



## **Developing a Self- Management System for Adolescent Healthy Lifestyles**

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## **Disclosure**

No relationships to disclose





## Objectives

- Participants will be able to **describe** the adolescent self-management system for healthy lifestyles.
- Participants will be able to **identify** the components of an adolescent self-management system for healthy lifestyles.
- Participants will be able to **use** the adolescent self-management system tools and computer touch screen for healthy lifestyles and its supporting documents.

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## Disclaimer

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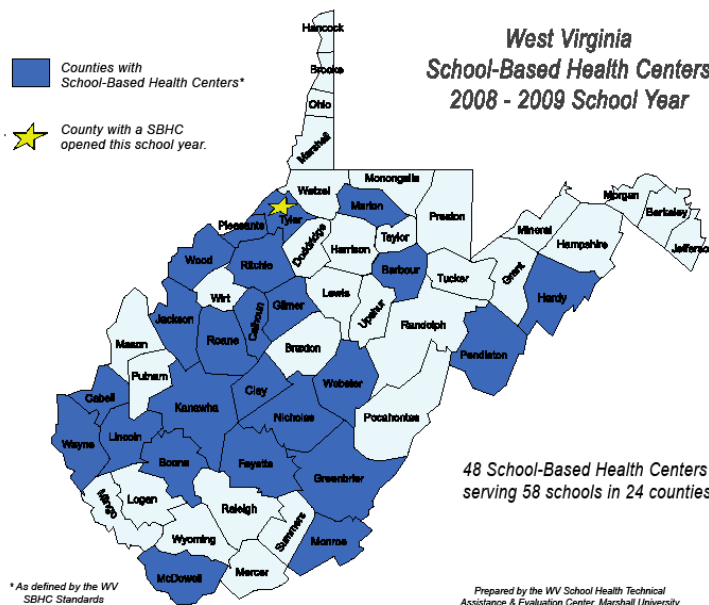
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## What do WV School-Based Health Centers (SBHCs) look like?

*SBHCs are primary care clinics located in the school. They provide:*

- *a full range of preventive care*
- *acute care*
- *mental health counseling*
- *health education*
- *dental services in a few SBHCs*

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## Participating SBHC Sites

*Riverside High School SBHC*

*Sponsored by: Cabin Creek Health System, Inc.*

*Contact: Mary Grandon*

*Clay Middle & Clay High School SBHCs*

*Clay Primary Care Systems, Inc*

*Contact: Cindy Potasnik*

*East Fairmont & North Marion High School SBHCs*

*Monongahela Valley Association of Health Centers, Inc.*

*Contact: Eric Pulice*

*Mt. Hope Elementary SBHC*

*New River Health Association, Inc.*

*Contact: Teri Harlan*

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## Riverside SBHC

sponsored by Cabin Creek Health Systems



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## Clay Middle & Clay High SBHCs

sponsored by Clay Primary Care Systems



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## East Fairmont & North Marion High SBHCs

sponsored by Monongahela Valley Association of Health Centers, Inc



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# Mt. Hope Elementary SBHC

sponsored by New River Health Association



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## West Virginia School Health TA & Evaluation Center

- The place to go for resources, technical assistance and training related to school-based health centers, school-based behavioral health programs and school-based oral health programs in West Virginia.
- Has been assisting school-based health programs since West Virginia's initiative began in 1994.

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## WV Adolescent Self-Management Project: Sisters of St. Joseph Health & Wellness Foundation

1. Develop tools and recommendations in 4 pilot sites
  - identification, assessment, and management of overweight and at risk students
2. Create system / tools that can be replicated
3. Strengthen programs already in place at their school

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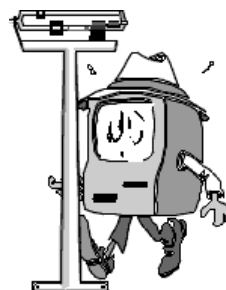
## How Much Do You Know About the Childhood Obesity Epidemic in West Virginia?

- 36.4% of WV children ages 10 – 17 years are considered overweight or obese.
- Ranks 48<sup>th</sup> in the nation for the number of overweight or obese children.
- 26.6% of children ages 2 – 5 years from low-income families participating in WIC are overweight or obese

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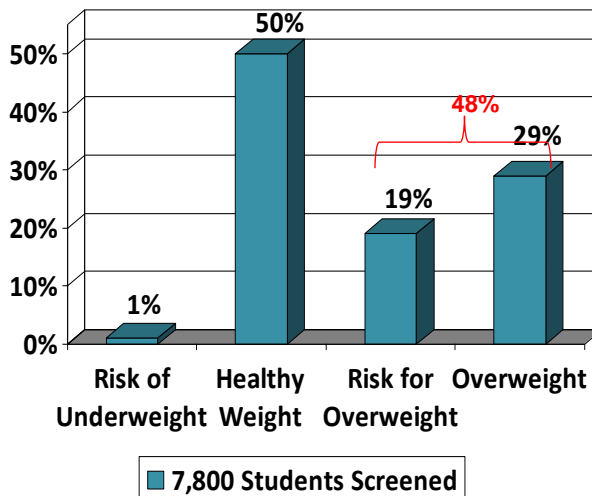
## Adolescent Health in West Virginia

