

Healthy Dayton Coalition
And
Dayton Children's Medical Center



Authors

Kay Parent, RN, MPH, CHES

Carla Clasen, RN, MPH

Center for Healthy Communities

Carol Gill, MA, CHES

Ohio Department of Health

• Program Description



- 8-week after school program targeting overweight teens
 - 2 hours one day per week
 - 2 inner city middle schools
- School-A Focus: Nutrition--75% Physical Activity--25%
- School-B Focus: Physical Activity—75% Nutrition—25%
 - Participants recruited by school nurse
 - Teacher at each school hired to
 - track attendance,
 - maintain discipline,
 - encourage students
- Program included:
 - Nutrition education,
 - healthy snack,
 - physical activity and movement
 - Goal setting
- incentives for paperwork turned in
- prizes and awards



•Community Partnerships

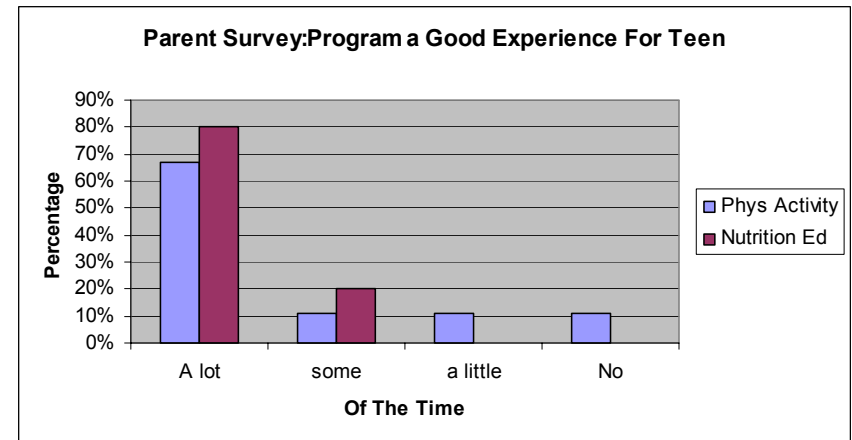
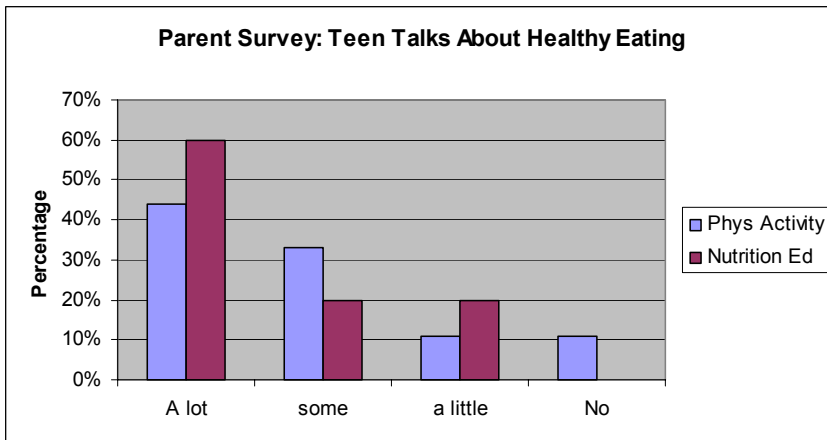
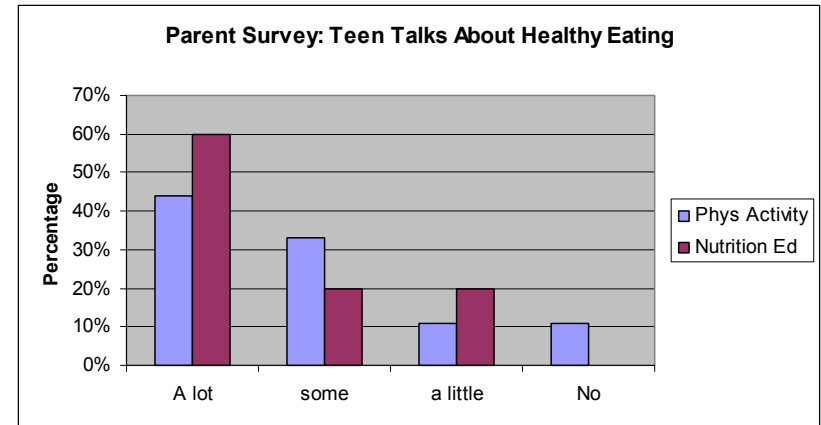
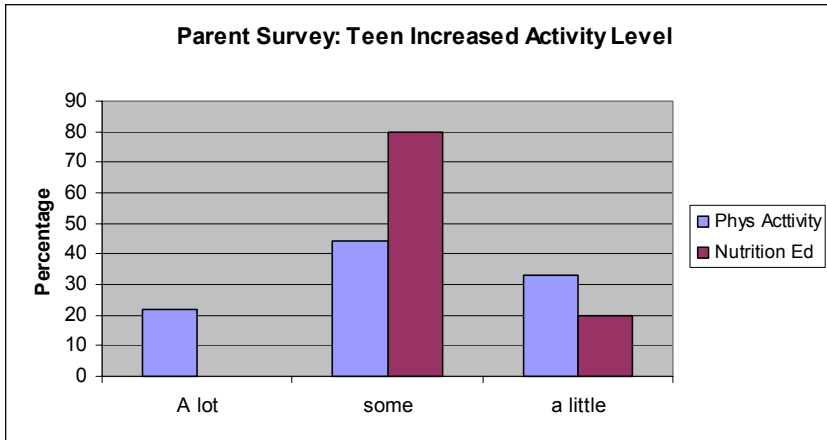
- Sinclair Community College Dietetic Students
- Wright State University Nursing Students
- Center for Health Communities
- YMCA
- Children's Medical Center
- Ohio Department of Health

