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Delivery System Reform Incentive Payment (DSRIP) Program

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

CONTACTS:
ROBERT REMSTEIN, D.O., M.D – VP, Accountable Care
BETH MIL- Director, Clinical Integration
PAMELA KELLY – DSRIP Coordinator

Project Scope: Obesity Prevention
Project Title: After School Wellness Program

Why we choose this program?

- ✓ **In Trenton, childhood obesity is even more alarming. The most striking statistics show that 49% of the youngest children attending Trenton public schools are overweight or obese compared to 21 % in the U.S.**

- ✓ **50% of children treated at Capital Health, either in the ED or in the inpatient unit are Medicaid or uninsured.**

References:
United Way of Greater Mercer County, 2012 Mercer County, NJ, Community Health Assessment Report. July 12, 2012.

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Project Scope: Obesity Prevention
Project Title: After School Wellness Program

Goal:

✓Capital Health is committed to preventing childhood obesity in our community and collaborate with the Trenton School District's health and wellness program.

✓The primary goal of this project is to help the youngest school-age children in Trenton, NJ learn to eat a healthier diet and exercise more, thereby reducing their risk for chronic illnesses like diabetes and heart disease.

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The Vicious Cycle of Childhood Obesity

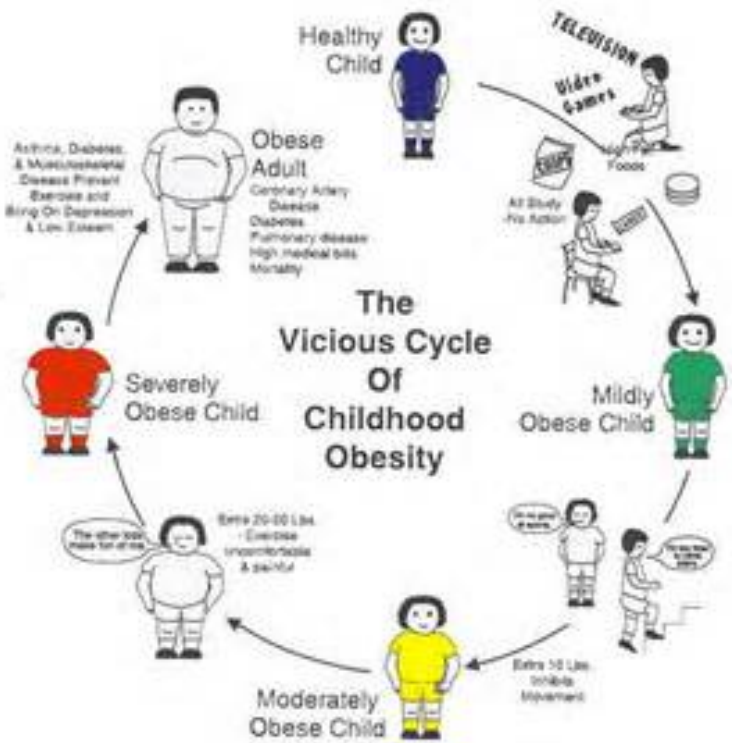

Image from earlychildhood-educations.blogspot.com

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1. High Level Project Intervention

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Project Scope: Obesity Prevention
Project Title: After School Wellness Program

- *On September 2014, the After School Wellness Program started at Christina Seix Academy with 20 first grade students, age ranging from 4-6 years old and Monument Elementary School with 14 students from third grade to fifth grade level (7-12 years old).*

- *The curriculum is composed of nutrition and physical activity lessons (including snack preparation activities) and parent engagement activity program.*

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The program coordinates and implements a semester-based program that runs for 12 weeks, 2 days per week in both the fall and spring semester.