- Less than 1/3 participate in regular moderate physical activity (CDC, 2004)
- Consume diets high in fat and saturated fat and low in fruits, vegetables, and dairy



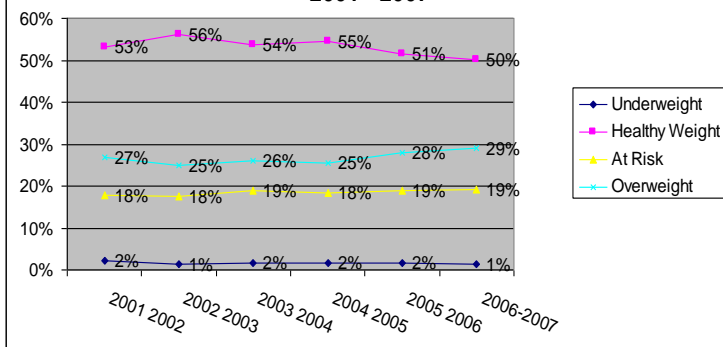
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## WV SBHC BMI Data 2006 – 2007



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### West Virginia SBHCs All BMI Percentiles by Category 2001 - 2007



#### Number of Students with a BMI Assessment Completed

Year	2001 – 02	2002 – 03	2004 – 05	2005 – 06	2006 – 07
Number of Students	1,833	5,495	5,066	5,657	7,800

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## Tools

- ❑ *Nemours 5-2-1-Almost None Message*
- ❑ *Self-Management Materials*
- ❑ *Touch Screen*
- ❑ *CQI Tool*

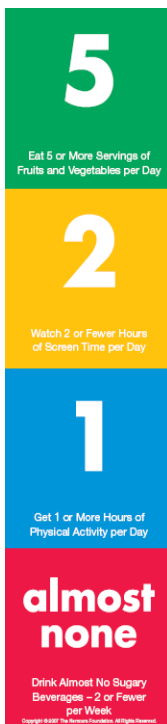
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## Nemours 5-2-1-Almost None

- *Developed by the Nemours Health and Prevention Services*
- *Promotes four lifestyle strategies*
- *An evidence-based program recommended by the CDC*

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*Eat at least 5 servings of fruits and vegetables a day.*

*Watch two or fewer hours of screen time each day.*

*Get one or more hours of physical activity each day.*

*And drink almost no sugary beverages each day.*

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## WV Self-Assessment Tool



- I eat this many servings of fruits and vegetables most days.  
**1 or less   2   3   4   5 or more**
- I eat dinner/supper at the table with my family at least 2 times a week. **True or False**
- I eat breakfast every day. **True or False**
- I eat take-out, fast food or other restaurant food less than 2 times per week. **True or False**

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# Added Recommendations



## Five or more servings of fruits and vegetables per day.

- Try and try again. It may take a few tries before your tastes change and you begin to enjoy new foods.
- Have at least one fruit or vegetable at every meal and snack. Try all different colors.
- Dip veggies in low fat dressing. Toss some on your pizza. Try veggies on your sandwich.

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# Nemours Prescription for Health

**5**

**2**

**1**

**almost none**

**Five or more servings of fruits and vegetables per day.** The average child or adult in the United States gets only 1.5 servings of fruits and vegetables per day. The average American gets only 1.5 servings of fruits and vegetables per day. The average American gets only 1.5 servings of fruits and vegetables per day. The average American gets only 1.5 servings of fruits and vegetables per day.

**A Prescription for Health**

The percentage of young people who are overweight has more than doubled in the last 25 years. About 35% of children in this country are overweight or at risk for overweight.

Nemours has taken a lead role to help people understand the causes and health implications of obesity and the best ways to promote health: **Healthy eating, children and families.** Our "prescription for health" is **Five-Two-One-Almost None!**

**Tips for Healthy Habits!**

**Fruits and Vegetables:**

- Try and try again. It may take a few tries before your tastes change and you begin to enjoy new foods.
- Have at least one fruit or vegetable at every meal and snack. Try all different colors.
- Dip veggies in low fat dressing. Toss some on your pizza. Try veggies on your sandwich.

**Smart Choices:**

- Try all the low-fat dairy choices.
- No TV or video while watching.
- Be sure you eat first your own vegetables, then they take or walk or cook with your kids instead.

