

# **Developing an Integrated Referral Network to Address Childhood Obesity in Schools**

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# REACH

## Project Overview

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- ❖ One of two national CDC demonstration projects.
- ❖ Designed to reduce obesity and hypertension rates in schools and in the community.
  - ❖ Policy
  - ❖ Systems
  - ❖ Environment
- ❖ Supports LAUSD Wellness Initiative



# REACH Project Overview

1

- Increase the number of individuals with access to obesity and hypertension-related preventive services and screenings

2

- Increase the number of Shared Use Agreements for Physical Activity and Healthy Eating on school campuses



# Wellness Connection

- Overall Aim: to implement pediatric interventions to address childhood obesity in SLA schools.



# Wellness Connection

Integrate  
SBWC with  
School-Based  
Resources

Identify  
At-Risk  
Students  
Through  
*FitnessGram*<sup>®</sup>

Pilot  
Wellness Rx

Increase  
Use of PA &  
Nutrition  
Programs

# *FITNESSGRAM*® Overview



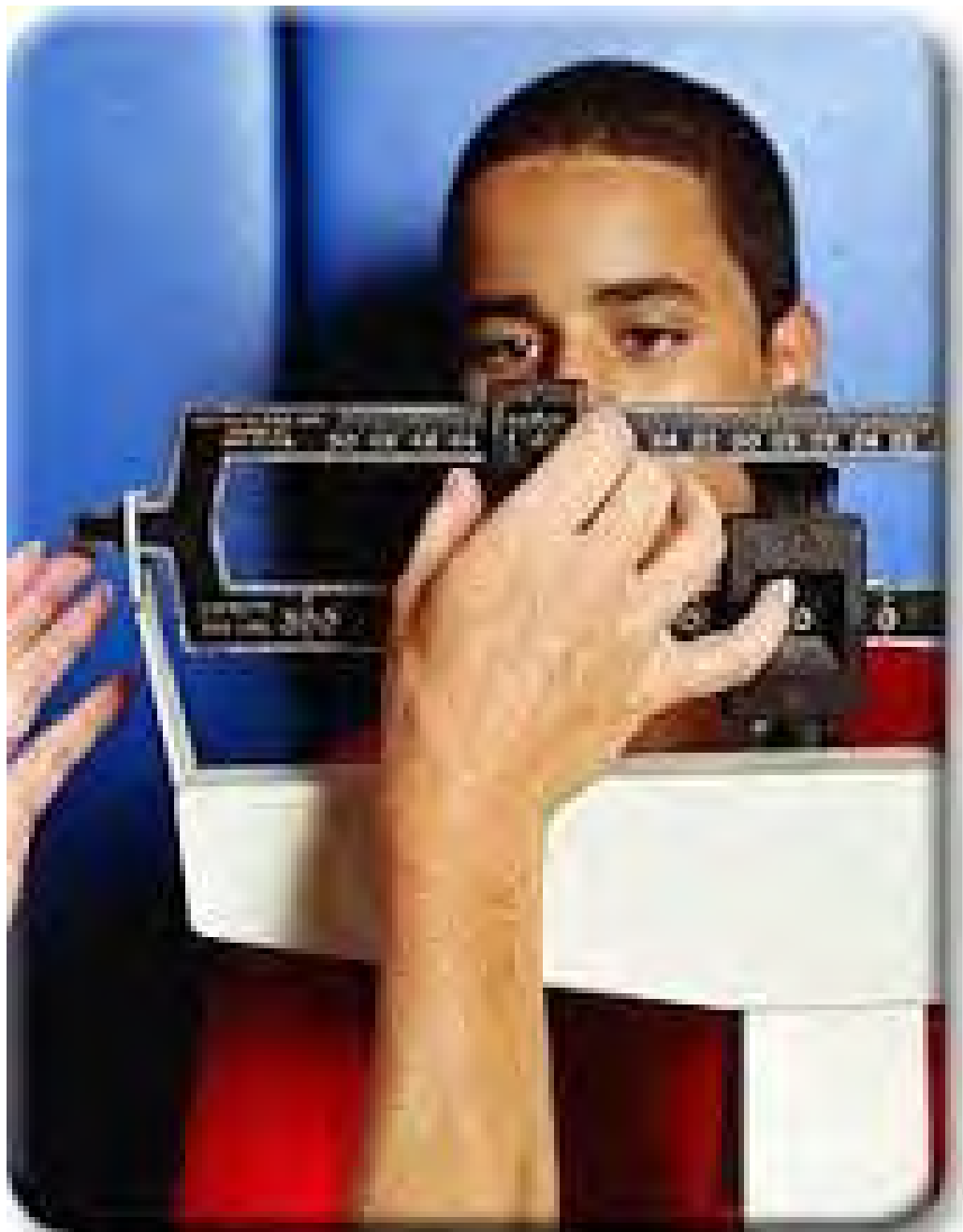
# *FITNESSGRAM*<sup>®</sup> Overview

- Requirement for **fifth, seventh, and ninth** graders.
- High school students must complete 4 years of PE
- Pass *FITNESSGRAM*<sup>®</sup>
  - + 2-years of PE
  - Two-year exemption (California *Ed. Code*, 51241[b])
- Two opportunities to pass
- Passing = **five of the six fitness areas**









# FITNESSGRAM® Overview

**ARE YOU IN THE ZONE?**

Use the charts for the fitness test to see if you are in the Healthy Fitness Zone

**PAGER**  
 What's the PAGER? PAGER is a fitness test that measures your aerobic fitness. It is a 200-meter run that includes 30 seconds of rest. The PAGER test is a good indicator of your aerobic fitness.