The Curriculum

- Introduction to and providing opportunities for organized physical activity such as sports, exercise and play
- Developing healthy meal and snacks
- Learning to choose healthier foods
- Finding healthy, affordable food options locally
- Parents'/guardians' role in supporting health and wellness at home

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Project Achievements to Date

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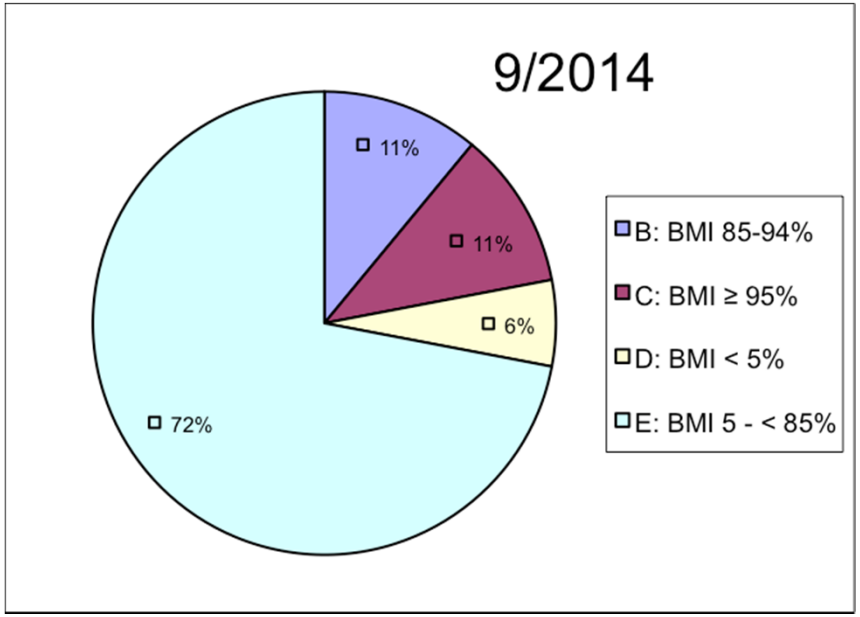
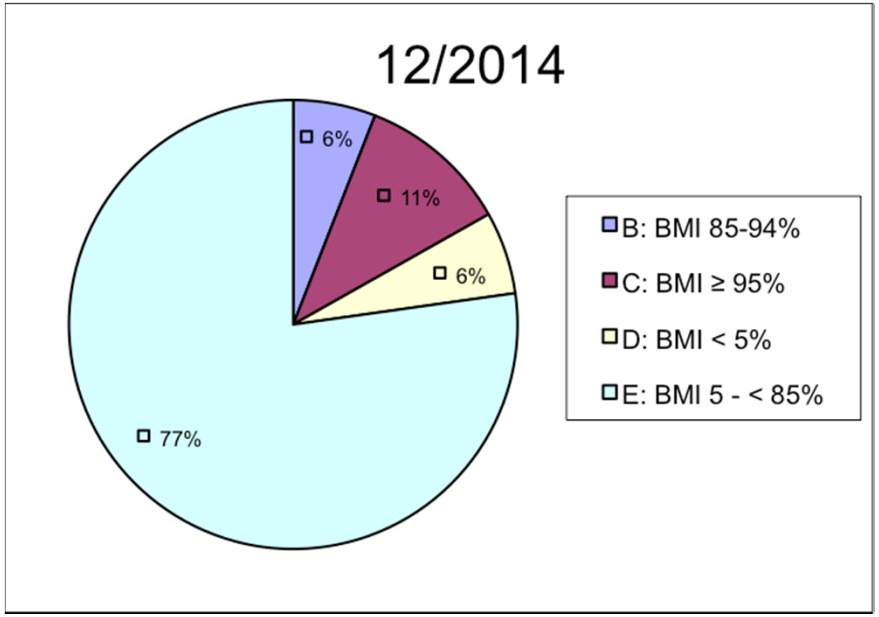
Project Scope: Obesity Prevention
Project Title: After School Wellness Program

EARLY RESULTS: FALL PROGRAM RESULTS

- ***In only 12 short weeks we have shown great improvements in all areas of the program.***
- These are measured by using the following form of measurements:
  - ✓ **BMI (**Body mass index) calculation
  - ✓ the **PACER test** (The Progressive Aerobic Cardiovascular Endurance Run) (an aerobic capacity test), and
  - ✓ **CATCH** (Coordinated Approach to Child Health**)** nutrition assessment (a nutrition pre and post test)

