



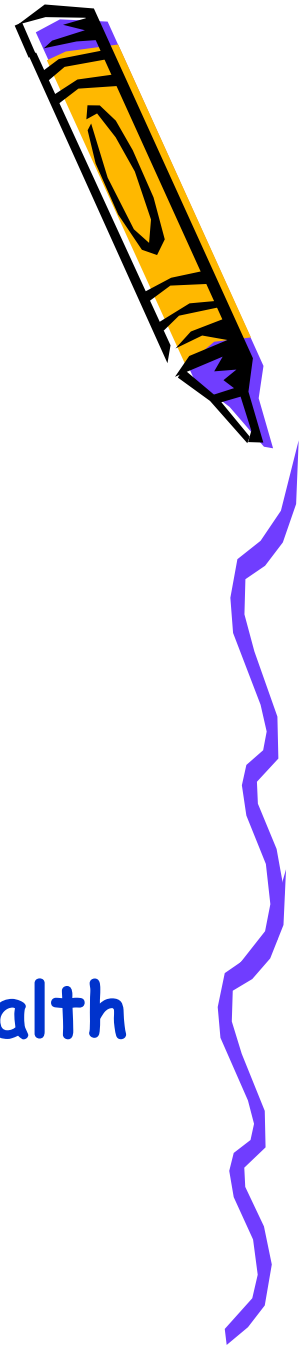
# *Making the Grade with Diet & Exercise*

Springfield Local School System  
Mahoning County, Ohio

Diana M. Colaianni, MSN, RN  
Nursing Director  
Mahoning County District Board of Health



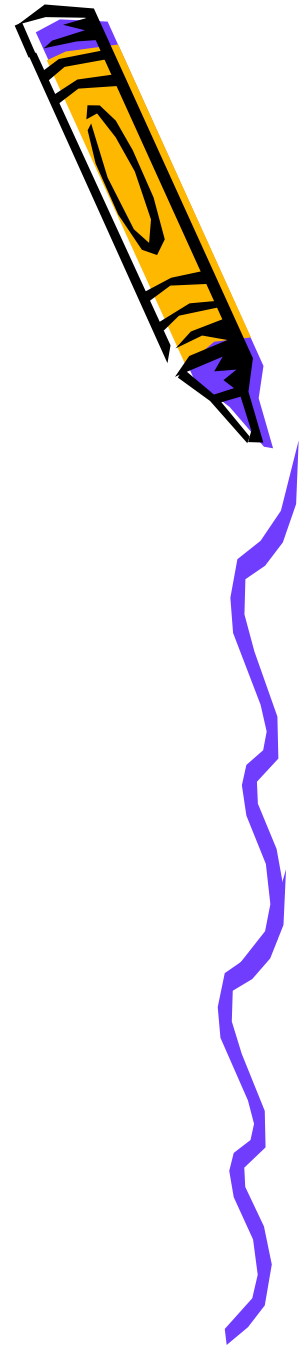
NACCHO-ASTHO Annual Meeting  
September 11, 2008



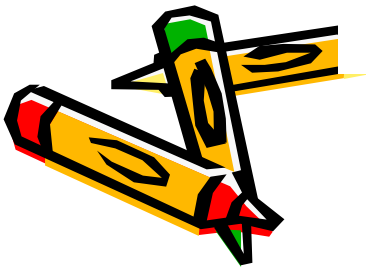
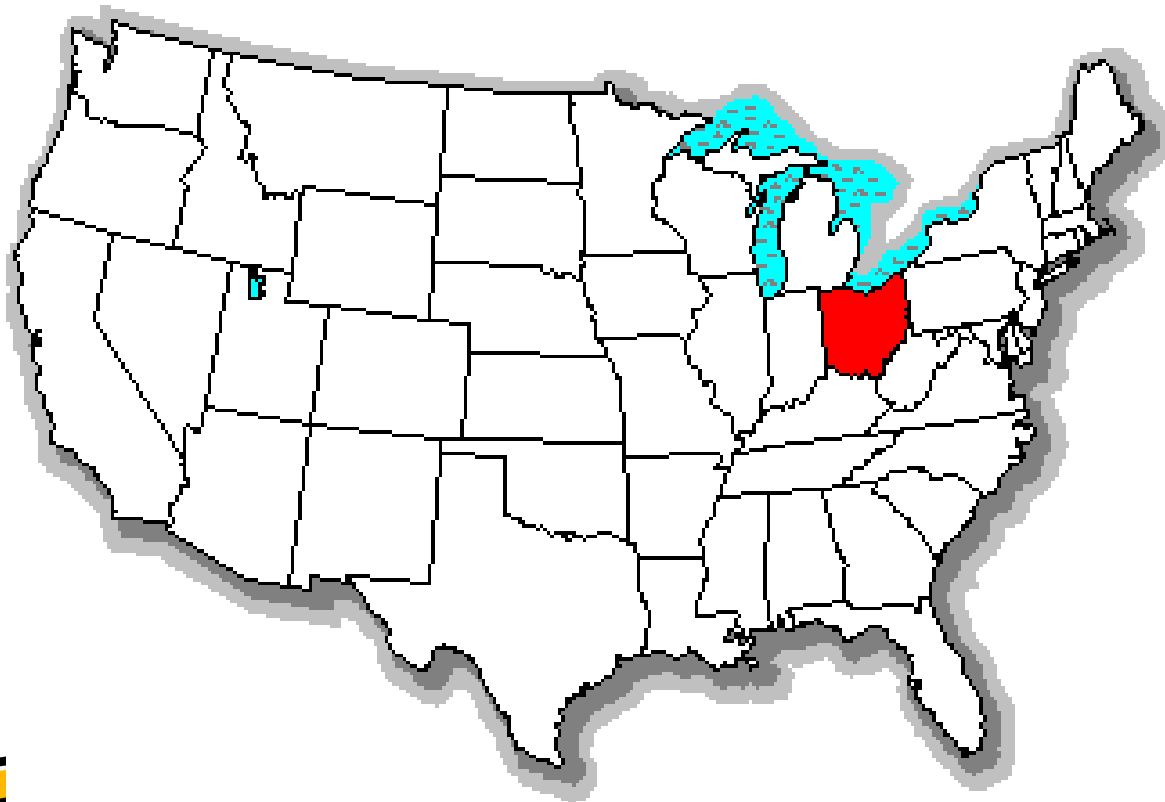
# District Board of Health



