



Obesity Prevention in SNAP-Ed:

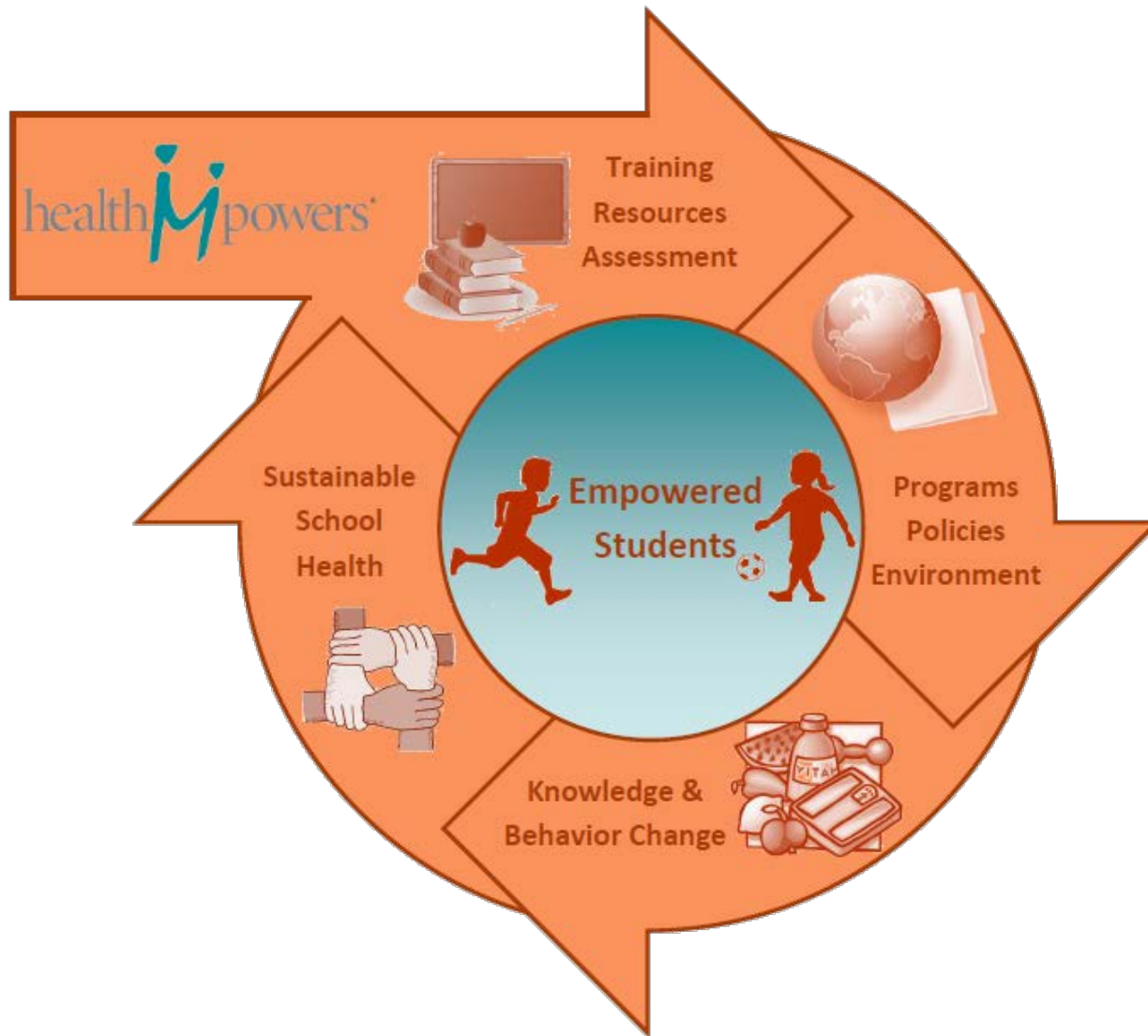
Lessons Learned from Working with Elementary Schools and Child Care Centers

