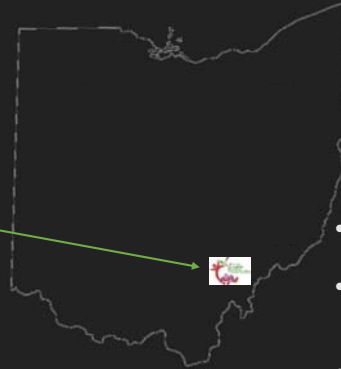
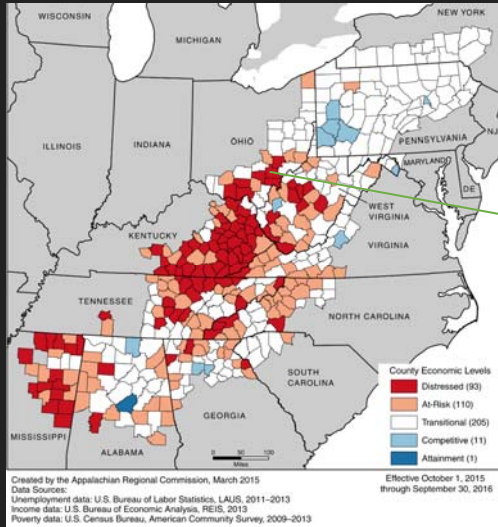


Schools as a Hub for Health: Meeting Health Challenges through Peer Learning



- Rural Appalachian County with a population of 65,000
- Athens County Ranks #68 out of 88 counties in Ohio in overall health outcomes
- Particular challenges for our county are rates of adult obesity and smoking and quality of life measures.
- A strength is the level of educational attainment (94% High school graduation rate)



The Athens County Creating Healthy Communities Coalition was formed in 2001 through a cardiovascular grant at the Athens City-County Health Department. The coalition has representation from around 20 key community partners and an additional 10-15 associated organizations.



Defining our Goal

County Health Rankings & Roadmaps
Building a Culture of Health, County by County

A Robert Wood Johnson Foundation program

ACTION PLAN WORKSHEET

Using the Action Plan
The action plan is expressed in terms of goals, objectives, and activities with expected results. It includes a target date for each activity, a description of key resources needed, and establishes accountabilities. A carefully designed and well-written action plan provides a solid basis for project evaluation.


GOAL STATEMENT
Begin with your goal. This is a broad statement of what you hope to accomplish and your approach. The statement includes two parts: a "to" and a "by or through" phrase. The "to" portion refers to what you hope to accomplish and the "by or through" phrase summarizes the approach you will take to accomplish the goal.

To demonstrate the performance of Bridge County residents that are meaningful or show by increasing physical activity options and healthier food choices.
To demonstrate a successful school hub for health model by engaging schools in a learning community to share with one another by actively engaging multiple partners.

OBJECTIVES
Next, write your objectives. These are specific and measurable end-products of the intervention often expressed in terms of changes in behavior, norms, knowledge, attitudes, capacities, or conditions. You might have one or multiple objectives outlined for your goal. Always make sure that your objectives are SMART: Specific, Measurable, Achievable, Realistic, Time-based. [View an Example SMART Goal, Action & Time Chart](#) and the [Live Smart! Learning System](#) (PDFs from SMART Learning Systems) may help you graphically create and organize measurable objectives with specific targets.

- By March 30, 2016, Dodge High School will adopt a healthier vending policy, with 100% of options meeting adopted nutritional standards.
- By March 18, 2016 survey the health assets and resources available for students, families, staff, and the community at 5 Athens County school districts.
- By April 15, 2016 complete an asset map for 5 Athens County school districts.
- By May 20, 2016 hold a school round table with invited stakeholders from each of the 5 Athens County school districts.
- By July 31, 2016 highlight one asset for each school district and the schools as a hub for health model through newspaper promotion.

A collaboration between the Robert Wood Johnson Foundation and the University of Wisconsin Population Health Institute.




To demonstrate a successful school hub for health model by engaging schools in a learning community to share with one another by actively engaging multiple partners.



Schools as a Hub for Health



What:

- A chronic disease prevention model utilizing a holistic approach to health (physical, mental, social)
- Targeting students, employees, parents/families, and the community at large

How:

- Through policy, system, and environmental changes
- Cross-district and community information sharing and collaboration

Where:

- School building/campus infrastructure
- External Infrastructure



Why:

We love Athens County and the people who live here



Defining our Goal

County Health Rankings & Roadmaps
Building a Culture of Health, County by County

A Robert Wood Johnson Foundation program

SCHOOL HUB FOR HEALTH

Assessment of Key Activities

	Alexander Local School District	Athens City School District	Federal Hocking Local School District	Wesleyville Local School District	Tremble Local School District
HEALTHY BEHAVIORS					
Employee Wellness	LHA has explored offering CHIP scholarships to Alexander Schools health plan members	Weight Watchers club; employee blood pressure checks; WellWorks corporate member; CHIP scholarships have been provided to ACS staff in the past	WellWorks memberships; wellness team		Tomcat Clinic
Community Gardens (SE)	Schools gardens	School gardens, green house at high school	School gardens	School garden	School gardens
Joint Use Agreements (SE)	track	Green house, track		Weight room	
Healthy School Lunch Initiative (SE)	F2S	F2S	F2S	F2S, the Nutrition Group	
Health vending machine options (SE)					
School based nutrition education program (SE)	LHA in all second grade classrooms (11 total); Meal Masters (5 total)	LHA in all second grade classrooms (11 total); Meal Masters (5 total)	LHA in all second grade classrooms (4 total); Meal Masters in all	LHA in all second grade classrooms (3 total)	LHA in all second grade classrooms (3 total)

A collaborative effort of the Robert Wood Johnson Foundation & the University of Wisconsin Population Health Institute.

University of Wisconsin Population Health Institute

Robert Wood Johnson Foundation

Community schools

Evidence Rating

Health Factors

- Education
- Decision Makers
- Educators
- Government
- Community Members

Expected Beneficial Outcomes (Rated)

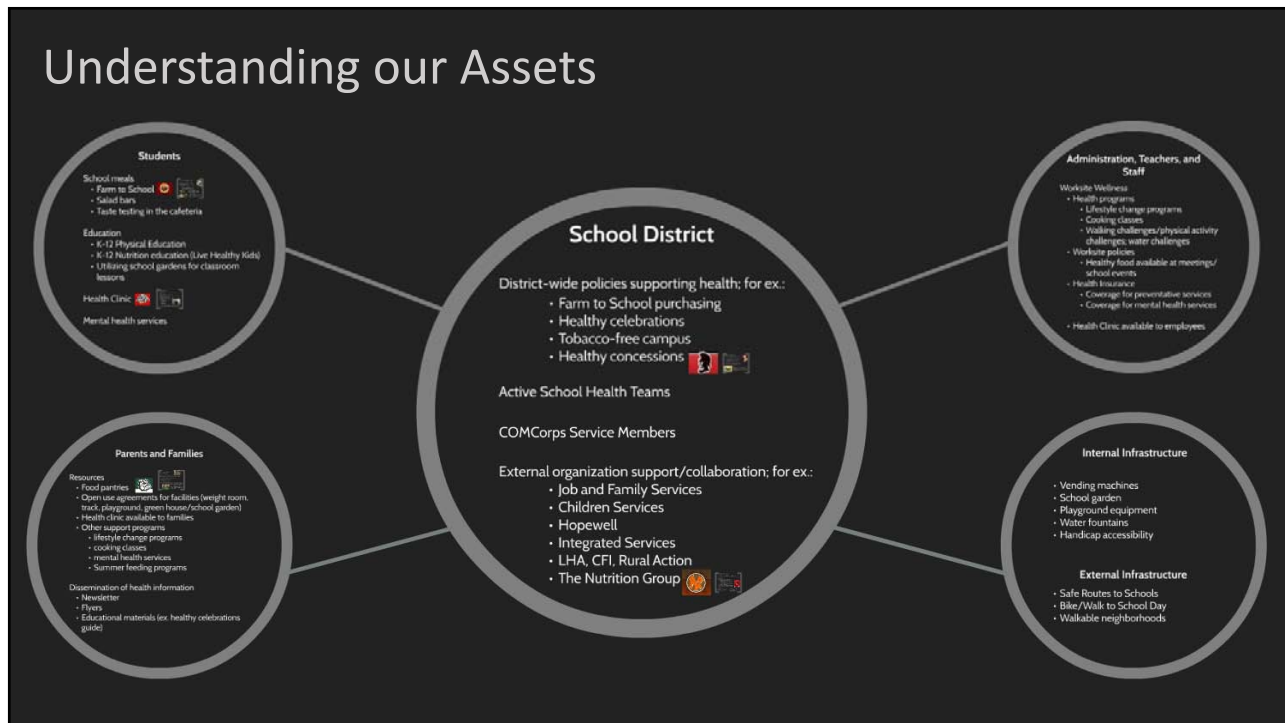
- Increased academic achievement
- Improved student attendance

Other Potential Beneficial Outcomes

- Increased high school graduation
- Improved youth behavior
- Increased access to services
- Increased social capital
- Increased parent engagement

Before approaching any school administrators, we gathered data from all schools, so they could respond to their own information. We set a clear agenda, valued their time, and acknowledged that health is not the first priority of school superintendents.

Understanding our Assets



School District

District-wide policies supporting health, for ex.:

- Farm to School purchasing
- Healthy celebrations
- Tobacco-free campus
- Healthy concessions 

Active School Health Teams

COMCorps Service Members

External organization support/collaboration, for ex.:

- Job and Family Services
- Children Services
- Hopewell
- Integrated Services
- LHA, CFI, Rural Action
- The Nutrition Group 

Alexander Local Schools

Challenge: How can we offer healthier options at school concessions without compromising profit?

