



# Osteopathic Heritage Foundations

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Obesity Prevention

School Wellness Initiatives

September 2008





# Foundation Overview

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- Osteopathic Heritage Foundation includes
  - Osteopathic Heritage Foundation
  - Osteopathic Heritage Foundation of Nelsonville
- Since 1999, the Foundation has approved over \$100 million to programs designed to advance the Foundations' mission
- Areas of grantmaking interest include
  - Osteopathic biomedical research and education (nationally)
  - Community health and quality of life (central and SE OH)



# Foundation Mission Statement

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*To improve the health and quality of life in the community through education, service and research consistent with our osteopathic heritage.*



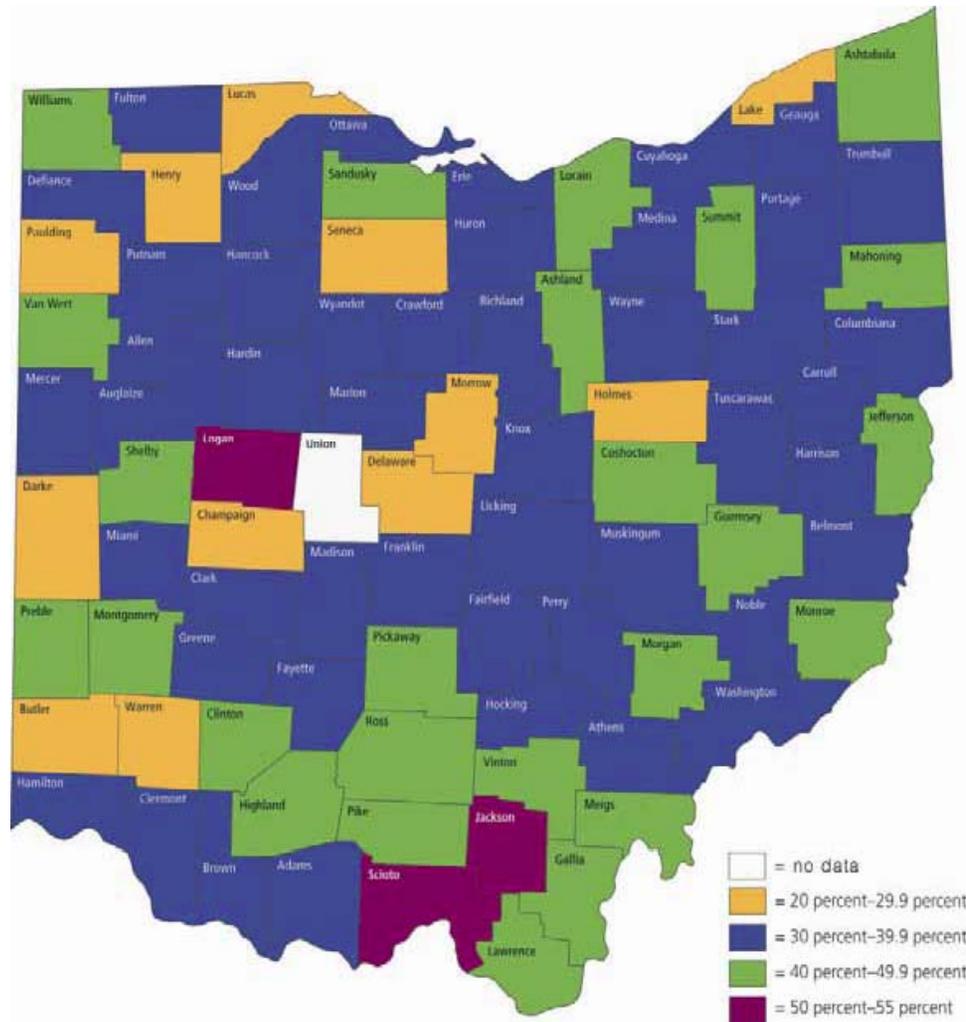


# Funding Priority Background

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- Since 2003, the Foundation has invested over 4 million in obesity prevention related projects.
  - Community planning process in Franklin County
  - Wellness Initiative in Columbus City Schools (Franklin County)
  - School Wellness Initiative in Southeastern Ohio (Athens, Hocking, Meigs, Morgan, Perry, Vinton Counties)
  - School Wellness Grants Program (Jackson, Washington Counties)

# Ohio BMI Rates



*A Report on Body Mass Index of Ohio's Third Graders • 2004 – 2005*  
*Ohio Department of Health Division of Family and Community Health Services, School and Adolescent Health Section*



# Columbus City Schools

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- District Wellness Initiative began in 2005
- Foundation has approved over \$2.2 million for the CCS Wellness Initiative over four years
- District demographics
  - 4,700 teachers and 320 administrators
  - Continuous improvement
  - 52,894 students
  - 61% black, 5.7% Hispanic, 27% white
  - Economically disadvantaged 98.1%
  - 70% graduation rate

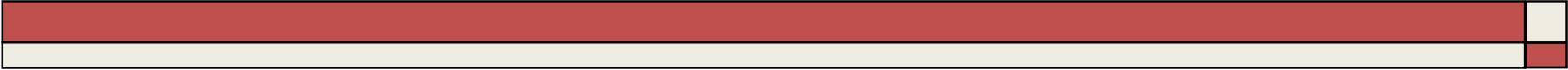


# Columbus City Schools

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## **Accomplishments**

- Creation and operation of district wide School Health Advisory Council with committees and district wide plans.
- Creation and Board adoption of wellness policy
- Successful BMI program
- Nutrition Improvements
  - District wide water only
  - Vending assessment and plans for improved product.