Mahoning County



# THE BUCKEYE STATE: OHIO

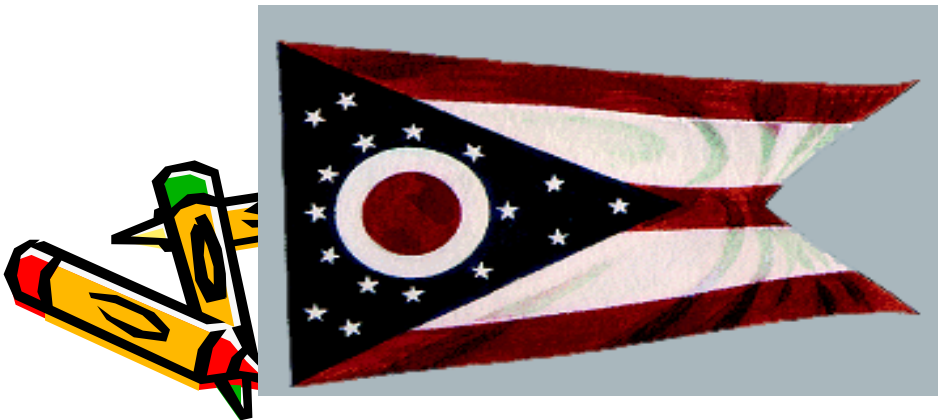




# OHIO

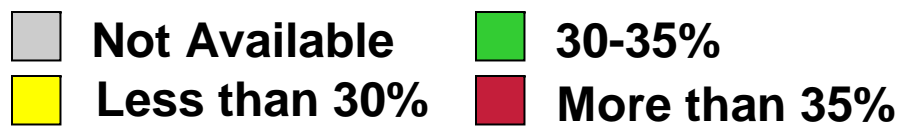
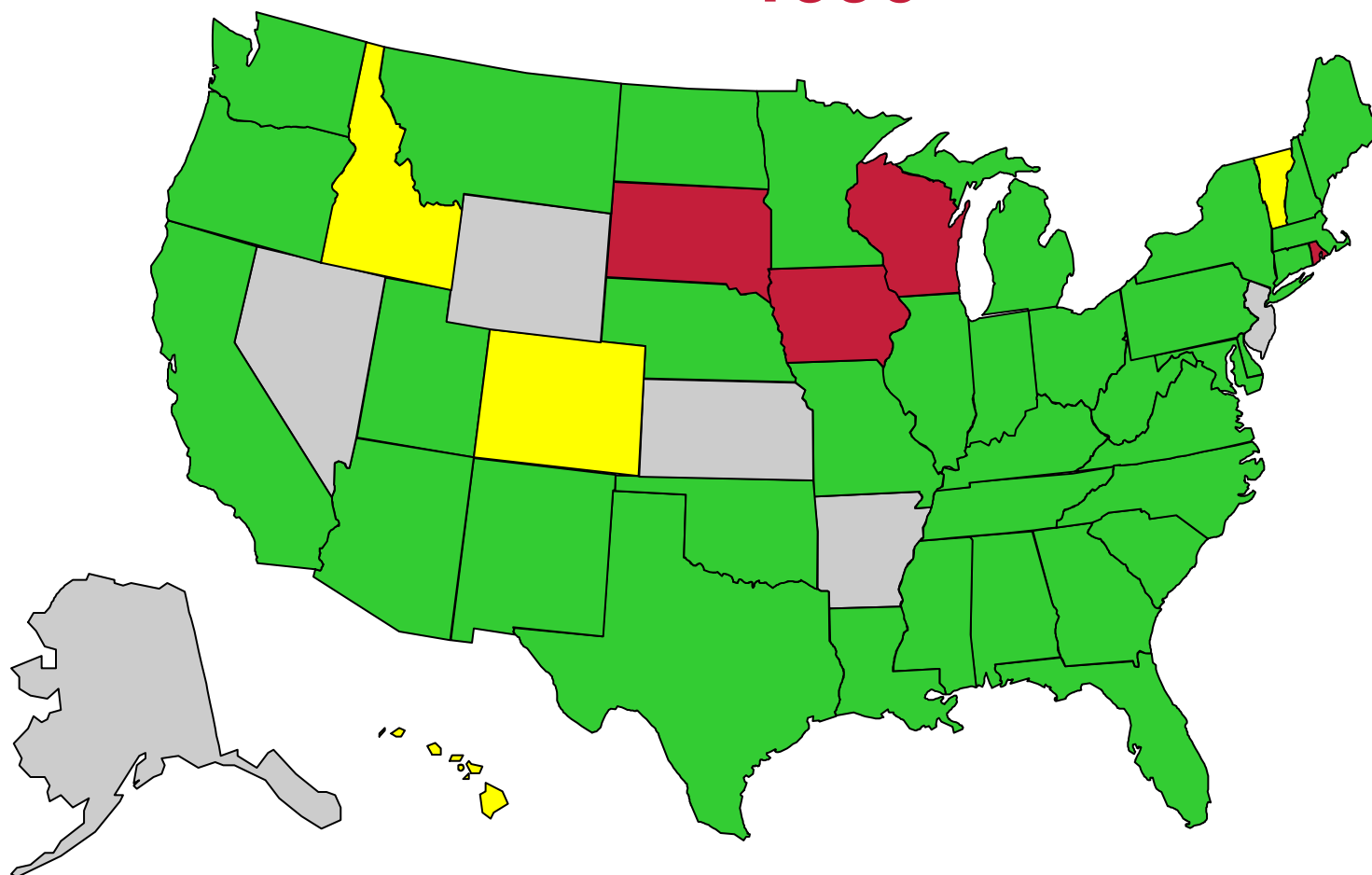