BMI Christina Seix Academy (CSA)





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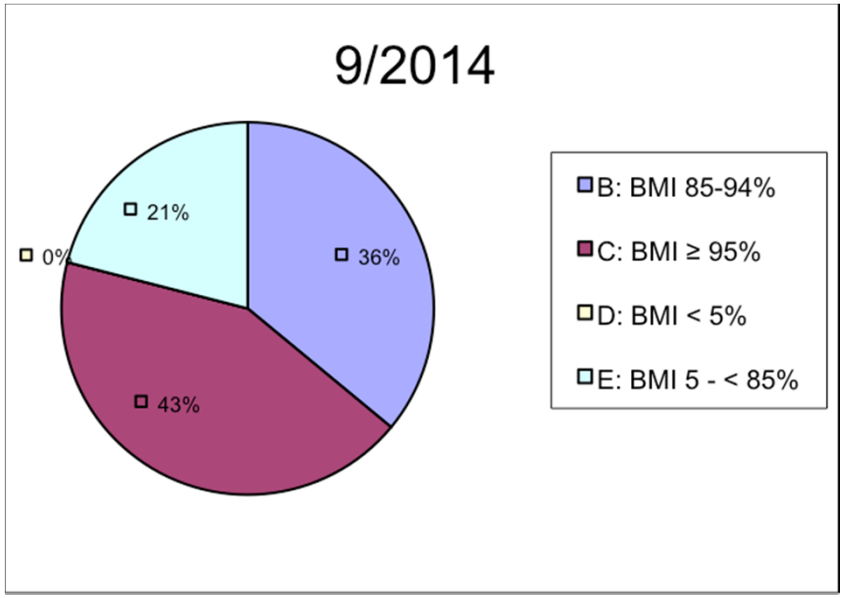
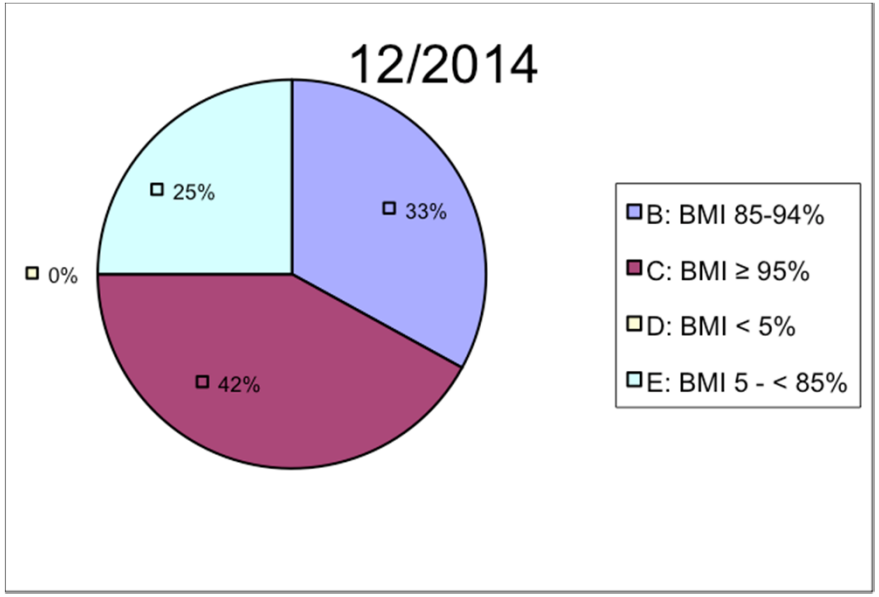
BMI Monument Elementary School





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CSA Nutrition Test Fall 2014
"Which food is healthier?"
CATCH (Coordinated Approach to Child Health) test

CATCH Pretest -- CSA
9/2014

Which food is healthier test (10 possible)

