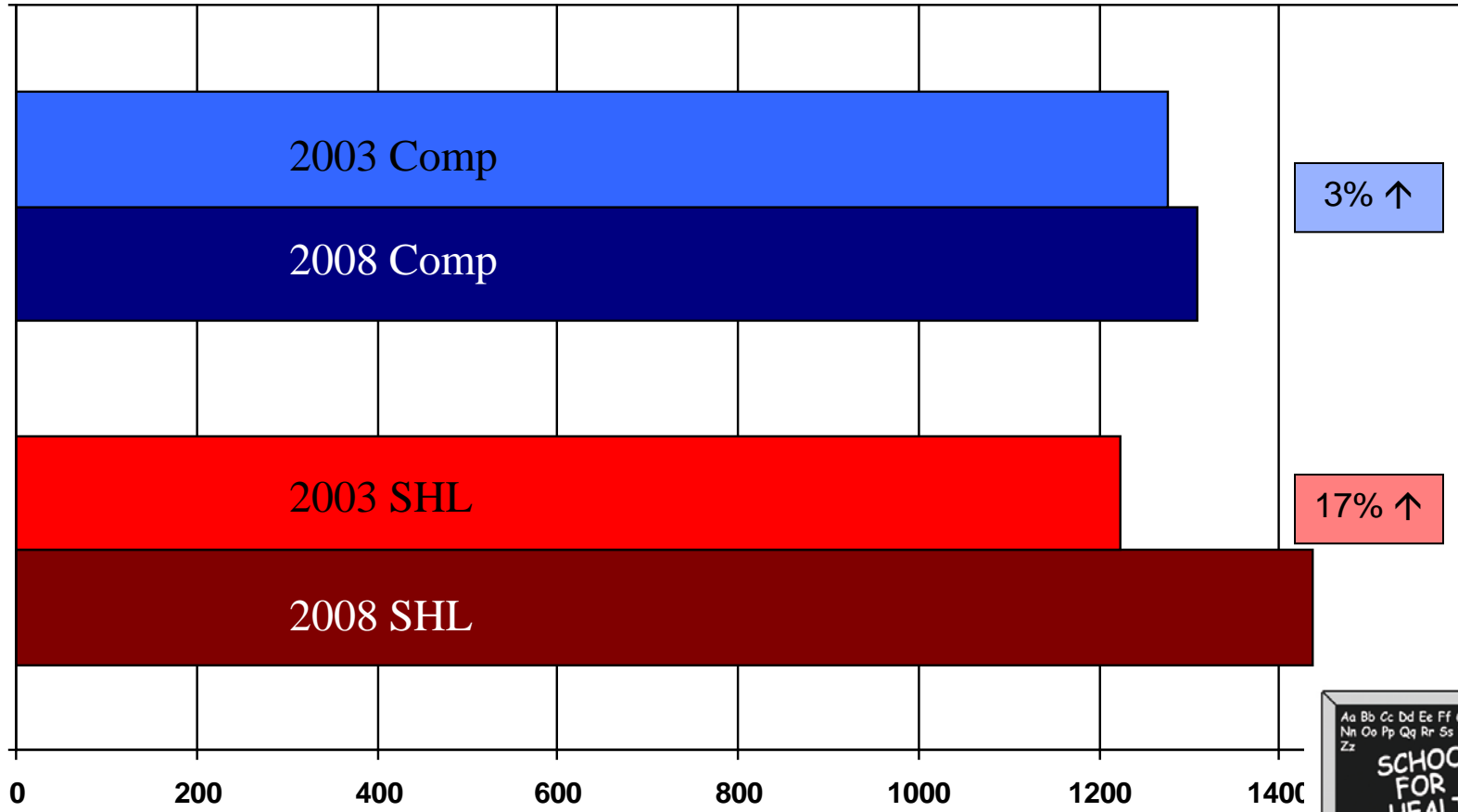
Academic Performance Index



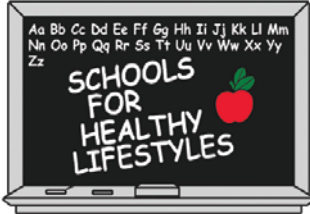
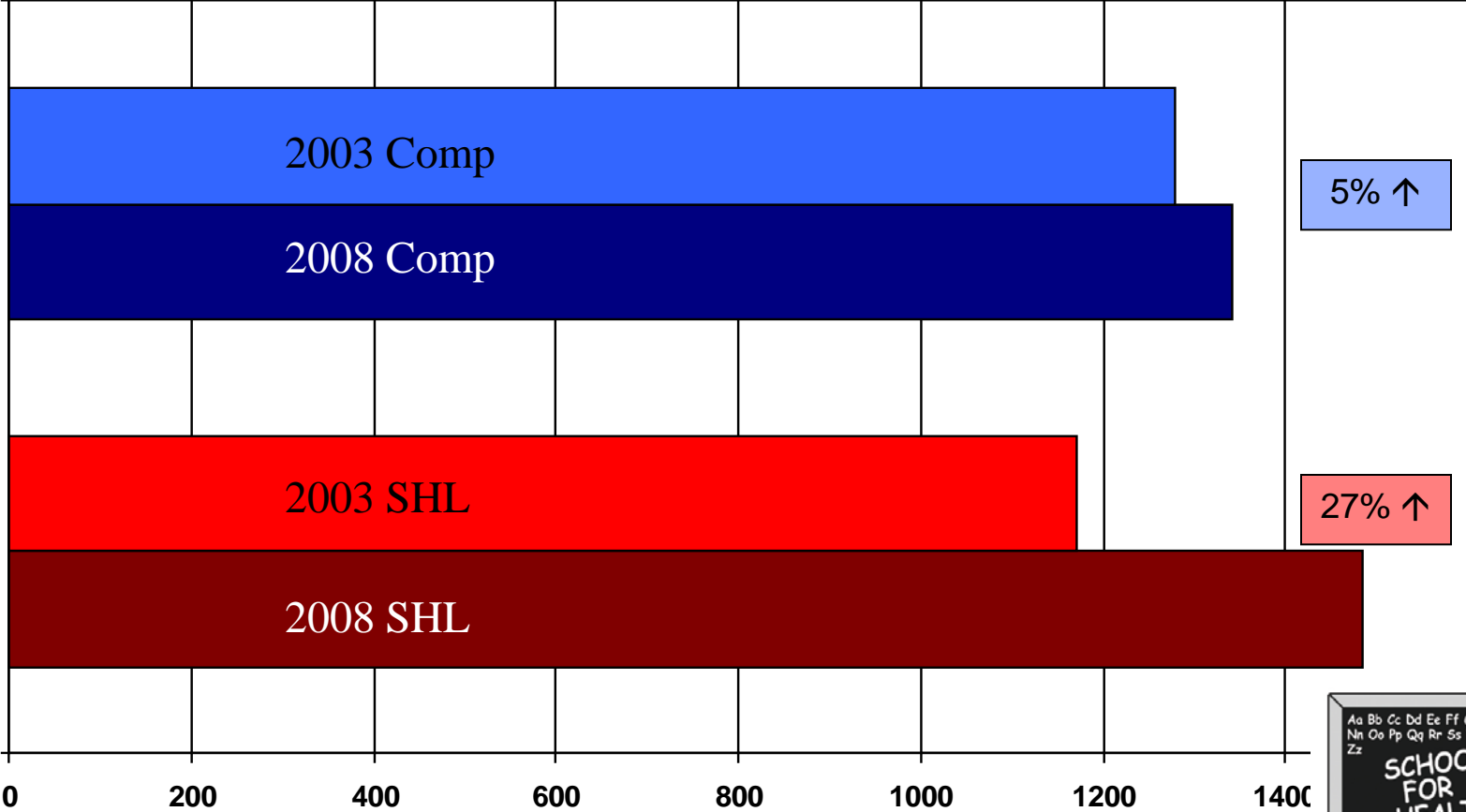
API - SHL and Comparison



Putnam City – API Scores 2003 & 2008



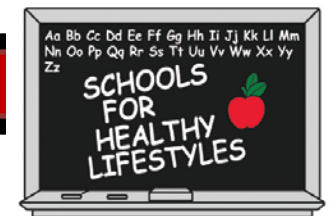
Kingfisher – API Scores 2003 & 2008



School Success Stories

“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

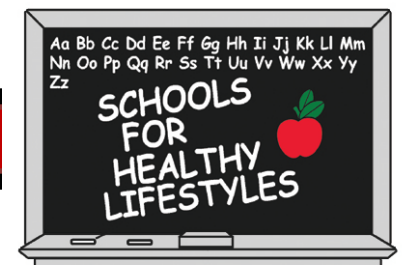


Summary



Keys to success:

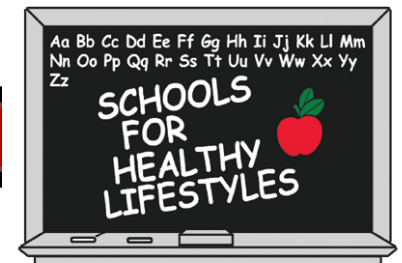
- Voluntary (commitment & compliance)
- Public/Private Partnership
- Community Involvement and Partnership



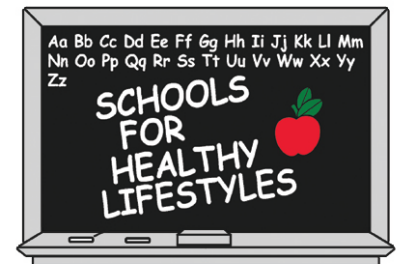
Summary

Strategic Growth Initiative

- Make available for all schools in Oklahoma



QUESTIONS



Schools for Healthy Lifestyles

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