**Mahoning  
County**



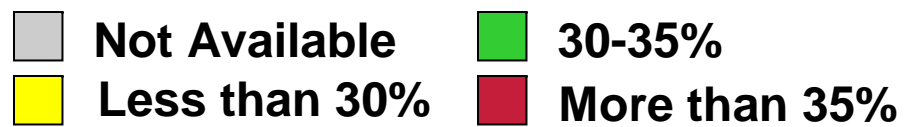
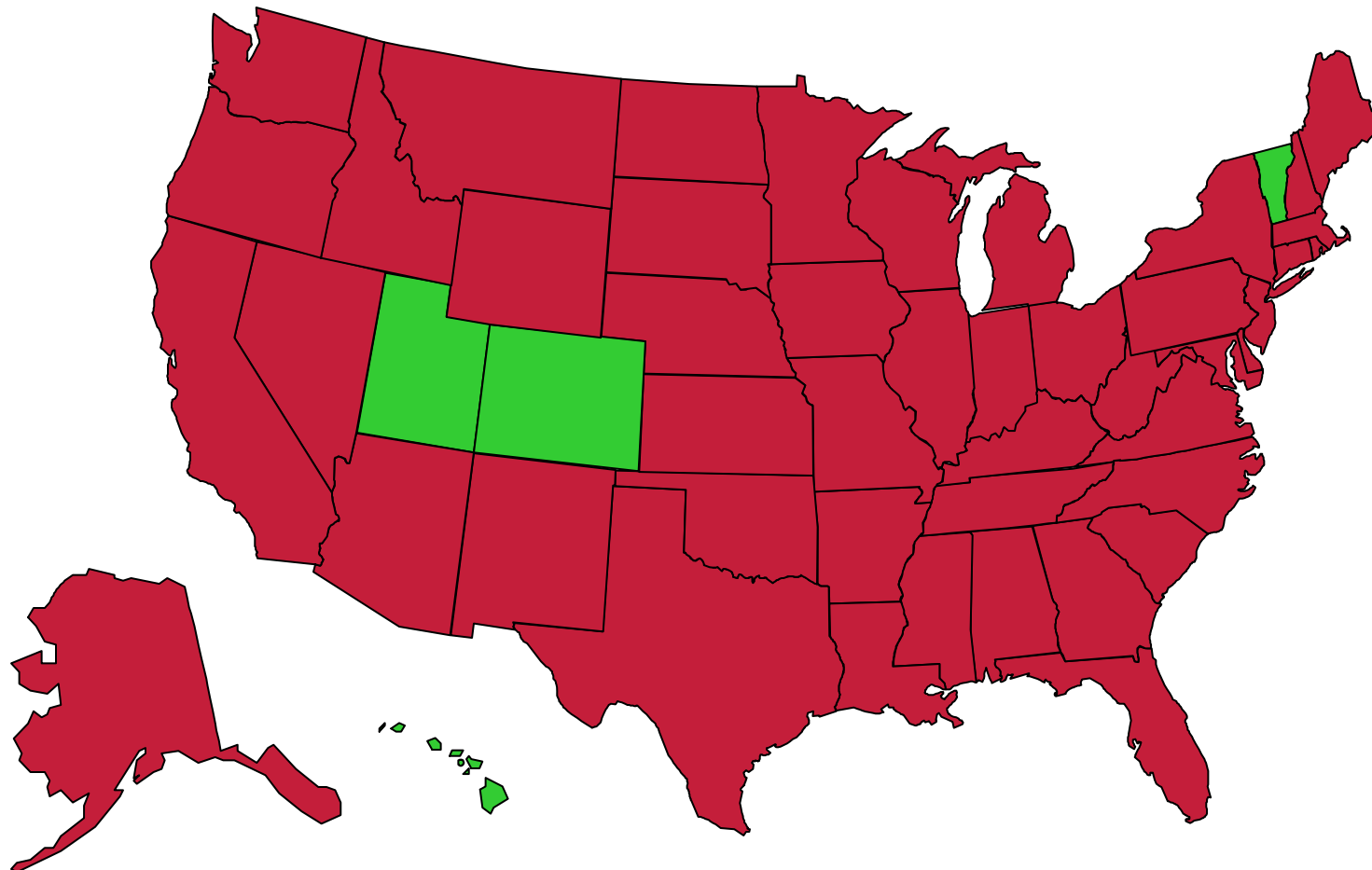
# Overweight Adults in the U.S.

## 1990



DATA SOURCE: 1998 BRFSS, CDC

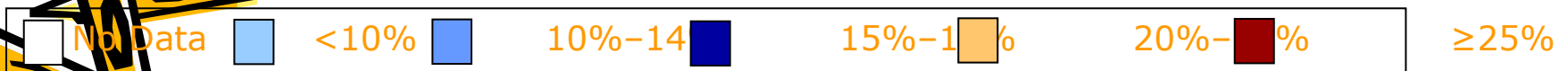
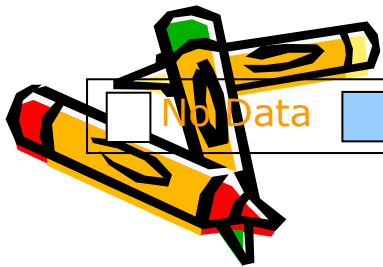
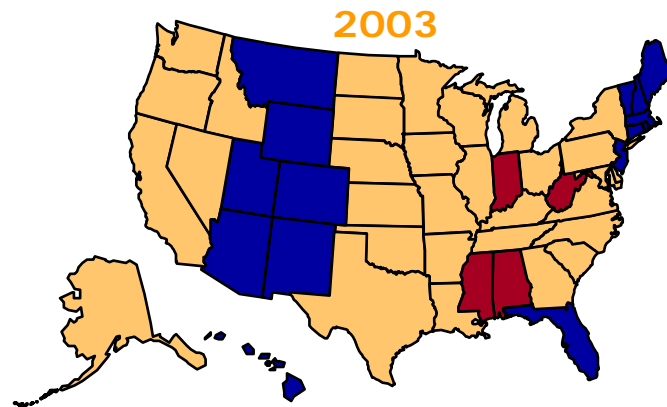
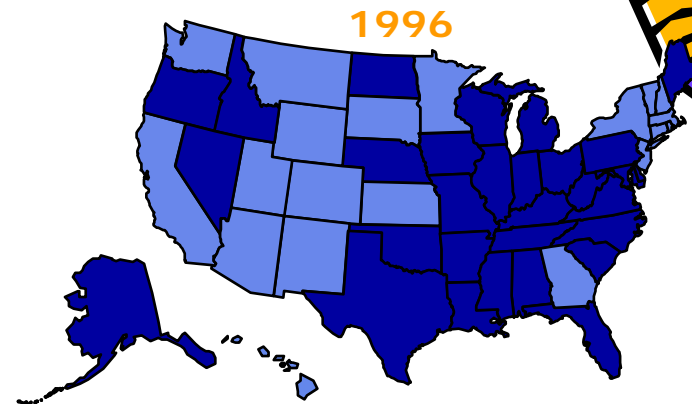
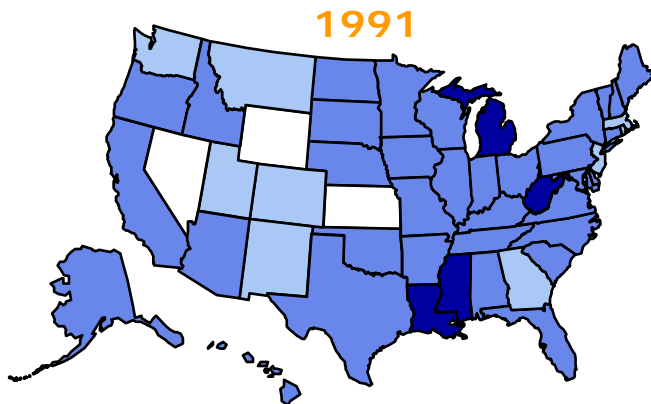
# Overweight Adults in the U.S. 1999



DATA SOURCE: 1998 BRFSS, CDC

# Obesity Trends Among U.S. Adults BRFSS, 1991, 1996, 2003

(\*BMI  $\geq 30$ , or about 30 lbs overweight for 5'4" person)



