



Partnership: Stanly County Partnership For Children

Activity Name: Healthy FUNdamentals

PBIS ID: H60

PSC: 3424

<i>If this condition exists</i>	<i>For this Population</i>	<i>And we implement these strategies</i>	<i>This many times, for these individuals</i>	<i>We expect this short-term change</i>	<i>And we expect this outcome to impact the overall county</i>
Need Statement Why?	Target Population Who?	Program or Activity Elements What?	Outputs How Many?	Outcomes So What?	How does outcome impact PBIS or other long term goal?
<p><i>Include:</i></p> <ul style="list-style-type: none"> <li>Information about <u>overall</u> eligible target population for this activity.</li> <li><u>Specific need</u> the strategies in this activity address.</li> <li><u>Numbers</u> along with percents. Estimate where needed.</li> </ul>	<p><i>Include:</i></p> <ul style="list-style-type: none"> <li>Target population for this specific activity.</li> <li>Descriptors of the target population. Example, 1-3 star homes.</li> <li>Use a separate row to align each target population with strategies, outputs, and outcomes.</li> </ul>	<p><i>Include:</i></p> <ul style="list-style-type: none"> <li>Brief bullet points that describe strategies or activity components</li> <li>For each strategy or component, there should be outputs and outcomes.</li> </ul>	<p><i>Include outputs for each strategy or component.</i></p>	<p><i>Should include changes the activity expects for participants.</i></p> <p><i>Include:</i></p> <ul style="list-style-type: none"> <li>Name of surveyor other data source for outcome.</li> <li><u>Numbers with percents.</u> Example: 90% (9/10).</li> </ul>	<p><i>Forecast out how outcomes lead to changes in PBIS or other long term goal.</i></p> <p><i>Can forecast out for 2 or 3 years if appropriate.</i></p>
<p>There is a need to improve the classroom environments, policies and practices of nutrition and physical activities in child care facilities to impact the health and well-being of young children.</p> <p>Nearly 33.3% (40,142 of 120,472) of North Carolina's children 2-4 years of age are considered at risk for overweight or are overweight as measured by BMI-for-Age. (NC-NPASS 2007 Report).</p> <p>There is a need to address the local childhood overweight/obesity rates that are at epidemic levels in NC.</p> <p>In Stanly County, 22% (129 of 579)</p>	<p>1. Stanly County Pediatric practices</p>	<p>(1a) Increase awareness of overweight and obesity among practice staff and families served.</p> <p>(1b) Promote better assessment and identification of childhood obesity in the county based on the Expert Committee Recommendations on the Assessment, Prevention and Treatment of Child and Adolescent Overweight and Obesity Implementation Guide developed by the National Initiative for Children's Healthcare Quality.</p>	<p>(1a-d) 2 Pediatrician practices will be served through material distribution and monthly contacts.</p>		<p>The percent of children who are overweight will be at or below the high performing standard of 10%.</p>

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Health Smart Start Activity Logic Model**

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<p>of children ages 2-4 years are considered at risk for overweight or are overweight as measured by BMI-for-Age.</p> <p>(Data Source: NC-NPASS 2007 Report)</p>	<p>2. 2-5 year olds in targeted child care facilities including their families</p>	<p>(1c) Provide age specific handouts created for 3, 4 and 5 year olds to be handed out to parents on steps to take to address childhood overweight and obesity.</p> <p>(1d) Encourage pediatricians to refer overweight and obese children for Medical Nutrition Therapy.</p> <p>(2a) Staff training in curricula to promote healthy eating and physical activity.</p> <p>(2b) Review and/or revision of child care menus to promote healthy food and beverage options.</p> <p>(2c) Nutrition and physical activity materials and messages provided to parents and families via newsletters and parents workshops.</p> <p>(2d) Modeling for child care provider's developmentally appropriate indoor and outdoor physical activities.</p> <p>(2e) BMI pre/post screenings for 2-5 year olds in targeted facilities.</p>	<p>(2a) 13 targeted Stanly County child care facilities.</p> <p>(2b) Menu counseling at the 13 targeted Stanly County child care facilities.</p> <p>(2c) 12 monthly parent newsletters. 6 parent workshops.</p> <p>(2d) 20 on-site provider instructions/modeling appropriate indoor and outdoor physical activities.</p> <p>(2e) 225 children will receive BMI pre/post screenings.</p>	<p>(1d) By June 30<sup>th</sup>, 2010 at least 10 referrals will be made to the Nutrition Therapy by participating medical practices.</p> <p>(2a-e). The average BMI percentile of children ages 2-5 enrolled in child care facilities served will not increase from pre screening at program entry to post screening at the end of the program year.</p> <p>At least 85% (11 of 13) of facilities served will show improved nutritional and gross motor activity offerings as measured by the NAP SACC pre/post assessment completed by the director of the facility.</p>	

