Learning Collaborative: Diabetes and Obesity
DSRIP Project: After School Obesity Program

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Introduction

- Program Mission
- Measurements
- Data Collected
- Parent Engagement
- Community Involvement
Christina Seix Academy First Grade - Class of 2027!
Program Mission

- **49%** of Trenton children are overweight or obese
- **21%** National average (2010)

Our Mission:
- Increase awareness of health and wellness
- Provide opportunities for education and activity
- Encourage parent and family involvement
After-School Wellness Program

- Two days per week for 12 weeks
  - Half hour nutrition education
  - Half hour physical activity

- Christina Seix Academy (CSA)
  - 21 students (first grade)
  - Tuesdays/Thursdays
  - Three Terms
  - Parent Nights: 9/2/15 and 11/18/15

- Gregory School
  - Two classes: 4th and 5th grade
  - Mondays/Wednesdays
  - Back to School Night: 9/15/15
## Curriculum

<table>
<thead>
<tr>
<th>Weekly Topic</th>
<th>Taste Test</th>
<th>Recipe Testing (Day 2)</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 Intro to MyPlate/CATCH</td>
<td>Sunflower Seeds</td>
<td>Popcorn Trail Mix</td>
</tr>
<tr>
<td>2 Food Groups: Fruits and Vegetables</td>
<td>Mango</td>
<td>Mango Salsa with Tortilla Chips</td>
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<tr>
<td>3 Food Groups: Grains and Protein</td>
<td>Roasted Chick Peas</td>
<td>Veggie Pockets with Hummus</td>
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<tr>
<td>4 Food Groups: Dairy/Beverages</td>
<td>Seltzer Water</td>
<td>Fruity Sparklers</td>
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<tr>
<td>5 Practice Portions</td>
<td>Edamame in Shell</td>
<td>Butterfly Pasta Salad</td>
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<tr>
<td>6 Snack Attack</td>
<td>String Mozzarella</td>
<td>Veggies and Cheese Kabobs</td>
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<tr>
<td>7 Nutrition Labels</td>
<td>Kiwi</td>
<td>Tortilla Faces</td>
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<tr>
<td>8 Salt and Sugar</td>
<td>Cannellini Beans</td>
<td>White Bean Dip with Veggies</td>
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<td>9 Fiber</td>
<td>Raspberries</td>
<td>Super Smoothies</td>
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<tr>
<td>10 Fast Food</td>
<td>Guacamole</td>
<td>Fiesta Roll</td>
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<tr>
<td>11 Go/Slow/Whoa</td>
<td>Vanilla Greek Yogurt</td>
<td>Crunchy Monkey Breakfast Parfait</td>
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<tr>
<td>12 Review</td>
<td>Pineapple</td>
<td>Rainbow Kabobs</td>
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</tbody>
</table>

### Collaboration with Campus Chef
Measurements

- Nutrition Tests (2) – food groups and healthy options
- BMI trends (3) – One of four data points
- PACER (2) – tests aerobic endurance
- SOFIT (3) – evaluates physical activity instruction
- Physical Activity Tracker Pilot Testing
- Surveys – three distributed per session
  - Participant baseline (3 questions)
  - Student Evaluation (5 questions)
  - Parent Evaluation (13 questions)
STUDENT & PARENT SURVEYS
Data: Surveys

• Student Baseline Survey (3 questions)
• Student Participant Survey (5 questions)
  – 85% enjoy the program at least most times
  – 90% have at least 20 min. moderate-intense physical activity every day
• Parent Program Evaluation Survey (13 questions)
  100% agree or strongly agree:
  – Child enjoys the program
  – Education provided to parents/families
  – Staff encourages participation
  – Staff encourages healthy food choices
Data: Tests and Evaluations

- **Nutrition Tests**
  - Pre-Test Results:
    - Percent over 75%: 19%
    - Percent scoring 100%: 0%
    - Class average: 67%
  - Post-Test Results:
    - Percent over 75%: 67%
    - Percent scoring 100%: 10%
    - Class average: 80%

- **PACER Test**
  - 51% Improved PACER Score

- **BMI** – Post session measurements to be collected
Parent Engagement

• Parent Nights: September 2 & November 18
• Pre-survey
• Presentation
• Group Discussion
• Survey of Knowledge  
  – Calories and Portion Control
• Gift Basket Raffle
• Family Bags and Printed Materials
• Linking families to Primary Care Physicians
“Shopping on a Budget”  
Parent Bag

Parent Night Set-Up with Chef Sal
Community Partnerships

- Summer Camps
  - Trinity Cathedral
  - St. Michael’s Church
- Henry J Austin Health Fair
- Trenton Culture Festival
- Greater Mercer Public Health Partnership
- Trenton Board of Education
  - Back-to-School Extravaganza
  - Preschool Health and Safety Workshop
  - Resources for School Nurses
Thank You!

Questions?