Results



- 72% experienced slight weight loss and decreased waist measurement
- Positive changes in Health Attitudes and habits

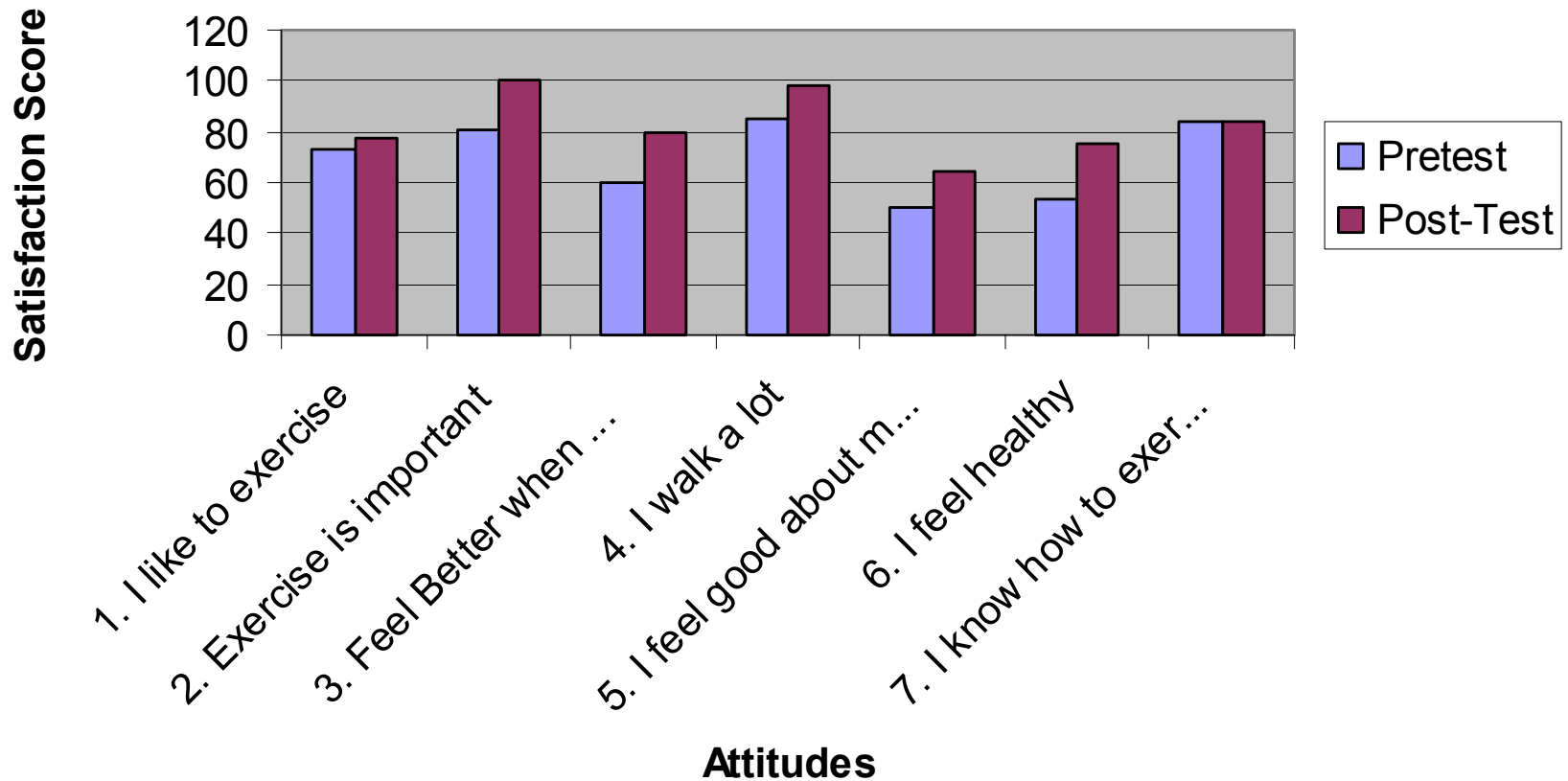
Parent Surveys



Attitude Change



Attitudes About Physical Activity Before and After Program



Take Off Teens Program Rules

Active, interested students who obey the rules will be rewarded with small gifts.

- Students will remain with the group during the program and use the restroom only with permission.
- Students must be respectful and attentive with the presenters.
- No food or drink is permitted in the gym/exercise area.
- Students are to be respectful of other students and not repeat the comments of the other students in the program.
- Students will actively participate in all the program activities.
- Students will accept responsibility for their own actions.
- When dismissed, students will go directly to the bus stop or the area for parent pickup.
- Students who choose not to follow the rules will not be allowed to remain in the program and their parent/guardian will be notified.

WEEKLY REPORT & GOAL SHEET



- TAKE OFF TEENS PROJECT
- Name _____
- WEEKLY REPORT & GOAL SHEET
- WEEK NUMBER: _____

DATE: _____

- These are the goals I achieved this past week:

- _____
- _____
- _____
- _____

- These are some problems I had this past week:

- _____
- _____
- _____
- _____

- My goals for next week are:

- _____
- _____
- _____
- _____

- Steps and reminders to help me meet my goal for next week (include who, when, and where):

- _____
- _____
- _____

Sample Student Goal Statements



- Drink 8 glasses of water a day
- Walk a mile
- Slow down eating
- Drink 1 less pop a day
- Eat 3 meals a day
- Skip no meals

Student Statements: Problems Meeting Goals



- I didn't care too much
- I skipped more than 2 meals
- Arguing with my teacher
- I didn't eat healthy, I had a lot of junk food
- It was hard to keep track of meals
- People called me fat
- Some people mess with me

Sample Student Plan Steps



- Put Goal on refrigerator
- Slow down and think of something
- Looking in the mirror
- Talking to my mom
- Put note in my locker
- Watch myself walking around



- Lessons Learned
- Drawbacks and Barriers
 - Time consuming data collection
 - University student scheduling
 - Lack of standardization of curriculum

Contact Information

Center for Healthy Communities
Dayton, Ohio

www.med.wright.edu/chc

Healthy Dayton

www.med.wright.edu/chc/healthydayton