Healthy Schools Grant Application

Grant Description:
Describe the activities or programs you intend to provide with this grant. Please include the total project cost (attach separately if needed), your budget, and identify any other resources you are soliciting.

Childhood obesity is a growing epidemic and an intensifying public health concern. In the United States, one in three children is affected by the obesity epidemic; approximately 18.46 percent of children age 2-18 are overweight [a Body Mass Index (BMI) at or above the 85th percentile on the Center for Disease Control and Prevention’s (CDC) age and gender specific growth charts] and 17 percent are obese (a BMI at or above the 95th percentile on the CDC age and gender specific growth charts). Although Hoosiers are among the most obese in the nation, very little data have been available on how this epidemic affects children in Indiana.

In Monroe County, preliminary research, undertaken through a partnership of the IU Health Bloomington and Southern Indiana Pediatrics, indicates that 34.32% of children are overweight or obese. Although to some extent genetic factors may play a part, the major determinants of childhood obesity are behavioral and environmental factors, such as eating too much, exercising too little, and psychological issues. Obesity can lead to co-morbid conditions, such as cardiovascular disease, diabetes, cancer, asthma, oral health issues, depression, and low self-esteem. In fact, today’s children are expected to be the first generation in history to live shorter lives than their parents.
G.O.A.L. (Get Onboard Active Living) is a free, family-focused, community approach to decreasing obesity and encouraging healthy lifestyles for children and their families. G.O.A.L. is a cooperative effort with community partners providing medical, behavioral, nutrition, exercise and community education and support. G.O.A.L. is an intervention program for kids and their families who are already overweight or obese and serves close to 50 families each year. The dynamic relationship between the community partners [Indiana University Health Bloomington, Southern Indiana Pediatrics, Bloomington Parks and Recreation, Monroe County YMCA, Monroe County Community School Corporation (MCCSC), Richland Bean-Blossom Community School Corporation (RBB), The Office of Community Health Engagement at Indiana University, and The Department of Kinesiology at Indiana University] increases expertise in the program team and support for the families. Recognizing the need for preventative efforts, and through adapting the existing G.O.A.L. program, we are hoping to reach more kids in the area to teach sound foundations in building a healthy lifestyle.

Preliminary data on childhood obesity in Monroe County, Indiana indicated that although approximately 34.32% of children in the county are overweight or obese (2013 study of 31,984 children between the ages of 4-18), economically disadvantaged children are more likely to be overweight or obese. The data indicates 38.69% of children with Medicaid insurance (an indicator of low socioeconomic status) are overweight or obese compared to 31.06% of privately insured children. This after school program will equip children with the tools and knowledge to live an active lifestyle to help in the fight against obesity regardless of their economic status.

The mission of G.O.A.L. after school is to provide children with the opportunity to receive education and support on nutrition and exercise in order to make positive life-long changes for an active lifestyle. The goals of G.O.A.L. after school are to teach and encourage children to:
• Maintain a healthy weight over the long term
• Follow a healthy, balanced diet
• Identify/avoid high-calorie, low-nutrient foods
• Confidently make healthy decisions on their own at school
• Develop lifelong exercise habits
• Reduce sedentary behaviors
• Pursue other healthy interests

The G.O.A.L. after school program is developed around the idea of building relationship through activities related to nutrition and exercise. Through these activities, the G.O.A.L. after school children are encourage to engage in positive interactions with their G.O.A.L. peers, staff, and the G.O.A.L. after school program team. G.O.A.L. after school encourages children to be creative when trying to eat healthy and exercise. We will strive to encourage children’s individuality and creativity to ensure that making healthy lifestyle changes is fun! By teaching children how to eat more healthy foods, move more, feel better, and utilize their community resources, G.O.A.L. encourages children to make life-long changes for an active lifestyle. We have developed our own exercise and nutrition curriculum (attached) that is aimed at increasing each child’s confidence in making their own decisions to be healthy.
Through weekly goal setting, evaluating healthy options on the school lunch menu, interactive education on MyPlate, identifying ways to be active and involved with the school, and introduction to fitness concepts and games, G.O.A.L. After School will promote efficacy and confidence towards making healthy decisions. Please refer to the attached curriculum, evaluation (to measure impact and effectiveness of the program), budget, and logic model of our program.
Extensive time and effort has been applied to developing this program and trialing the curriculum. We are very excited to start this program with the
MCCSC school district and thankful for the opportunity to apply for the funding to make this possible. G.O.A.L. After School looks forward to positively impacting the youth in our county and helping to fight the obesity epidemic.