**Physical Activity:**

- Get out on time. It will take time to get out on time.
- Try to get out on time. It will take time to get out on time.
- Try to get out on time. It will take time to get out on time.

**Happy Habits:**

- Get out on time. It will take time to get out on time.
- Try to get out on time. It will take time to get out on time.
- Try to get out on time. It will take time to get out on time.



# WV Action Plan Tool



What Health GOAL do you have for yourself?

**WV Adolescent Self-Management**

**ACTION PLAN**

What is one small step

YOU WILL take towards your goal this week?

- What will you do? : \_\_\_\_\_
- When will you do it? : \_\_\_\_\_
- How much or How often?: \_\_\_\_\_

What would help you succeed?

How confident are you?  
(That you will complete your Action Plan)

NOT 1 2 3 4 5 6 7 8 9 10 VERY

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	Check Off	Comments
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		



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## 1 hour of physical activity ...



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## Use Positive Behavioral Support Techniques



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## Classroom Participation



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## Touch Screen

- **Self-Management System for Adolescent Healthy Lifestyles**
- **Touch screen demonstration**
- **Riverside SBHC experience**

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## *Clinical Quality Improvement Tool*

- *Recommendations for identification and management*
- *Modified for use along with the 5-2-1-Almost None Prescription for Health tools.*
- *Disseminate and train in using guidelines from American Academy of Pediatricians, Guidelines for Adolescent Prevention & American Diabetes Association*

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## Data Collection

- Templates to mirror the Self Management Survey and Action Plan were built for use in the Clinical Fusion software program.
- At the start of the program, 3 of the 4 pilot sites used Clinical Fusion. One site kept paper records and then entered the data into Excel.
- In an effort to encourage self reporting, the idea of the touch screen was explored. Data entered is stored in a Microsoft Access database which can be exported into other programs for reporting.

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## Self Management Data

- Pre and Post data is currently being analyzed.
- Preliminary findings suggest adolescents demonstrate improvements in healthy lifestyles

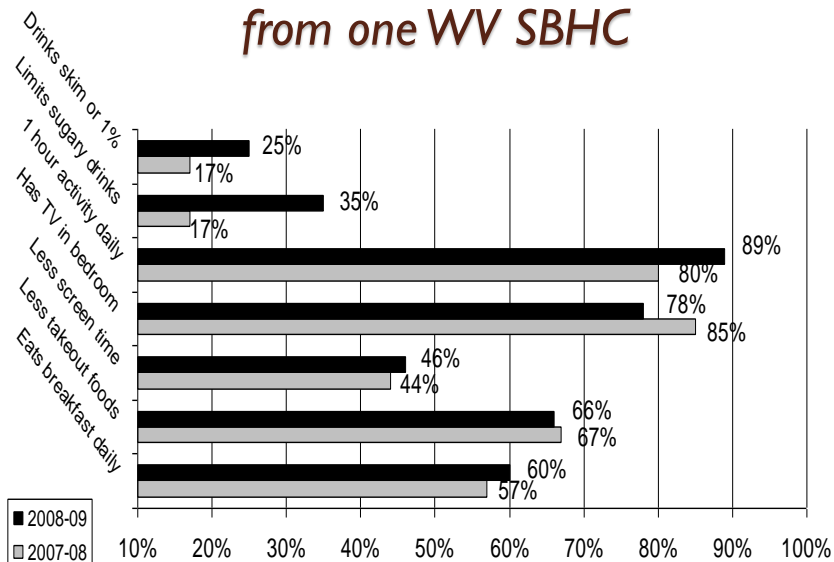
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## Preliminary Changes from 2008 to 2009

- 4 or more servings of fruits & vegetables per increased from 2% last school year to 8%.
- At least one meal with their family (dinner) increased from 61% last year to 78%.
- 49% of students surveyed (n=120) indicated that they were already making plans to incorporate steps toward a healthier lifestyle.
- 47% percent of these students have completed an action plan to outline those changes.

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## Preliminary Findings from one WV SBHC



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## Where Are We Now?

- *Students at all sites have done the Self Assessment*
- *Currently analyzing Y1 & Y2 data*
- *Weight management variables that are being collected included:*
  - *# of obese/overweight*
  - *# of those who are overweight who have been screened and invited to participate*
  - *# of above who completed an assessment*
  - *# of above who set goals*
  - *# who in flu visit who practicing goals at time of visit*

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## Marshall University Contact Information for self management tools:

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Additional resources / electronic copies are available on [www.wvsbha.org](http://www.wvsbha.org) under the MU Technical Assistance Tab

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## Q&A

*A special thank you goes to the Claude Worthington Benedum Foundation & the WV Division of Primary Care for support to Marshall University and to the Sisters of St. Joseph Health and Wellness Foundation for support to the SBHC participating sites.*

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