Student	Grade	Age	Gender	Correct	Incorrect	Score
10021	1	7	Female	4	6	40%
10056	1	6	Male	7	3	70%
10045	1	6	Female	3	7	30%
10001	1	6	Female	3	7	30%
10089	1	6	Male	5	5	50%
10065	1	6	Male	5	5	50%
10032	1	6	Male	5	5	50%
10052	1	6	Female	5	5	50%
10009	1	6	Female	5	5	50%
11260	1	6	Male	6	4	60%
14526	1	6	Female	6	4	60%
10012	1	6	Female	6	4	60%
10698	1	6	Female	10	0	100%
10748	1	6	Female	6	4	60%
10325	1	6	Male	8	2	80%
16325	1	6	Female	6	4	60%
11466	1	6	Male	5	5	50%
10018	1	6	Male	5	5	50%

Results:	
Percent over 75%	11%

CATCH Post-test -- CSA
12/2014

Which food is healthier test (10 possible)

Student	Grade	Age	Gender	Correct	Incorrect	Score
10021	1	7	Female	5	5	50%
10056	1	6	Male	8	2	80%
10045	1	6	Female	7	3	70%
10001	1	6	Female	8	2	80%
10089	1	6	Male	9	1	90%
10065	1	6	Male	6	4	60%
10032	1	6	Male	6	4	60%
10052	1	6	Female	8	2	80%
10009	1	6	Female	6	4	60%
11260	1	6	Male	10	10	100%
14526	1	6	Female	8	2	80%
10012	1	6	Female	7	3	70%
10698	1	6	Female	8	2	80%
10748	1	6	Female	10	0	100%
10325	1	6	Male	9	1	90%
16325	1	6	Female	7	3	70%
11466	1	6	Male	5	5	50%
10018	1	6	Male	7	3	70%

Results:	
Percent over 75%	50%
Increase	89%
maintain	6%
Decrease	6%

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CSA Nutrition Test Spring 2015

Nutrition Pretest -- CSA 1/2015

14 questions

Student	Grade	Age	Gender	Correct	Incorrect	Score
10021	1	7	Female	12	2	86%
10056	1	6	Male	11	3	79%
10045	1	6	Female	10	4	71%
10001	1	6	Female	12	2	86%
10089	1	6	Male	12	2	86%
10065	1	6	Male	9	5	64%
10032	1	6	Male	11	3	79%
10052	1	6	Female	11	3	79%
10009	1	6	Female	12	2	86%
11260	1	6	Male	14	0	100%
14526	1	7	Female	11	3	79%
10012	1	7	Female	12	2	86%
10698	1	6	Female	12	2	86%
10748	1	6	Female	14	0	100%
10325	1	6	Male	13	1	93%
16325	1	7	Female	13	1	93%
11466	1	6	Male	9	5	64%
10018	1	6	Male	14	0	100%

Results:	
Percent over 75%	83%
Percent scoring 100%	17%

Nutrition Post test -- CSA 3/2015

14 questions

Student	Grade	Age	Gender	Correct	Incorrect	Score
10021	1	7	Female	12	2	86%
10056	1	6	Male	14	0	100%
10045	1	7	Female	13	1	93%
10001	1	6	Female	13	1	93%
10089	1	7	Male	14	0	100%
10065	1	7	Male	13	1	93%
10032	1	7	Male	13	1	93%
10052	1	6	Female	13	1	93%
10009	1	6	Female	10	4	71%
11260	1	6	Male	14	0	100%
14526	1	7	Female	13	1	93%
10012	1	7	Female	13	1	93%
10698	1	6	Female	14	0	100%
10748	1	7	Female	14	0	100%
10325	1	6	Male	13	1	93%
16325	1	7	Female	14	0	100%
11466	1	7	Male	13	1	93%
10018	1	7	Male	14	0	100%

Results:	
Percent over 75%	94%
Percent scoring 100%	39%
Increase (12/18)	67%
maintain (5/18)	28%
Decrease (1/18)	6%