**Number of Students Impacted:** ~50-60 students + family and additional students at the family night.

**Contact information for program coordinator:**

**Name:** Alex Purcell____________________

**Phone:** (812) 353-9342________________

**Email:** APurcell1@IUHealth.org________

**Program Timeline:**

Describe the timeline for the program including checkpoints or if the program is ongoing describe goals you hope to achieve. What is your plan if total funding is not received?

If funding is not received, then we will not be able to implement this project during the upcoming school year. Funding will be directly applied to program materials, which will be able to be reused. IU Health has agreed to fund the printing of program binders for each child, curriculum posters, and sticker charts to track goals. Funding is essential to provide interactive learning experiences for our participants.

I have read the attached MOCMS Healthy Schools Grant Program Guidelines and Requirements and agree to all the requirements presented.

**Grant Coordinator’s Signature:**

Signature: ______________________________ Date: ______________
Please submit grant applications to: **MOCMS, PO Box 5092, Bloomington, IN 47407-5092.**

Thank you for your efforts in supporting and educating our children in living healthy lifestyles. Please contact us if you have any questions by email: mocms@kiva.net or phone: 812.332.4033.

**Grant Outcome(s) Description:**
(To be completed after grant implemented and presented at wrap up interview.)

Please describe the outcomes generated from your grant.

**G.O.A.L. University**

Public awareness of the childhood obesity epidemic has sparked activism and interest in new and innovative ways to combat the problem. Although widespread knowledge about the problem is increasing, it is far too common to think that the problem is not local. What is the prevalence of childhood obesity in Monroe County? According to data pulled from Southern Indiana Physicians-Pediatrics Group in 2013, 32.47% of patients seen between the ages of 4-18 are either overweight or obese. One out of every three children in Monroe County and the surrounding areas are either overweight or obese; over 11,000 children in our community. This data is the driving force behind programs like G.O.A.L. (Get Onboard Active Living). G.O.A.L. is a 12 week intervention that targets overweight/obese children and their families to promote healthy lifestyles over the long-term. To date, G.O.A.L. has helped over 100 families live healthier and happier lives through education and support on nutrition, fitness, behavioral habits, and community involvement. In a recent push to prevent the onset of childhood obesity, G.O.A.L. has partnered with MCCSC to start a primary obesity prevention program called G.O.A.L. University and bring this education to all children.
**Structure:**

G.O.A.L. University is modeled after the 12 week intervention program, G.O.A.L., to promote active lifestyles, and healthy eating behaviors for children in grades K-6. Over the course of 6 weeks children enrolled in G.O.A.L. University will receive education and apply knowledge of nutrition and physical activity. Twice per week the GOAL University staff will visit the school for one hour and fifteen minutes. Each session will consist of 35 minutes of education and 40 minutes of activity. The goals of G.O.A.L. U. are to increase knowledge of MyPlate, portion sizes, ways to be physically active and improve attitudes towards being active and eating healthy.

**Education:**

G.O.A.L. University is held at each individual school in the classroom, cafeteria, and gymnasium. Nutrition and physical activity lessons are interactive and engaging for all students. Nutrition lessons allow students to get involved in demonstrations or experiments to reinforce concepts. Physical activity in the gym is built into each visit with the students to reinforce fitness concepts such as using pedometers, group exercise, etc. Every student receives a program binder with worksheets for each nutrition and physical activity lesson. Weekly goals accompany each lesson and coincide with the topic (ex: Grains: eat 3 whole grains for 4 days. Pedometers: record more than 10,000 steps for 2 days). Goals are listed in the program binder and students are asked to record how their goal was met in the program book. Each goal earns a sticker. Meeting these weekly goals is incentivized with a GOAL University Diploma for every student that reaches 6 of 12 goals and a GOAL University (glow in the dark) wrist band for students who meet 8 of 12 goals. Students’ goals are checked weekly by the program coordinator. (Please see attached for an example of a weekly worksheet in the binder)

**Curriculum:**

Nutrition lessons are focused around MyPlate. Participants will focus on one nutrition subject per week: Grains, Fruits/Veggies, Protein, Dairy, reducing sugary drinks, breakfast. Physical activity lessons promote each student to be active on their own. Participants will focus on one physical activity subject per week: Physiological benefits of being active, importance of free play, pedometers, organized sports, recreational games, resistance training, jumping rope, reducing screen time, and group exercise demonstrations. Weekly goals reinforce these subjects and promote using the information at home.

