THE HEALTHY CLASS OF 2010

Engaging an Urban School District in Research: Challenges and Opportunities

James Butler, DrPH
Diversity in Practice Speaker Series Lecture
February 17, 2010
Outline

- Adolescence
- Urban School Districts
- Building Relationships and Engaging Partners
- The Healthy Class of 2010
“Adolescence is just one big walking pimple.”
Carol Burnett

“Adolescence is a period of rapid changes. Between the ages of 12 and 17, for example, a parent ages as much as 20 years.”
Author Unknown
Adolescence

- Critical time for developing lifestyle practices, attitudes, beliefs
- A cause for concern
  - Can their life expectancy at birth and at older ages level off or even decline?
  - What will be their future health status as adults?
Rising prevalence of risk factors – CVD, hypertension, type 2 diabetes

- Are they receiving/implementing health promotion messages for optimal health throughout the lifespan?
- Do communities have the resources to maintain areas and facilities to promote physical activity?
- Can they access healthy foods in their neighborhoods?
Urban School Districts

- Most public schools provide nutrition and physical activity programs
- Student health challenges
  - Transfer of school food services to outside vendors
  - Reliance on vending machine resources for extracurricular activities
  - Elimination of physical education activities
Schools remain ideal environments for health promotion activities

School-based programs (healthy eating/exercise) significantly can impact adolescent health

- Especially relevant in ethnically diverse and socio-economically less advantaged school districts and communities
2001
- Led city-wide initiative to address suspension of >12,000 children
- Non-compliance of new PA law: 2nd measles, mumps, rubella vaccination
- Partnered with Pittsburgh BOE and Pitt’s Chancellor to lead the public health campaign: Booster-Booster
Booster-Booster Campaign a Victory for City of Pittsburgh
May 21, 2001
Pitt Campaign Chronicle
The Healthy Class of 2010
2003
- Established as a demonstration project
- Engaged >2,000 6th graders
- Students introduced to HC 2010 via
  - Kick-Off event
  - Pedometers
  - Tips for building physical activity into daily routines
  - Healthy eating demonstrations
  - Art and essay contests
HC 2010 KICK-OFF

HEALTHY CLASS OF 2010
I WALKED
“ELIZA FURNACE TRAIL”
OCTOBER 18, 2003

ONE BILLION STEPS FOR HEALTH PROMOTION

COLLABORATIVE PARTNER:
PITTSBURGH PUBLIC SCHOOLS
Graduate School of Public Health, University of Pittsburgh
### Activity Log for

**Name:**

**Activity Log for (Month)**

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**Total Steps for This Month:**

*Healthy Class of 2010: Pittsburgh Public Schools and the University of Pittsburgh 412-624-5665*
Art Contest Winner

Shira Rascoe, Pittsburgh Creative & Performing Arts High School; Art Teacher Mrs. Valerie Westcott; Mr. Dennis Childers
Billboard location: Jumbo screen at CAPA High School
The Healthy Class of 2010

- Aimed to
  - Increase knowledge through the students’ high school graduation of 2010
  - Transform physical and psychosocial climate and culture of the school
  - Engage researchers, school district administrators and teachers in a collaborative process to create healthier students and schools by completing the 8 School Health Index self-assessment modules
Eight Components of a Coordinated School Health Program Model

Centers for Disease Control and Prevention, 2009
To help schools assess and improve their health programs and policies and begin collaboration with the researchers

Special attention was paid to the Physical Education and Nutrition Services modules

Completion of the SHI provided the framework for creating school health teams and identifying student role models for leadership development
First Peer Health Council Leadership Workshop

- 83 Peer Council Members
- Joint Educational Presentations (physical activity, nutrition, mentoring)
- Introduction of Health Messages
The SHI recommends establishing school-level advisory boards – parents, teachers, students, administrators.

Boards promote life-long wellness by supporting healthy learning environments.

HC 2010 is guided by 3 advisory boards:

1. A Planning and Advisory Committee
2. 10 School Health Teams
3. A Peer Health Council
HC 2010 Activities

- Mini-grant funding opportunities for schools to create health goals and objectives
- Workshops/fieldtrips to promote healthy lifestyles
- School-wide assemblies to reinforce the goals of the Healthy Class of 2010
- Parental involvement to promote good nutrition in the home
2006

Became a prospective cohort study to follow the students until their high school graduation in 2010

Designed to track changes in behaviors and attitudes related to healthy lifestyles among the students via the annual HC 2010 Survey
The HC 2010 Survey

- 63-item, self-administered survey
- 7 key areas
  - Demographics
  - HC 2010 Activities
  - Body Weight
  - Nutrition
  - Physical Activity and Exercise
  - Health-Related Topics
  - Tobacco Use
Unanticipated Events and Project Challenges

- IRB submission
- Consent form
- Proof of Guardianship
- Gatekeepers
- Confidentiality Agreement
- New HC 2010 facilitators
- New Project Director
Other urban districts can use the lessons learned and results from HC 2010 to promote healthy schools using limited resources

Sustainability after 2010

- Follow the students after high school into adulthood
- Did they continue with healthy lifestyles?
- What works for them? What does not work?
- Barriers to and facilitators of maintaining a healthy lifestyle