Sex	11	12	13	14	15	16	17	18	19	20
Male	1:55	1:55	1:55	1:55	1:55	1:55	1:55	1:55	1:55	1:55
Female	2:15	2:15	2:15	2:15	2:15	2:15	2:15	2:15	2:15	2:15

**Curl-ups**  
 Curl-ups measure your abdominal strength and endurance. They are performed by lying on your back with your knees bent and feet flat on the floor. You lift your head and shoulders off the floor by curling up.

Sex	11	12	13	14	15	16	17	18	19	20
Male	20	20	20	20	20	20	20	20	20	20
Female	15	15	15	15	15	15	15	15	15	15

**Mile Run**  
 The mile run measures your aerobic fitness. It is a 1.61 km run that is performed on a flat surface. The mile run is a good indicator of your aerobic fitness.

Sex	11	12	13	14	15	16	17	18	19	20
Male	12:00	12:00	12:00	12:00	12:00	12:00	12:00	12:00	12:00	12:00
Female	13:30	13:30	13:30	13:30	13:30	13:30	13:30	13:30	13:30	13:30

**Modified Pull-up**  
 The modified pull-up measures your upper body strength and endurance. It is performed by hanging from a bar with your feet on the ground. You pull your body up until your chin is over the bar.

Sex	11	12	13	14	15	16	17	18	19	20
Male	1	1	1	1	1	1	1	1	1	1
Female	1	1	1	1	1	1	1	1	1	1

**Push-ups**  
 Push-ups measure your upper body strength and endurance. They are performed by starting in a plank position with your hands on the floor. You lower your body until your elbows are at a 90-degree angle, then push back up.

Sex	11	12	13	14	15	16	17	18	19	20
Male	10	10	10	10	10	10	10	10	10	10
Female	5	5	5	5	5	5	5	5	5	5

**Flexed Arm Hang**  
 The flexed arm hang measures your upper body strength and endurance. It is performed by hanging from a bar with your arms flexed at the elbows. You hold this position for as long as possible.

Sex	11	12	13	14	15	16	17	18	19	20
Male	1:00	1:00	1:00	1:00	1:00	1:00	1:00	1:00	1:00	1:00
Female	0:45	0:45	0:45	0:45	0:45	0:45	0:45	0:45	0:45	0:45

**Backsaver Sit and Reach**  
 The backsaver sit and reach measures your flexibility. It is performed by sitting on the floor with your legs extended in front of you. You reach forward with your arms until you feel a stretch in your back.

Sex	11	12	13	14	15	16	17	18	19	20
Male	23	23	23	23	23	23	23	23	23	23
Female	21	21	21	21	21	21	21	21	21	21

**Trunk Lift**  
 The trunk lift measures your lower body strength and endurance. It is performed by lying on your back with your knees bent and feet flat on the floor. You lift your hips off the floor by contracting your glutes.