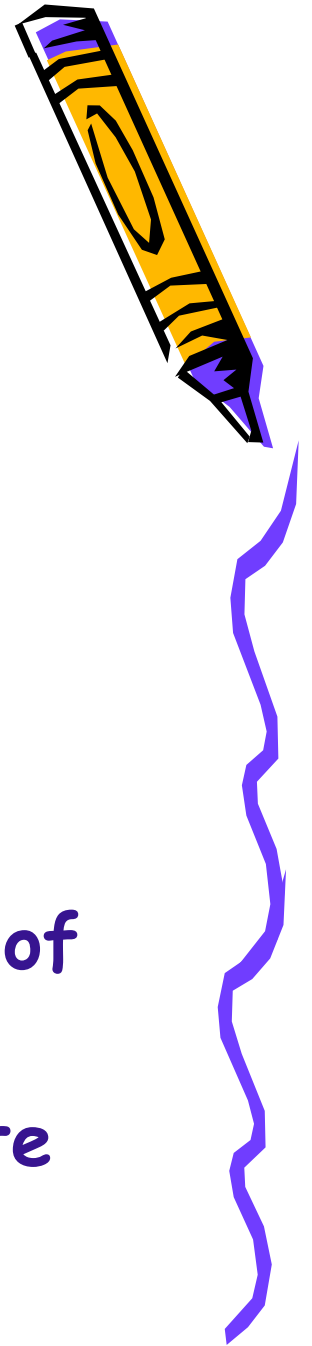
# Sponsors of the Coordinated School Health Project

- Ohio Department of Health
- Ohio Department of Education
- Ohio Department of Alcohol and Drug Addiction Services
- State Planning Committee for Health Education in Ohio (SPCHEO)



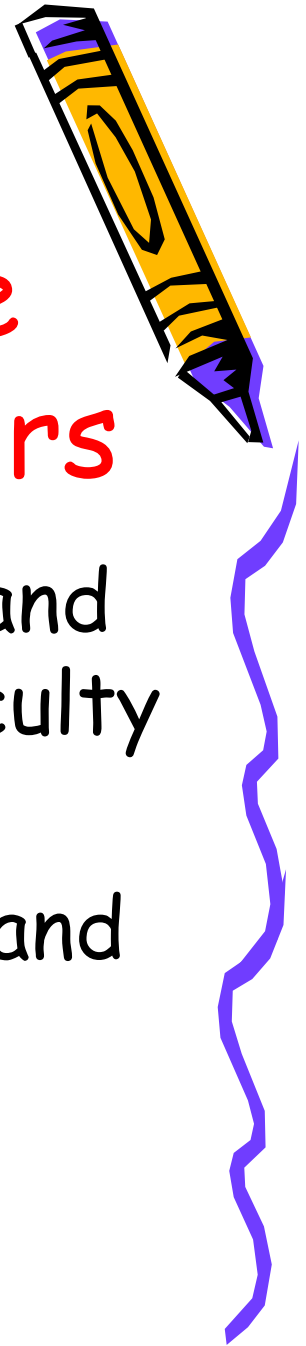
# Partners in the the Coordinated School Health Project

- Mahoning County District Board of Health
- Springfield Local School District
- Youngstown State University
- Northeastern Ohio University School of Medicine
- Ohio Public Health leadership Institute



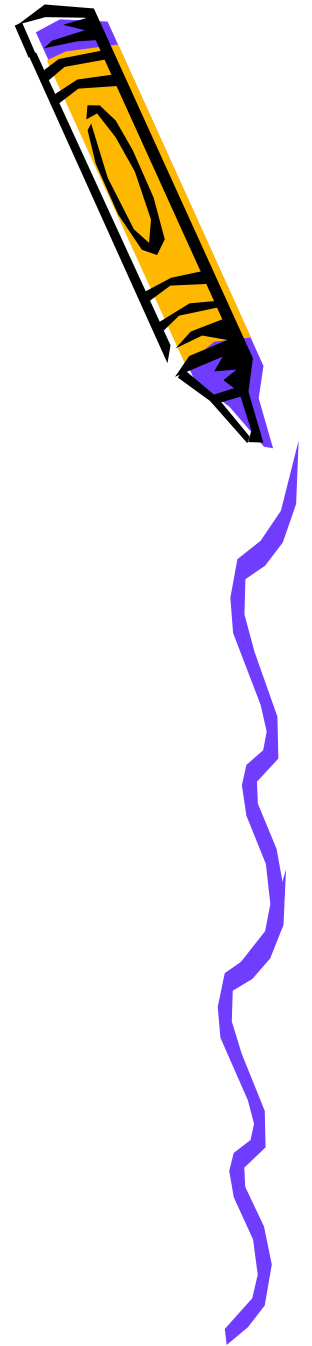
# An Action Plan was developed to enhance positive health behaviors

- Goal #1: To improve the health and wellness of Springfield Local faculty and staff
- Goal #2: To improve the health and wellness of Springfield Local Elementary students



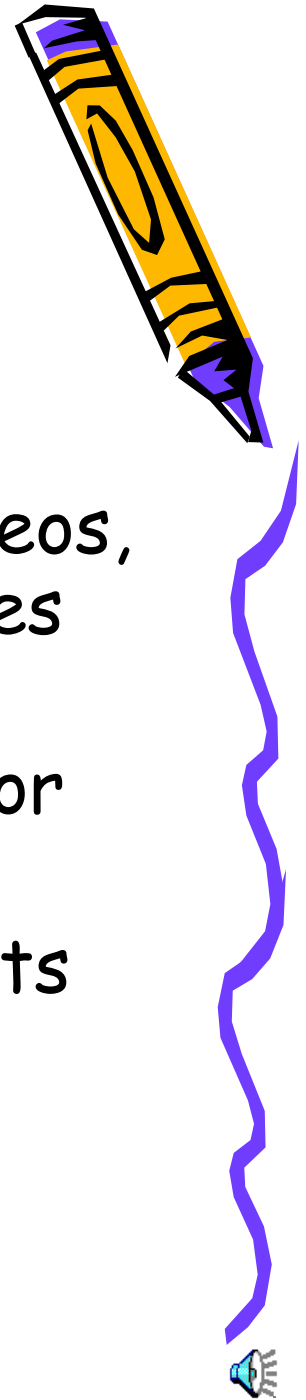
# Staff Strategies

- Provide exercise opportunities
  - Aerobics, walking, running, exercise videos
- Provide health screenings
  - Blood pressure, height, weight measurements
- Initiate competition among staff
  - Provide rewards