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Monument Pre-Test Fall 2014

Which food is healthier test

CATCH Pretest Monument

Sep-15

Which food is healthier test (10 possible)

Student	Grade	Age	Gender	Correct	Incorrect	Score
20623	4	9	Female	10	0	100%
24156	4	9	Male	10	0	100%
20013	5	10	Female	10	0	100%
20458	3	8	Female	7	3	70%
25632	4	9	Male	9	1	90%
20034	5	10	Female	10	0	100%
21478	3	8	Female	5	5	50%
26589	3	8	Male	5	5	50%
20041	4	11	Female	6	4	60%
20135	4	10	Male	7	3	70%
20254	3	8	Female	8	2	80%
20366	3	8	Female	8	2	100%
24587	4	9	Male	8	2	80%
20511	4	10	Female	9	1	90%

Results:	
% over 75%	64%

CATCH Post Test Monument

Dec-15

Which food is healthier test (10 possible)

Student	Grade	Age	Gender	Correct	Incorrect	Score	
20623	4	9	Female	n/a	n/a	n/a	
24156	4	9	Male	10	0	100%	maintain
20013	5	11	Female	9	1	90%	Decrease
20458	3	8	Female	8	2	80%	Increase
25632	4	9	Male	9	1	90%	Increase
20034	5	10	Female	10	0	100%	maintain
21478	3	8	Female	n/a	n/a	n/a	
26589	3	8	Male	8	2	80%	Increase
20041	4	11	Female	10	0	100%	Increase
20135	4	10	Male	10	0	100%	Increase
20254	3	8	Female	10	0	100%	Increase
20366	3	8	Female	10	0	100%	maintain
24587	4	10	Male	9	1	90%	Increase
20511	4	10	Female	9	1	90%	maintain

Results:	
% over 75%	100%
Increase	58%
Decrease	8%
Maintain	33%

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Monument Nutrition Test Spring 2015

Pretest 1/2015

14 questions

Student	Age	Gender	Correct	Incorrect	Score
20458	9	Female	8	6	57%
25632	9	Male	12	2	86%
20034	10	Female	n/a	n/a	n/a
26589	9	Male	11	3	79%
20135	10	Male	10	4	71%
20254	9	Female	13	1	93%
20366	8	Female	12	2	86%
24587	10	Male	11	3	79%
20511	10	Female	13	1	93%
23750	9	Male	9	5	64%
27845	8	Female	11	3	79%
22356	9	Female	13	1	93%
28740	10	Female	10	4	71%
24874	8	Female	9	5	64%
29114	9	Male	10	4	71%
Results:					
Percent over 75%	50%				
Percent scoring 100%	0%				

Post test 3/2015

14 questions

Student	Age	Gender	Correct	Incorrect	Score
20458	9	Female	11	3	79%
25632	10	Male	13	1	93%
20034	10	Female	14	0	100%
26589	9	Male	11	3	79%
20135	11	Male	11	3	79%
20254	9	Female	11	3	79%
20366	8	Female	14	0	100%
24587	10	Male	13	1	93%
20511	11	Female	14	0	100%
23750	9	Male	12	2	86%
27845	9	Female	13	1	93%
22356		Female	n/a	n/a	n/a
28740		Female	n/a	n/a	n/a
24874	8	Female	13	1	93%
29114	9	Male	9	5	64%
Results:					
Percent over 75%	92%				
Percent scoring 100%	23%				
Increase (8/13)	62%				
maintain (1/13)	8%				
Decrease (2/13)	15%				

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PACER Testing CSA

(The Progressive Aerobic Cardiovascular Endurance Run - an aerobic capacity test)

PACER CSA**
Pretest 10/21/14

STUDENT	LAPS
10021	21
10056	63
10045	15
10001	21
10089	41
10065	30
10032	37
10052	13
10009	16
11260	41
14526	22
10012	21
10698	13
10748	17
10325	15
16325	8
11466	42
10018	30
Boys	
Girls	