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	<p>3. Families of preschool aged children throughout Stanly County</p>	<p>(3a) Monthly menu planning initiative including weekly menus, recipes, and grocery lists.</p> <p>(3b) Promote childhood overweight and obesity awareness through programs and/or speaking engagements.</p> <p>(3c) Collaborate with Healthy FUNdamentals Collaborative partners to provide trainings/workshops.</p> <p>(3d) Distribution of parent resource guide.</p> <p>(3e) Newspaper and Parenting Pages articles.</p> <p>(3f) Participation in a Pediatric Expo.</p>	<p>(3a) 12 Monthly menus distributed to child care facilities and community via e-mail, Stanly Regional Medical Center website and hard copies distributed to child care facilities.</p> <p>(3b-c) 8 parent education sessions will be conducted</p> <p>(3d) Resource guides will be distributed to local Pediatrician offices for distribution to 2-5 year old population.</p> <p>(3e) 6 newspaper articles and/or Parenting Pages articles will be published.</p> <p>(3f) Healthy FUNdamentals Coordinator will participate in the bi-annual Pediatric Expo. to be held in spring 2010.</p>	<p>(3a) At least 85% of families using weekly menu plans will report improved nutritional practices as a result in response to online surveys at the end of the program year.</p> <p>(3b-c). At least 90% (18 of 20) of parents participating parent education classes on nutrition and physical activity will report improved nutrition and increased physical activities at home for their preschool children</p>	
	<p>4. Stanly County child care providers</p>	<p>(4a) Professional Development workshops focusing on nutrition and physical activity.</p>	<p>(4a) 4 (2 fall session and 2 spring session) professional development workshops open to all Stanly County providers.</p>	<p>(4a-b) At least 50% (35 out of 70) provider wellness participants will report progress or accomplishment of personal</p>	

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		(4b) Staff wellness initiatives	(4b) 70 providers will receive pre/post stroke screenings.	wellness goals.	

**Additional Information**

**Staffing**

<b>Job Title</b>	<b>FTE</b>	<b>Minimum Education &amp; Experience Requirements</b>
Healthy FUNdamentals Coordinator	1.0	Master’s degree in Social Sciences, Education or Public Health. 3-5 years of previous related experience. Background in health education/wellness promotion, marketing, public speaking. Teaching experience and understanding of educational methodology and community resources.

## Community Collaboration

The Healthy FUNdamentals Collaborative recommended the creation of an activity around early childhood obesity prevention based on local findings. The collaborative is made up of the following agencies & their representatives, all of whom are aware professionally of the issues of overweight children in our community and many of whom have children in the daycare system:

1. Stanly County Health Department – Debbie Bennett, Christi Greer, Dennis Joyner, Lucy Walters, Cindy Russell and Joy Heglar
2. Stanly Regional Medical Center – Margaret Rudisill, Mandi Oresick, Bonnie Winecoff, Jane Boone
3. Stanly County Partnership for Children – Barbara Whitley, Tammy Almond
4. Little Friends Daycare Center – Joyce Isenhour
5. North Carolina Cooperative Extension – Lori Ivey
6. Stanly Pediatrics – Dr. Yolanda Johnson
7. Stanly County Family YMCA – John Lowder, Kristen Underwood
8. Pfeiffer University – Dawn Lucas
9. Albemarle Parks & Recreation – Toby Thorpe
10. Albemarle Pediatrics – Teresa Lowder
11. Stanly County Home Daycare Association