**Evaluation and Sustainability:**

G.O.A.L. University will capture outcome data using a pre/post quiz to test knowledge on, and attitudes towards nutrition and physical activity. G.O.A.L. U. is currently building partnerships with local agencies to reduce direct cost of implementation and increase sustainability. Some of these partnerships include: Indiana University, IU Health, MCCSC, Timmy Foundation for Global Health, YMCA, City of Bloomington Parks and Rec. The Timmy Foundation for Global Health has partnered with GOAL University to provide teams of volunteers to implement the program in each school. A detailed toolkit of curriculum was created to give the volunteers speaking prompts and specific instructions on how to lead each lesson. All volunteers will be trained by the program coordinator and observe one or two
lessons in the classroom. The goal for the 2014-2015 school year is to be in every MCCSC Elementary School for six weeks.

The MOCMS Grants allowed GOAL University to purchase equipment for one set of bins that was used in Highland Park Elementary, University Elementary, Clear Creek Elementary, and Grandview Elementary during the months of January-May. Each school received 6 weeks of education (2 lessons/week). Over 120 children were impacted through the GOAL University program funded by the MOCMS Grant. Students loved the program. Lessons included:

- MyPlate food groups (one/week) (fruits/vegetables, protein, dairy, whole grains)
- Power of Breakfast
- Benefits of exercise
- Pedometers/lifestyle activity and education
- Group exercise (cardio hip hop courtesy of IU Rec Sports)
- Cardiovascular activity and education
- Resistance training and muscle education
- Organized sports
- Recreational games
- Healthy snacks

Additionally, the funding allowed for us to adjust our curriculum and tailor the lessons to become more interactive. This was instrumental in securing a partnership with Indiana University’s School of Nursing. GOAL University will now be a part of the Community Clinical for all nursing students at IU. This Healthy Populations course will teach the nursing students the basics of public health and allow hands on experience in elementary schools with GOAL University. This benefits GOAL University in that we will now have the staff to be in every elementary school during the 2014-2015 school-year.

Throughout the semester we developed an evaluation tool that was implemented in Clear Creek University and reported the following statistics:
• Activity:
  o Days reported exercising or playing active games:
    ▪ Pre- 43.5% every day
      • 52.1% reported at least 5 days of being active/exercising
    ▪ Post- 72.5% every day
      • 86% reported at least 5 days of being active/exercising
• Scree time- we used the measurement “a lot”, “a little”, or “none” due to trouble with children reporting specific amounts of hours on a previous survey (ie 90 hrs/day).
  o Pre- 45% reported watching “a lot of tv” every day
    ▪ Reported watching “a little” tv every day- 35%
  o Post- 28.5% reported watching “a lot of tv” every day
    ▪ Reported watching “a little” tv every day- 50%
• Importance of breakfast/healthy starts
  o Do you eat breakfast every day
    ▪ Pre- 76.2% answered “yes” to eating breakfast every day
    ▪ Post- 93% answered “yes” to eating breakfast every day
• Nutrition and Activity knowledge
  o Students were asked to take a quiz (pre and post) on basic nutritional knowledge including: identifying foods high in calcium, whole grains, drawing MyPlate, pedometers, resistance exercises, cardiovascular exercises, recommended amounts of daily activity.
    ▪ Pre-test- average score was 3.68/8 (46%)
      • 0 perfect scores
      • 14.2% scored a 0/8
      • 42.8% scored lower than 3/8
    ▪ Post-test- average score was 5.856/8 (73.2%)
      • Increase of 2.176/8 or 27.2%
      • 36% of students recorded a perfect score
      • 14% scored lower than 3/8
        ▪ 28.8% improvement