PACER CSA**
Post test 12/04/14

STUDENT	LAPS	
10021	49	Increase
10056	35	
10045	23	Increase
10001	18	
10089	45	Increase
10065	9	
10032	31	
10052	21	Increase
10009	14	
11260	66	Increase
14526	26	Increase
10012	23	Increase
10698	22	Increase
10748	19	Increase
10325	13	
16325	20	Increase
11466	65	Increase
10018	26	
Boys		61% improved
Girls		score

PACER CSA**
24 week post test 3/14

STUDENT	LAPS	
10021	23	Increase
10056	55	
10045	40	Increase
10001	38	Increase
10089	34	
10065	15	
10032	65	Increase
10052	27	Increase
10009	23	Increase
11260	55	Increase
14526	43	Increase
10012	33	Increase
10698	42	Increase
10748	11	
10325	16	Increase
16325	18	Increase
11466	66	Increase
10018	25	
Boys		72% improved
Girls		score

** Note: Test results cannot be compared to health norms as test not validated for this age group. Scores will be compared to baseline for each student

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PACER Testing Monument

(The Progressive Aerobic Cardiovascular Endurance Run - an aerobic capacity test)

PACER Monument			
Pretest 10/22/14			
STUDENT	LAPS	RANK	
20623*	9	Low	
24156*	3	Low	
20013	8	Low	
20458*	7	Low	
25632*	32		
20034	8	Low	
21478*	6	Low	
26589*	26	Low	
20041**	19	Low	
20135*	11	Low	
20254*	6	Low	
20366*	9	Low	
24587*	15	Low	
20511	8	Low	
* indicates child under 10			
** indicates 11 years old			

PACER Monument			
Post test 12/2014			
STUDENT	LAPS	RANK	
~~20623*~~	~~n/a~~		
24156*	3	Low	
20013**	7	Low	dec
20458*	8	Low	inc
25632*	20	Low	dec
20034	9	Low	inc
~~21478*~~	~~n/a~~		
26589*	31		inc
20041**	39	High	inc
20135*	11	Low	
20254*	5	Low	inc
20366*	6	Low	dec
24587	10	Low	dec
20511	14	Low	inc
* indicates child under 10			
** indicates 11 years old			
50% improved their score			

PACER Monument			
Post Test 3/15			
STUDENT	LAPS	RANK	
20458*	13	Low	inc
25632	33	Low	inc
20034	5	Low	dec
26589*	34		inc
20135	15	Low	inc
20254*	7	Low	inc
20366*	10	Low	inc
24587	12	Low	dec
20511	12	Low	inc
23750*	17	Low	inc
27845*	18		inc
22356*	n/a		
28740	7	Low	inc
24874*	9	Low	inc
29114*	46		inc
* indicates child under 10		80% improved their score	
** indicates 11 years old			

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2. Program Observations and Challenges

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Summary of Students Survey if we are going to provide families with smart phones and tablets to monitor their physical activity at home.

Pretest 9/14	RESULTS
% No Exercise	43%
% 3+ TV shows wk	50%
% 3+ TV weekend	36%
% never fiber	43%
% never wheat bread	8%
% never 100% juice	7%
% never fruit lunch	21%
% never veg dinner	0%

Post Test 12/14	RESULTS	
% No Exercise	42%	Decrease
% 3+ TV shows wk	67%	Increase
% 3+ TV weekend	58%	Increase
% never fiber	33%	Decrease
% never wheat bread	17%	Increase
% never 100% juice	0%	Decrease
% never fruit lunch	8%	Decrease
% never veg dinner	0%	maintain

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CSA BMI Data

End Fall Semester 2014

STUDENT	BMI	PERCENTAGE	WEIGHT STATUS
10021	18.9	92%	Overweight
10056	16.6	77%	Healthy weight
10045	15.8	61%	Healthy weight
10001	14.8	37%	Healthy weight
10089	15.8	63%	Healthy weight
10065	15.3	45%	Healthy weight
10032	15.6	57%	Healthy weight
10052	15.9	66%	Healthy weight
10009	14.3	24%	Healthy weight
11260	14.8	30%	Healthy weight
14526	18.3	93%	Overweight
10012	12.3	1%	Underweight
10698	15.6	60%	Healthy weight
10748	15.8	63%	Healthy weight
10325	18.7	95%	Obese
16325	21.6	98%	Obese
11466	16.1	70%	Healthy weight
10018	16	65%	Healthy weight