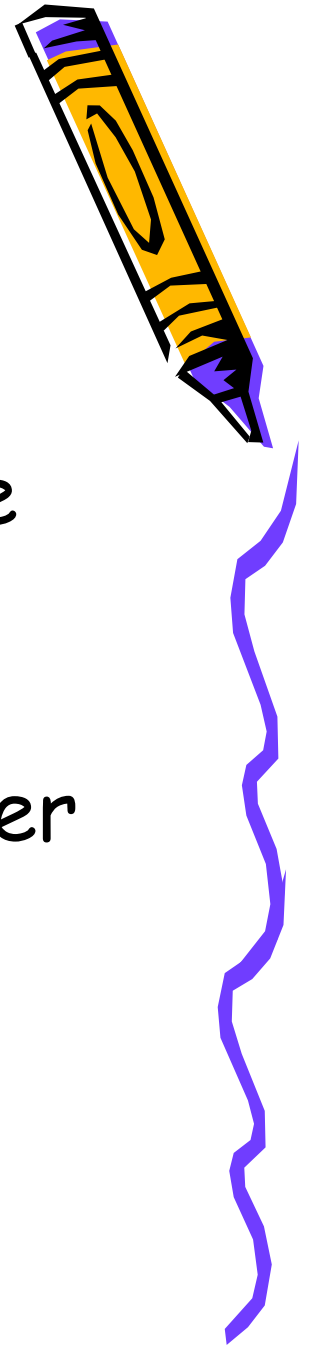
# Student Strategies

- **Provide exercise opportunities**  
walking, running, morning stretches, videos, calisthenics, teach new playground games
- Provide organized exercise/charitable activity such as "Turkey Trot" & "Run for Fun Picnic"
- Educate children on effects and benefits of physical activities



# Current Health Team

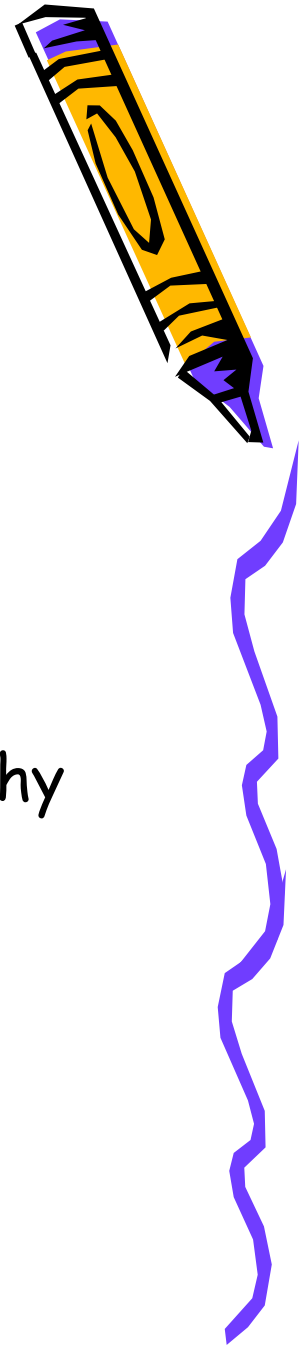
- Helene Dwyer , Food Service Supervisor
- Susan Springer, R.N., School Nurse
- Lou Anne Sheehan, Kindergarten Teacher
- Lynda Humphries, 2<sup>nd</sup> Grade Teacher
- Linda Campbell, 4<sup>th</sup> Grade Teacher
- Tom Yazvac, Elementary Principal





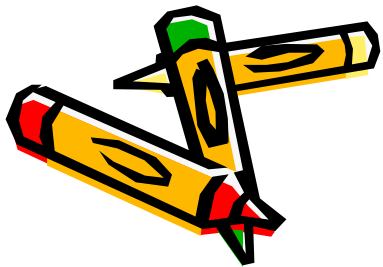


# Student Strategies



- Asthma Program
- H.S. Preventative Program
- Dental Health Program
- Reward with physical activities - ice skating, extra gym time, extra recess, planned physical activities
- Walk instead of riding buses
- Allow water bottles in classroom (promote healthy drinks)
- BMI measurements every other year K-12
- Letter to Parents in 2004-2005 with all BMI measurements done since 2000 K-12