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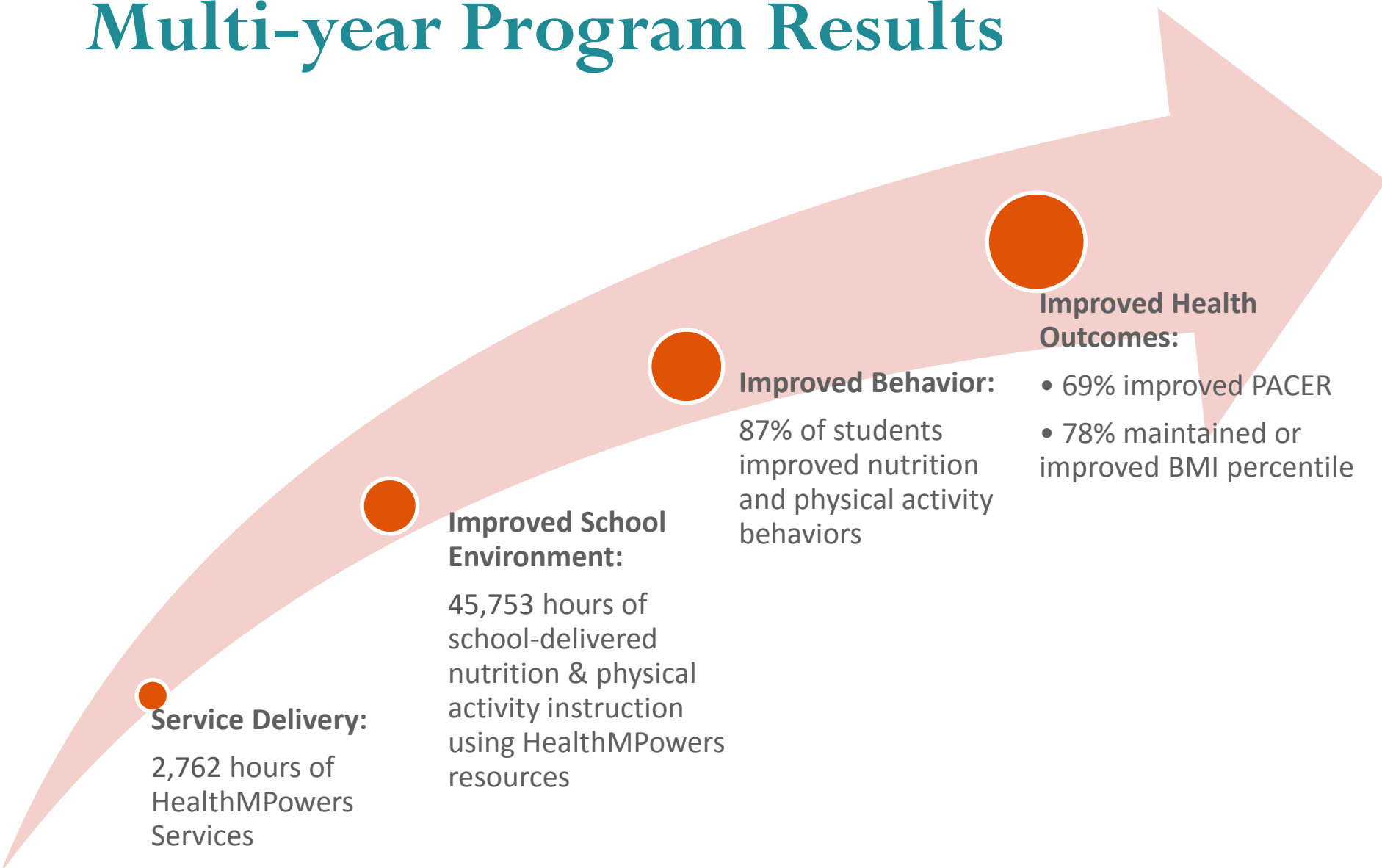
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HealthMPowers Program Model



The innovative program model improves student fitness, health knowledge and behaviors, while providing teachers and staff with the training and resources necessary to continue sustainable improvements on their own.