End of Spring Semester 2015

STUDENT	BMI	PERCENTAGE	WEIGHT STATUS
10021	16.9	73%	Healthy weight
10056	16.5	73%	Healthy weight
10045	15.5	49%	Healthy weight
10001	14.6	28%	Healthy weight
10089	16.9	79%	Healthy weight
10065	14.9	34%	Healthy weight
10032	15.7	57%	Healthy weight
10052	16.9	80%	Healthy weight
10009	15.8	61%	Healthy weight
11260	14.9	33%	Healthy weight
14526	17.1	82%	Healthy weight
10012	11.4	<1%	Underweight
10698	16.3	70%	Healthy weight
10748	16.4	72%	Healthy weight
10325	19.2	96%	Obese
16325	20.4	96%	Obese
11466	17.2	84%	Healthy weight
10018	16.4	69%	Healthy weight

decrease

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Monument BMI Data

End of Fall Semester 2014

STUDENT	BMI	PERCENTAGE	WEIGHT STATUS
20458	15.9	43%	Healthy weight
25632	15.1	17%	Healthy weight
20034	21.01	88%	Overweight
26589	19.4	89%	Overweight
20135	23.5	96%	Obese
20254	27.3	>99%	Obese
20366	24	98%	Obese
24587	31.3	>99%	Obese
20511	22.5	92%	Overweight
23750	19.4	87%	Overweight
27845	18.4	80%	Healthy weight
22356	22.1	94%	Overweight
28740	30.3	>99%	Obese
24874	23.8	97%	Obese
29114	15.6	32%	Healthy weight

End of Spring Semester 2015

STUDENT	BMI	PERCENTAGE	WEIGHT STATUS
20458	16.2	45%	Healthy weight
25632	16	34%	Healthy weight
20034	21.7	90%	Overweight
26589	20	91%	Overweight
20135	25.6	97%	Obese
20254	29	>99%	Obese
20366	25.1	98%	Obese
24587	34.9	>99%	Obese
20511	23.6	94%	Overweight
23750	19	84%	Healthy weight
27845	18.9	83%	Healthy weight
22356	23.5	96%	Obese
28740	31.3	>99%	Obese
24874	24	97%	Obese
29114	17.2	63%	Healthy weight

decrease
increase

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Possible reasons?

- Snow days?
- Winter months?
- Attendance?

Attendance at Monument School

Student ID	Present	Absent	Percent
20458	13	2	87%
25632	12	3	80%
20034	7	8	47%
26589	14	1	93%
20135	15	0	100%
20254	15	0	100%
20366	15	0	100%
24587	13	2	87%
20511	13	2	87%
23750	12	3	80%
27845	10	5	67%
22356	7	8	47%
28740	12	3	80%
24874	14	1	93%
29114	13	2	87%

3. Highlight of Hospital's Response to April's Survey

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Incentives for participation

- Children are given sporting equipment to increase activity at home
  - (jump ropes, balls, etc)
- Raffle gift baskets
- Families provided with pedometers and a walking log
- Dinners for parent nights

Next phase

- Trenton Board of Education announced that they are implementing a new "Wellness" policy via **NJ Partnership for Healthy Kids-Trenton.**

- We met with the District School Nurse Supervisor about our desire to share our wellness program success into the new wellness policy in the Trenton School District and partner with **NJ Partnership for Healthy Kids-Trenton.**

- Monument Elementary school is closing due to budget cuts.

- Up-coming - Meeting with Trenton School Board of Education in July 2015 to get an approval for another school and plan for the next school year.

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Thank You!

Questions???

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