# Staff Strategies

- Annual District Health Fair

Height/Weight/BMI

Hearing & Vision

Blood Pressure

Blood Sugar

Cholesterol

Body Fat Analysis

Hepatitis B Shots

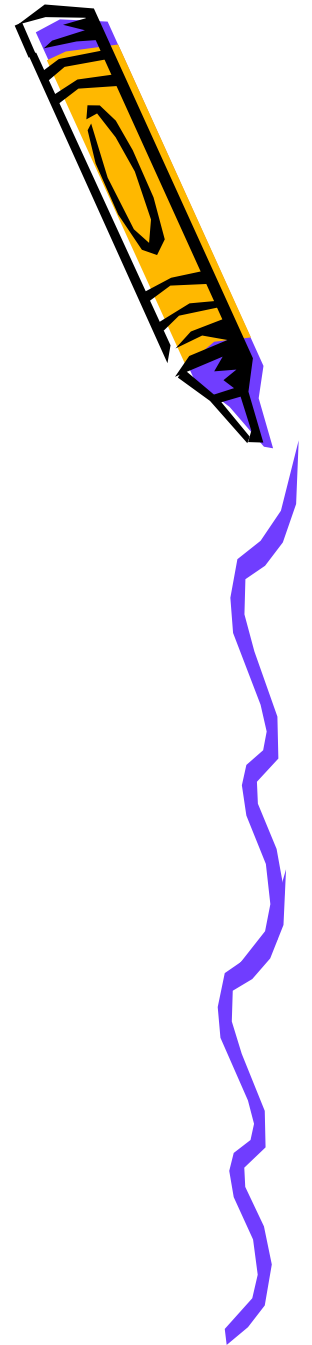
Annual Flu Shots

MammoVan

Bone Density

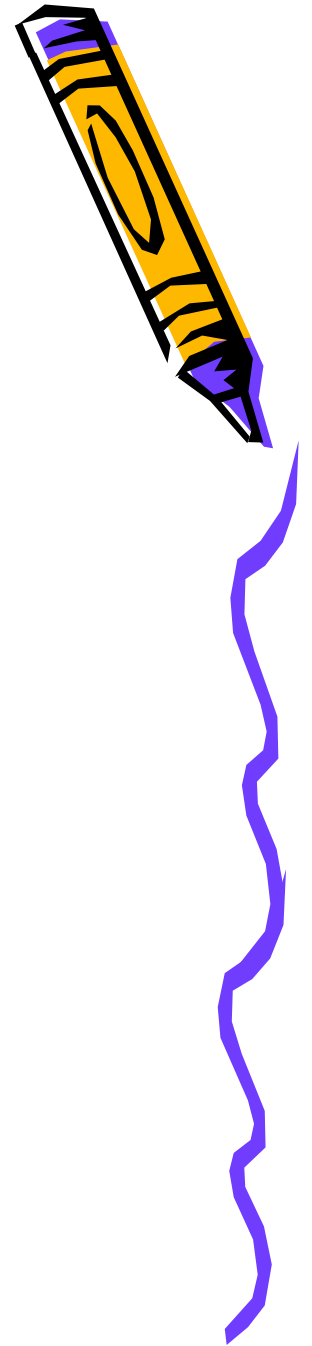
Body Composition

Vascular Screening



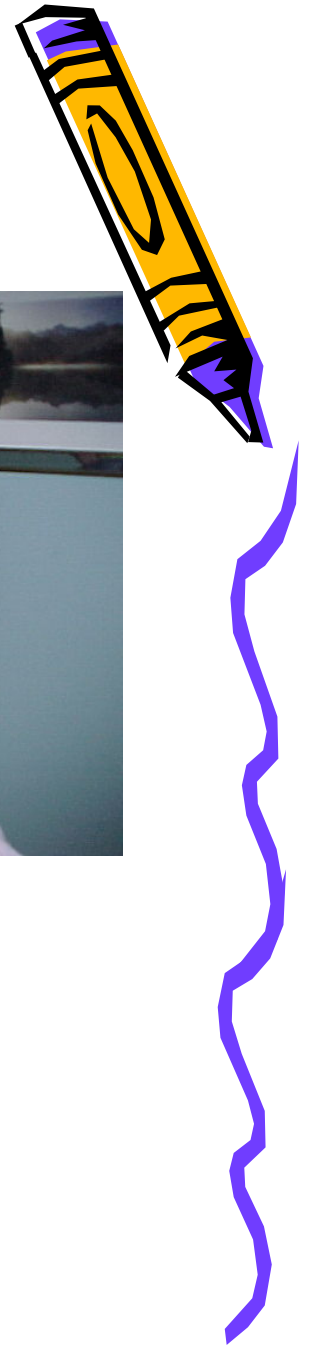
# Staff Strategies

- Weight Loss Competition
  - promotes staff support/spirit
  - provides encouragement
  - rewards provided
- Combined weight loss of 19 participants in 2007 - 597 lbs!



# Staff Strategies Cont...

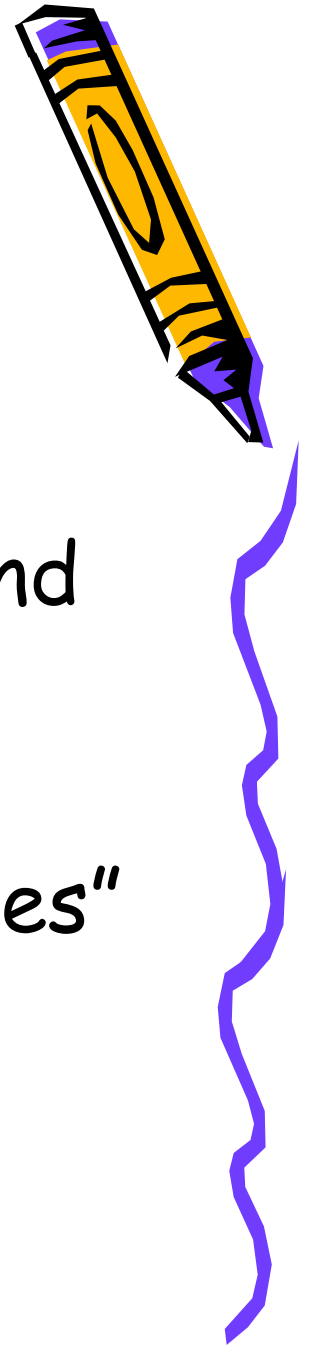
- Yoga
- Volleyball
- Walking
- Massotherapy



# Role Models for Students

Dick Shafrath

- Former Cleveland Browns player and Ohio Senator
- Executive Director of the ODH  
"Healthy Ohio, Healthy Communities"  
campaign



# Role Models Continued...

## Katie Smith

- Professional Basketball player
- WNBA Scoring Leader
- 2000 Olympic Gold Medalist
- OSU - Female Athlete of the Century
- 1998 USA World Championship Team
- Scoring Leader - Women's professional basketball - 3,807 points.





# School Breakfast Programs

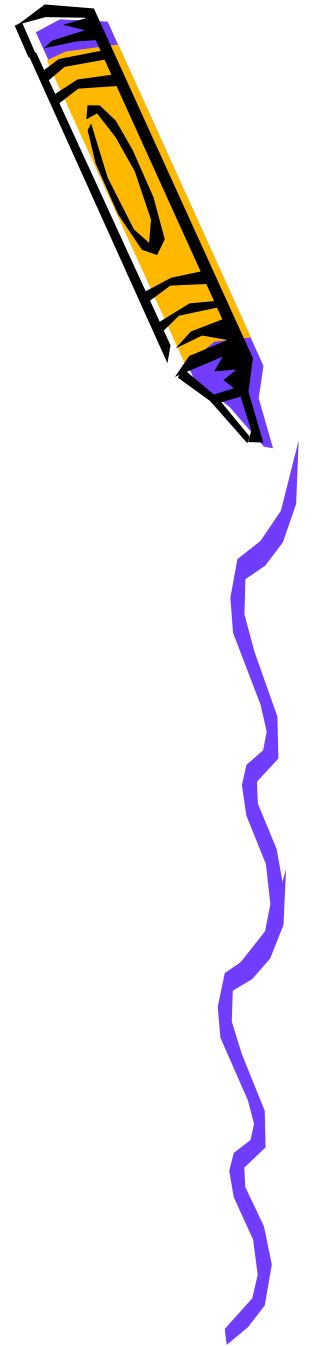
- increase learning and academic achievement
- improve student attention to academic tasks
- reduce visits to the school nurse
- decrease behavioral problems

- Murphy, Pagano, Nachmani,  
Sperling, Kane, and Kleinman, 1998



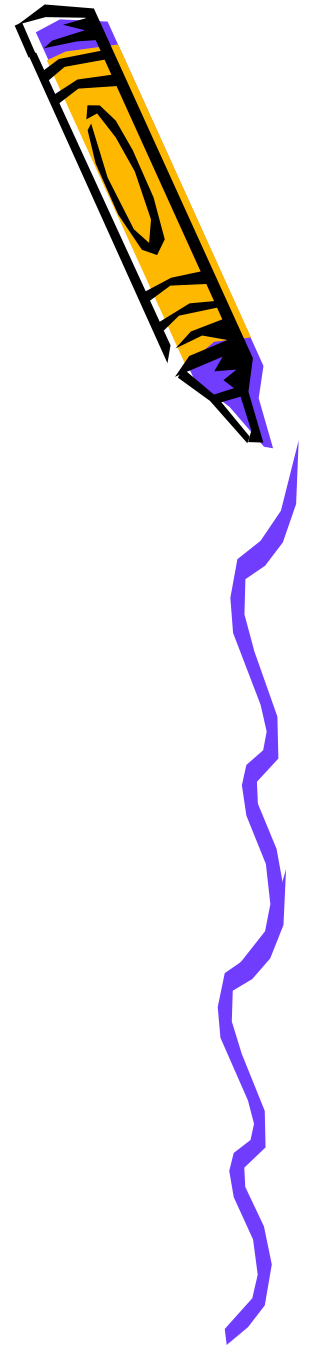
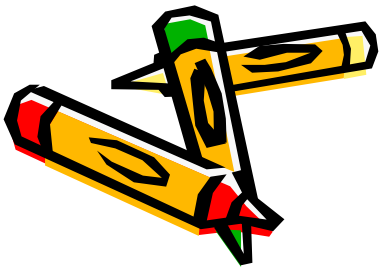
# Breakfast Concerns & Considerations