Multi-year Program Results



Service Delivery:
2,762 hours of
HealthMPowers
Services

**Improved School
Environment:**
45,753 hours of
school-delivered
nutrition & physical
activity instruction
using HealthMPowers
resources

Improved Behavior:
87% of students
improved nutrition
and physical activity
behaviors

**Improved Health
Outcomes:**

- 69% improved PACER
- 78% maintained or improved BMI percentile

HealthMPowers' Program Model

Elementary School

- School Team
- 3 year MOU with HMP
- Assessments
- Improvement Plans
- 3 Team Trainings/year
- Nutrition/PA Resources
- On-site whole school event
- Model lessons
- Technical Assistance
- Family Events and Services

Child Care

- Center Team
- 3 year MOU with HMP
- Assessments
- Improvement Plans
- 3 Team Trainings/year
- Model Lessons
- Nutrition/PA Resources
- Technical Assistance
- Family Events

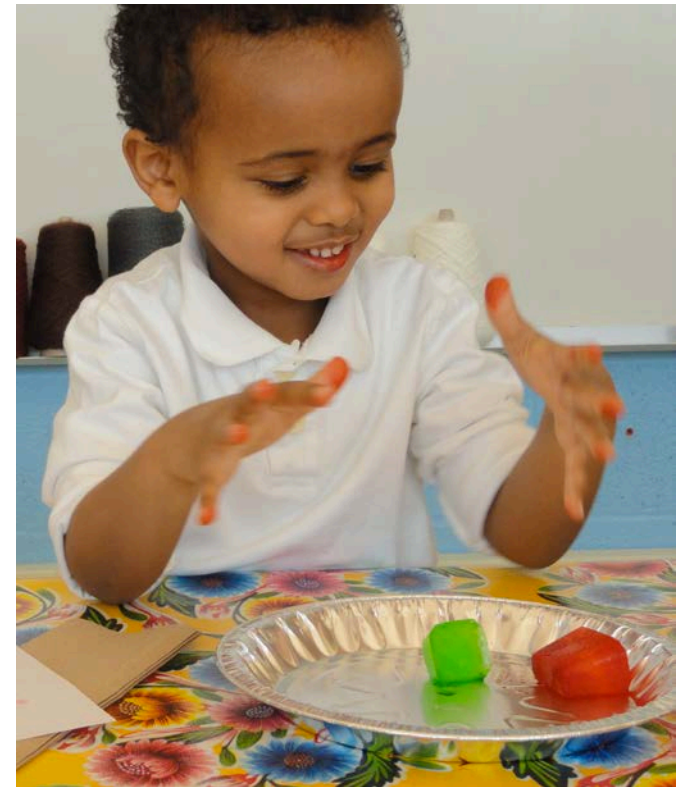


1. Lessons learned:

A whole school approach facilitates changes in programming, policies, systems and the environment

1. Translating a whole school approach to child care settings:

- Varied environments (center vs family day care homes)
- Greater focus on families
- Recognize high turnover for staff
- Recognize varied attendance for children



2. Lessons Learned: Recognize what is important to schools.

Use Education Sectors' Goals:

- Reduce absenteeism
- Reduce tardiness
- Improve comportment
- Improve time on task
- Improve concentration
- Improve achievement

*Health
benefits are
a bonus
benefit!*

2. Translating what is important to schools to child care settings:

- Centers recognize that nutrition and physical activity are part of early childhood growth and development.
- Align with existing assessments/requirements
- Integrate nutrition and physical activity with learning standards.
- Consider “fundamental movement skills” in addition to time being physically active.

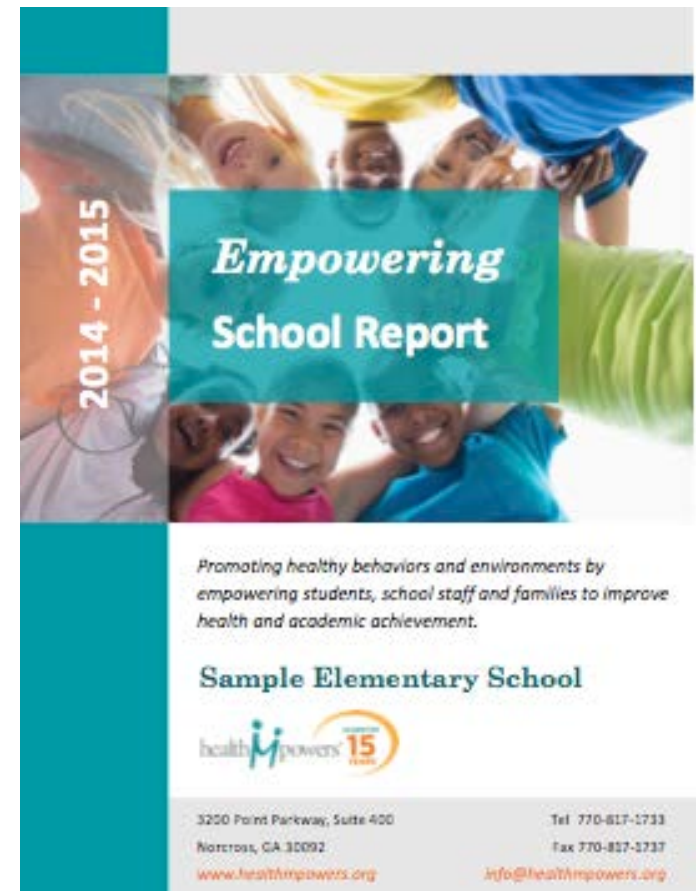
3. Lessons Learned:

Use data to drive programming, policy, system and environmental changes.

Individual School Report

- Student knowledge, behaviors, fitness
- School Health Index Results- for policy and environmental changes

Comparison Data



3. Translating use of data to drive practice in child care settings:

- Use of Georgia Nutrition and Physical Activity Assessment and rubrics to drive progress tracking
- Development of a quality improvement process with an evaluation logic model and continuous feedback



4. Lessons Learned:

Ongoing professional development and support is critical

- School team training
2-3 times/year
- School staff training
during faculty or grade
level meetings
- Personalized technical
assistance as needed
- Distance learning



4. Translating professional development and support to child care settings:

- Align to staff credentialing and center rating
 - ✓ CEU's are critical
- Provide training when it is most convenient for staff – weekends, evenings
- Assume less team meeting or training time
- Build training into their work day
 - ✓ Model lessons – and de-briefings during nap time

5. Lessons Learned:

Policy and environmental changes result in sustainable change.

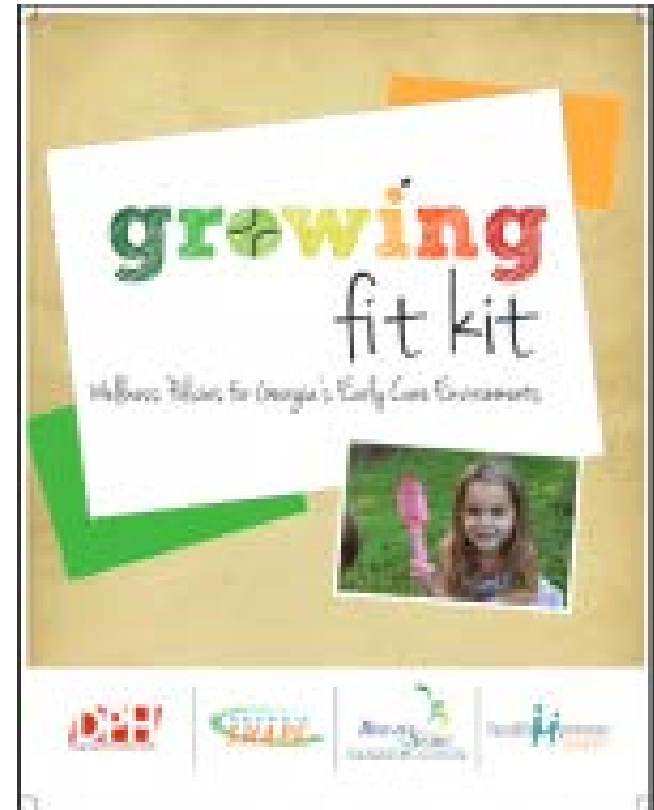
Sample policy changes:

- Physical activity breaks provided to all students 2-4 times/day
- School Health Team solicits and uses annual school health data to improve school health programming
- School store and fundraisers prohibited from selling less healthy foods (Smart Snack Guidelines)
- Daily recess is provided for all students and may not be taken away as a disciplinary action.

5. Translating policy and environmental changes to child care settings:

Growing Fit: Wellness Policy Tool Kit

- Assessment
- Build Plan
- Create Policy



<https://dph.georgia.gov/early-care-providers>



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Healthy Choices



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