# Columbus City Schools

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## **Other project components**

- PA/PE
  - Structured recess demonstration
  - Assessment of PE/PA programs in district
  - Creation of PE curriculum
  - Capital equipment – PE equipment, walking trails, fitness stations at selected schools
- School health committees developed at pilot schools



# School Wellness Initiative (SE OH)

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- ❑ Southeastern Ohio
- ❑ Wellness initiative with up to 15 public school districts in six counties
- ❑ Multi-phase, Multi-year Initiative: Capacity Building and Implementation (multiple phases)
- ❑ Technical Assistance (policy review, plan writing, grant writing) provided
- ❑ Foundation investment nearly \$1.7 million



# Foundation Strategy & Goal

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## **School Wellness Initiative Goal:**

To improve the health and quality of life of children, families, and communities through sustainable change in the areas of improved health, physical activity, and nutrition, implemented through a comprehensive, coordinated plan.



# Participating Counties

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- Demonstration Counties

- Athens
- Morgan
- Vinton

- Replication Counties

- Hocking
- Meigs
- Perry



# School Wellness Initiative

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## Participating County Information

County	Number of Districts	Average Percent of Economically Disadvantaged (2006)
Athens County	5 Districts	51.8%
Hocking County	1 District	46.9%
Meigs County	3 Districts (2 participating)	55.27%
Morgan County	1 District	47%
Perry County	4 Districts (3 participating)	46.6%
Vinton County	1 District	54.3%
<b>6 Counties</b>	<b>13 Districts</b>	



# School Wellness Initiative

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## **Capacity Building Phase**

- Support districts in their development of a comprehensive and coordinated wellness plan
- \$10,000 grant to districts to support capacity building activities
- Typical activities include meeting support, conference costs, travel, planning assistance, staff costs



# School Wellness Initiative

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## **Capacity Building Phase Expectations**

- ❑ Establish/maintain a school wellness committee
- ❑ Completion of School Health Index
- ❑ Attend Coordinated School Health Conference
- ❑ Develop a district-wide wellness plan
- ❑ Wellness policy developed and submitted to School Board
- ❑ Identification of district priorities
- ❑ Development of proposal for Foundation consideration during Implementation Phase



# School Wellness Initiative

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## **Implementation Phase**

An Implementation grant opportunity will be available to districts who successfully complete the Capacity Building Phase and/or first Implementation Phase. Districts must fulfill all requirements to the satisfaction of the Foundation and be actively implementing wellness activities.



# Implementation Phase Goals

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- ❑ Implementation of strategies and policies related to the health, nutrition, and physical activity.
- ❑ Achieve at least one district goal during the grant period, as outlined in the district wellness plan
- ❑ Create and support a sustainable approach to school wellness
- ❑ Particular interest in projects that “change the environment” with regard to school wellness.



# Implementation Phase Requirements

- ❑ Periodic Convenings
- ❑ Narrative and Financial reports
- ❑ Documentation related to School Health Council efforts
- ❑ School Health Index completion
- ❑ Attendance at Coordinated School Health Conference
- ❑ Participation in Initiative evaluation activities
- ❑ Continuation of activities initiated in Capacity Building phase and/or first Implementation Phase



# School Wellness Initiative Evaluation

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- External evaluators: The Voinovich School at Ohio University
- Two levels of evaluation: district and initiative



# School Wellness Initiative Evaluation

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## **Evaluation Findings to Date**

- ❑ Initiative brought administrators/support to the table, as well as general increased attention to wellness issues.
- ❑ Initiative provided structure and support to wellness efforts.
- ❑ Participation in Initiative facilitated passage of a wellness policy.
- ❑ School health index completion guided action plans.



# Evaluation Findings, continued

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- Difficulty in engaging food service, physical education in wellness efforts. When engaged, it is easier to make changes in nutrition and physical activity.
- Reported increased fruits and vegetables available during the school day.
- Reported vending changes/improvements.
- Coordinated School Health Conference was beneficial.



# School Wellness Grant Program

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- ❑ Jackson and Washington Counties
- ❑ 8 districts participating (9 eligible)
- ❑ \$10,000 grant to support improved health, physical activity and nutrition
- ❑ One year projects
- ❑ Foundation investment \$80,000



# Learnings to Date

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- ❑ Wellness related work to be divided among staff, with clear leadership
- ❑ Varying levels of grant experience among school districts
- ❑ Technical Assistance is a critical component of the Initiative
- ❑ Initiative structure and design appears effective
- ❑ Timeline considerations for school districts



# Learnings to Date, continued

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- Potential impact on school food service is complicated by cost, availability, system, and storage issues
- Districts have significant financial limitations and academic issues which may limit their ability to focus on health issues.
- Engagement of the “right” people, at the right level, is critical.



# Learnings to Date, continued

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## **Challenges**

- ❑ District size and bureaucracy
- ❑ District financial challenges
- ❑ District academic challenges
- ❑ Lower prioritization of health issues
- ❑ Student/family/health providers knowledge gap and follow up regarding severity of problem
- ❑ Sustainability



# Policy and Culture Change Implications

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- ❑ Food service programs require increased support to provide healthy choices
- ❑ School district funding and system issues may result in inappropriate choices to generate revenue (i.e. vending machine income)
- ❑ Physical activity should be prioritized – structured recess and other programs (take 10), in addition to physical education
- ❑ BMI measurement issues



# Foundation Contact

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