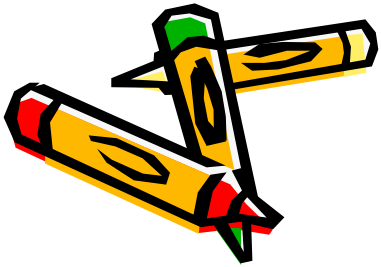
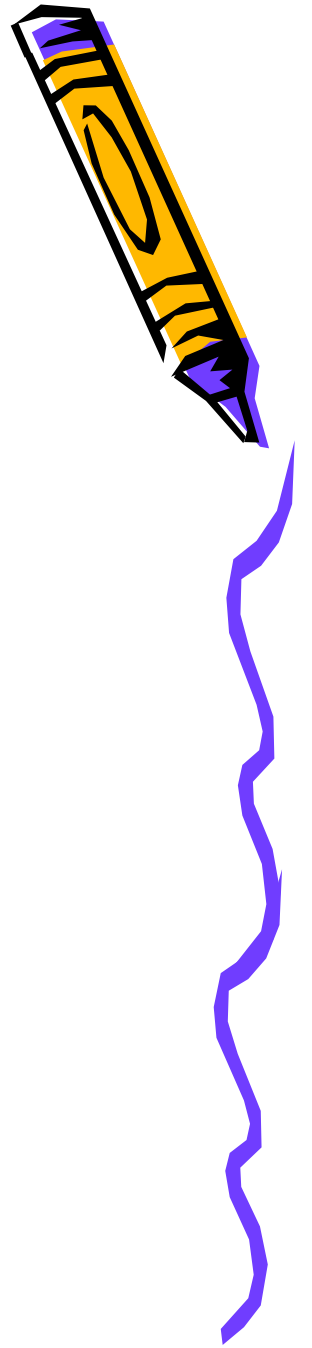
- Increased labor for cooks
- What types of food
- Food cost - labor cost
- Ease of cleanup
- Cafeteria use
- Eating location



# Food Preparation, Distribution, and Clean-up

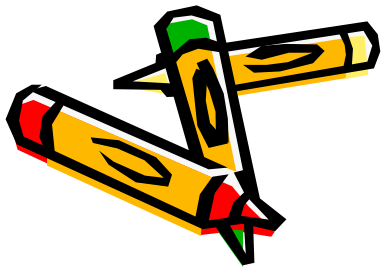
- Efficient use of personnel
- When to package foods
- How to package foods
- Utensils
- Trash collection





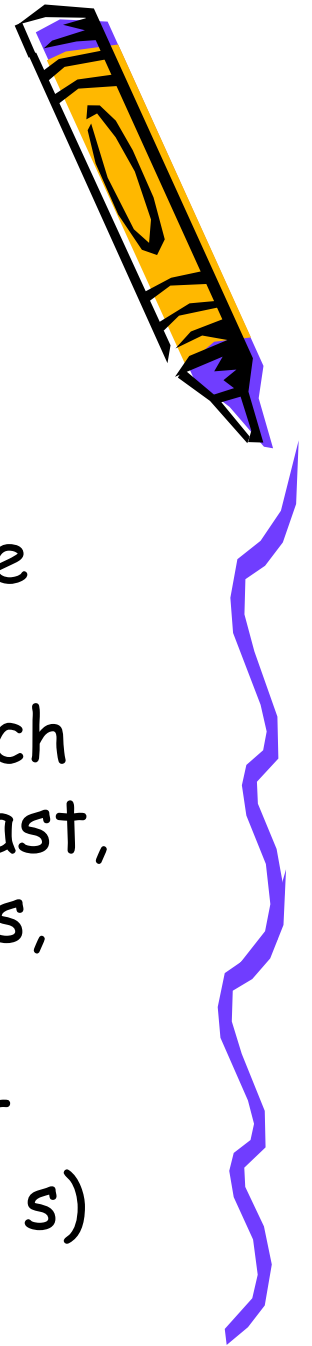
## 2000-2001

- Pancakes, waffles, English muffins, bagels, French toast sticks
- White milk



## 2001-2005

- Cereal, pancake/sausage rollup, cinnamon roll, Rich's French toast sticks, toast, graham crackers, muffin, biscuit
- 4 oz. 100% fruit juice, milk (w, c, s)

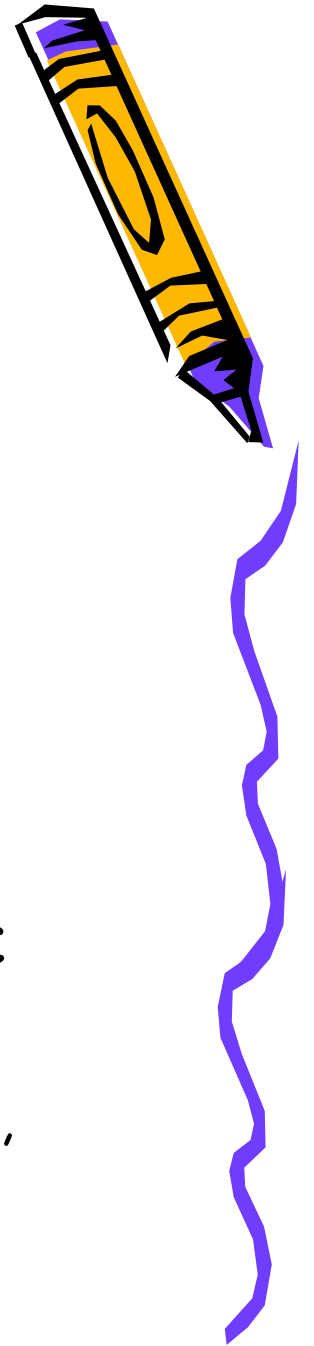




# Classroom Benefits

- Students benefit from having healthy teachers because:
  - Teachers are more energetic
  - Teachers are absent less often
  - The school climate is more optimistic