- Partnership with Avalanche to serve whole grain, veggie calzones, still served pizza
- Small additions such as carrots with dip, and apples with peanut butter
- Announcement of new products over loud speaker

Keys to success: small changes can minimize risk of losing money, advertisement of new products, surveying patrons




"Healthy concessions have been a fantastic idea! The biggest audience we have reached is the kids. Parents are buying carrots and apples with peanut butter as a snack instead of chips. Veggie calzones are also very successful. We are really happy!"
- Anita Wallace

Nelsonville-York City Schools

Challenge: How can we affordably improve the quality of school lunches?

The Nutrition Group 

- Food service management company focusing on improving the quality of school meals
- ensures that every student has healthy meal choices every day
- creating a setting that helps students make healthy food choices and perform at their best
- Helping NY get out of the red
- Convenient - one monthly bill to the Nutrition Group; Nutrition Group takes everything into their hands






"I have never seen so many fresh fruits and vegetables in their refrigerator!"
-ACCHD Registered Sanitarian

"Kids are taking the salad over the chicken nuggets!"
-Superintendent McClelland


Students


School meals

- Farm to School 
- Salad bars 
- Taste testing in the cafeteria 

Education

- K-12 Physical Education
- K-12 Nutrition education (Live Healthy Kids)
- Utilizing school gardens for classroom lessons

Health Clinic 

Mental health services 

Trimble Local Schools

Challenge: How can we increase access to health care?

Tomcat Care Center

- Helping to serve a medically underserved area
- Allowing students to stay at school and parents to remain at work
- Partnership with Hopewell Health Centers
- Utilized a renovated classroom
- Purchased equipment through Sisters of St. Joseph Charitable Fund
- Services provided:
 - primary health care
 - behavioral health care
 - dental health care
 - vaccines
 - sports physicals




Photo courtesy of the Athens Messenger (Sarah Hooley)


"School Districts can't solve all issues that need to be solved but this is an innovative way to remove barriers to health care and provide access to medical services. Good health enhances the ability to learn and reduces a barrier to student success."
-Kathy Trace

Federal Hocking Local School District

Farm to School

Challenge: How can we increase the amount of local fruits and vegetables served in the cafeteria and make it affordable?

- Utilizing Farm to Institution to School system
- CPA → Hocking College → School
- Produce prepped as specified by school
- Keys to success: buy in from cafeteria staff, priority of the district
- School garden to cafeteria
 - produce utilized in the salad bar
 - Free fruits and vegetables available to all students at all times of the day



Federal Hocking Local School District has purchased \$258.80 (2014), \$465.70 (2015), and \$336.55 (as of August 2016) worth of produce through the CPA from 2014 - present.

What is happening at the national level?



Evidence Based Strategies

Community schools (SE): schools that co-locate academics, physical health, mental health, and social service resources through partnerships with community service organizations

HEALTH BEHAVIORS	CLINICAL CARE	SOCIAL AND ECONOMIC FACTORS	PHYSICAL ENVIRONMENT
Chronic disease self-management programs (SS)	School dental program (SS) ★	Community schools (SE) ★	Safe Routes to School (SS)
Obesity prevention & control worksite programs (SS) ★	School based health clinic with reproductive health services (SE) ★	School-based social & emotional instruction (SS)	Smoke-free policies for indoor/outdoor areas (SE)
School fruit & vegetable gardens (SS)	Mental health services	School breakfast program (SS) ★	Walking school buses (SS)
Healthy School Lunch Initiative (SE), Farm to School Programs (SE) ★	Telemedicine (SS) ★	Community arts program (EO)	
Healthy vending machine options (SE)	Telemental health services (SE) ★	Group-based parenting (SS)	
School based nutrition education program (SE)		School-based violence & bullying prevention programs (SS)	
Fruit & vegetable taste testing (SE)		Youth empowerment programs (SE)	
Competitive pricing for healthy foods (SS)		Big Brothers Big Sisters (SE) ★	
School-based physical education (SS)		Extracurricular activities for social engagement (SS)	
Active recess (SS)		Youth peer mentoring (SE)	
Multi-component school-based obesity prevention interventions (SS)			
Physically active classrooms (SS)			
Joint use agreements (SE) ★			

★ = likely to decrease disparities

whatworksforhealth.wisc.edu (2016)

Lessons Learned/Key points...

- Work within the existing framework; focus on the whole system, rather than a specific program



- Start with success; focusing on duplicating what is working across multiple districts

Lessons Learned/Key Points

- Highlight the importance of successful policies and programs by tying them back to evidence-based research



- Bring resources and technical support to the table, and be ready to facilitate the conversation that the school wants to have

Next Steps

- Continue the conversation
- Take action
- Focus on assets and strengths
- Celebrate success and share our story