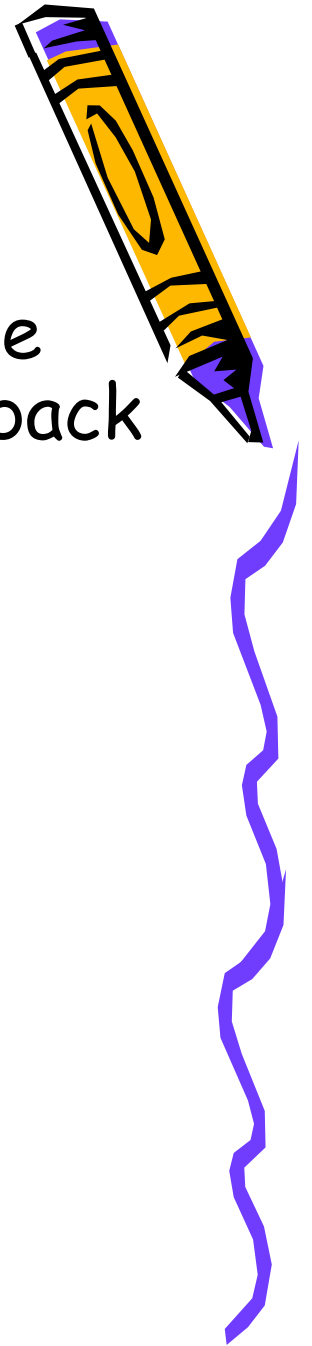
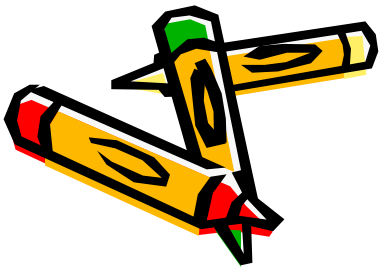
- Symons, Cummings,  
and Olds, 1994





# Improvements/Changes

- "Project Playground" - refurbished entire playground - courtesy Home Depot, Outback Steakhouse, K105, & Y103. (June 2003)
- Moved recess **BEFORE** lunch
- School-wide Exercise Day
- Mini Relay for Life (Thanks ACS)
- Milk machine at Inter/High School Café
- AED's in each school building in district (2004-2005)



# "Walk Ohio" 04-05

- 4<sup>th</sup> Grade Program
- Pedometers used to log miles for each individual student
- Each class added total miles together each day and plotted distance on a map to travel to 17 different Ohio destinations.
- 05-06 - "Walk the USA"

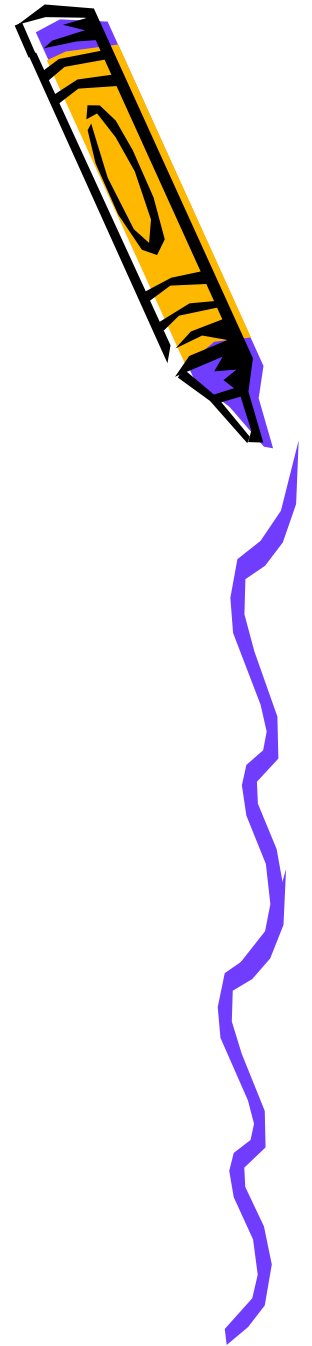
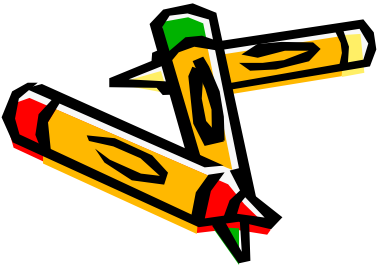


# Nurse Reporting Results

- 1999-2000 - 5,798 visits
- 2000-2001 - 3,408 visits
- 2001-2002 - 2,774 visits
- 2002-2003 - 2,219 visits
- 2003-2004 - 1,933 visits
- 2004-2005 - 2,031 visits

\* 65% decline in Nurse Visits in 5 years\*

- **GOAL** - Gradual decline in childhood obesity & healthier lifestyles



# Results

## 2005-2006 School Year

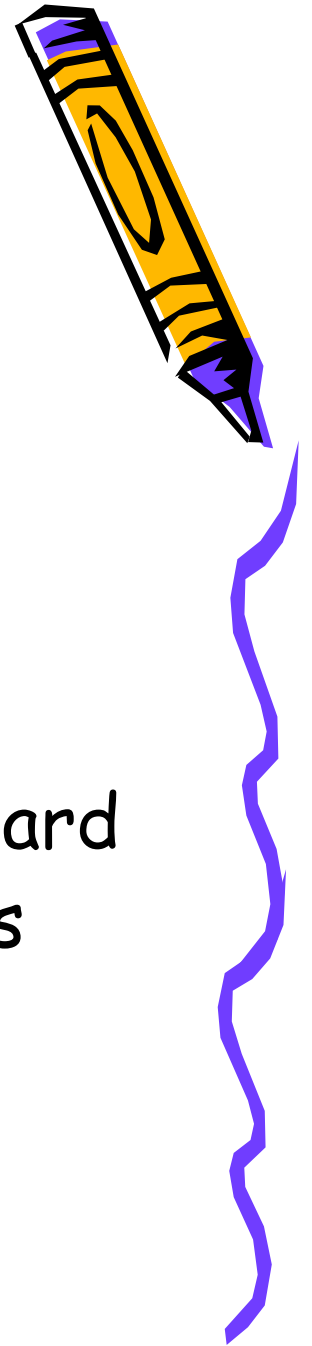
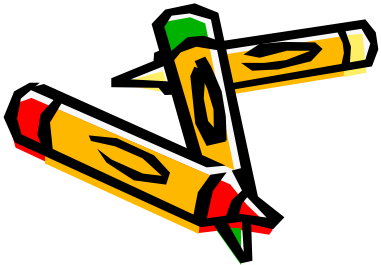


- Attendance improved from 95.5 to 97.6
- Discipline Referrals dropped 7%
- OYP Results improved: Writing 6%, Reading 3%, Math 4%, Citizenship 1%, Science 7%
- 4<sup>th</sup> Grade Proficiency received **ALL 5** indicators: **Writing 100%, Reading 93%, Math 99, Citizenship 90%, Science 87%**
- School Designation: **Excellent**



# Recognition

- 2002 Governor's Buckeye Best Healthy Schools Award Program - Silver Level
- 2003 Governor's Buckeye Best Healthy Schools Award Program - Gold Level
- 2004 Governor's Buckeye Best Healthy Schools Award Program - Gold Level
- 2004 Phi Delta Kappa - Best Practice Award
- 2004 OPHLI - Achieved Graduate Status
- 2005 Governor's Buckeye Best Healthy Schools Award Program - Gold Level





# Final Thought



*Coordinated school health programs empower students with the knowledge, skills, and judgment to help them make smart choices in life.*

- Making Connections





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