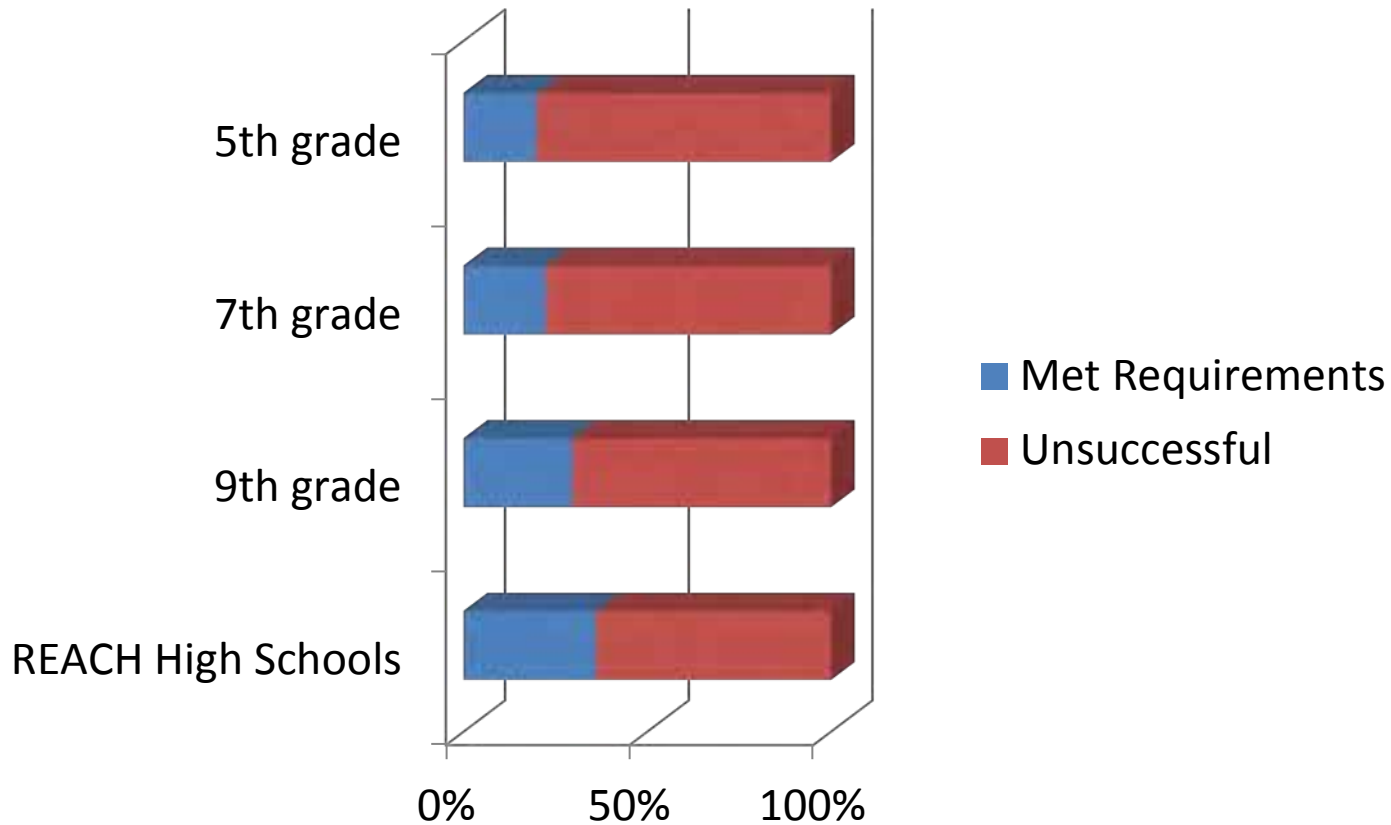
Sex	11	12	13	14	15	16	17	18	19	20
Male	15	15	15	15	15	15	15	15	15	15
Female	10	10	10	10	10	10	10	10	10	10

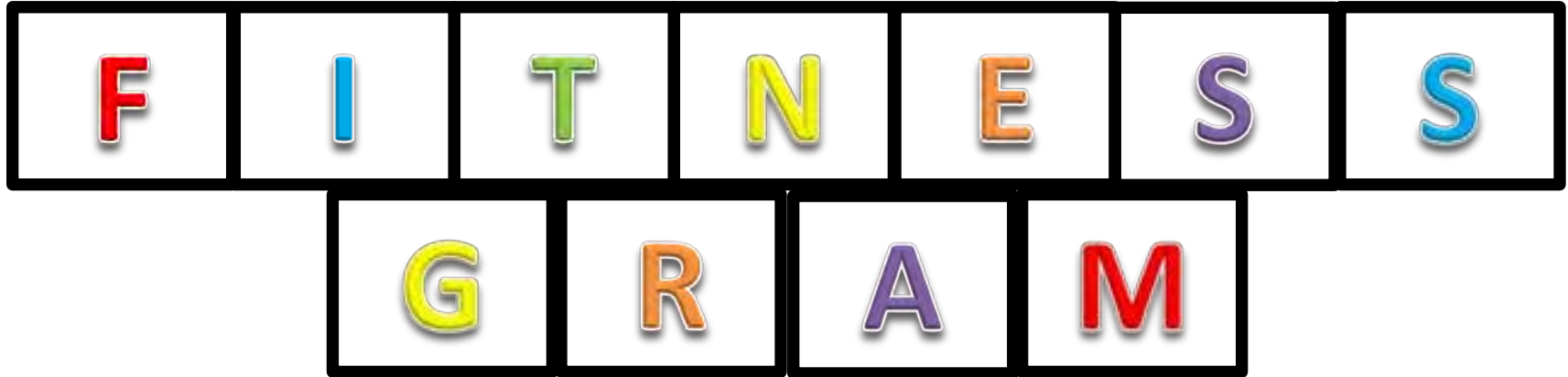
**Shoulder Stretch**  
 The shoulder stretch measures your flexibility. It is performed by standing with your feet shoulder-width apart. You reach one arm up and over your head, then pull it across your chest with the other arm.

Sex	11	12	13	14	15	16	17	18	19	20
Male	115	115	115	115	115	115	115	115	115	115
Female	100	100	100	100	100	100	100	100	100	100

How well are LAUSD students  
performing?

# *FITNESSGRAM*<sup>®</sup> Overview





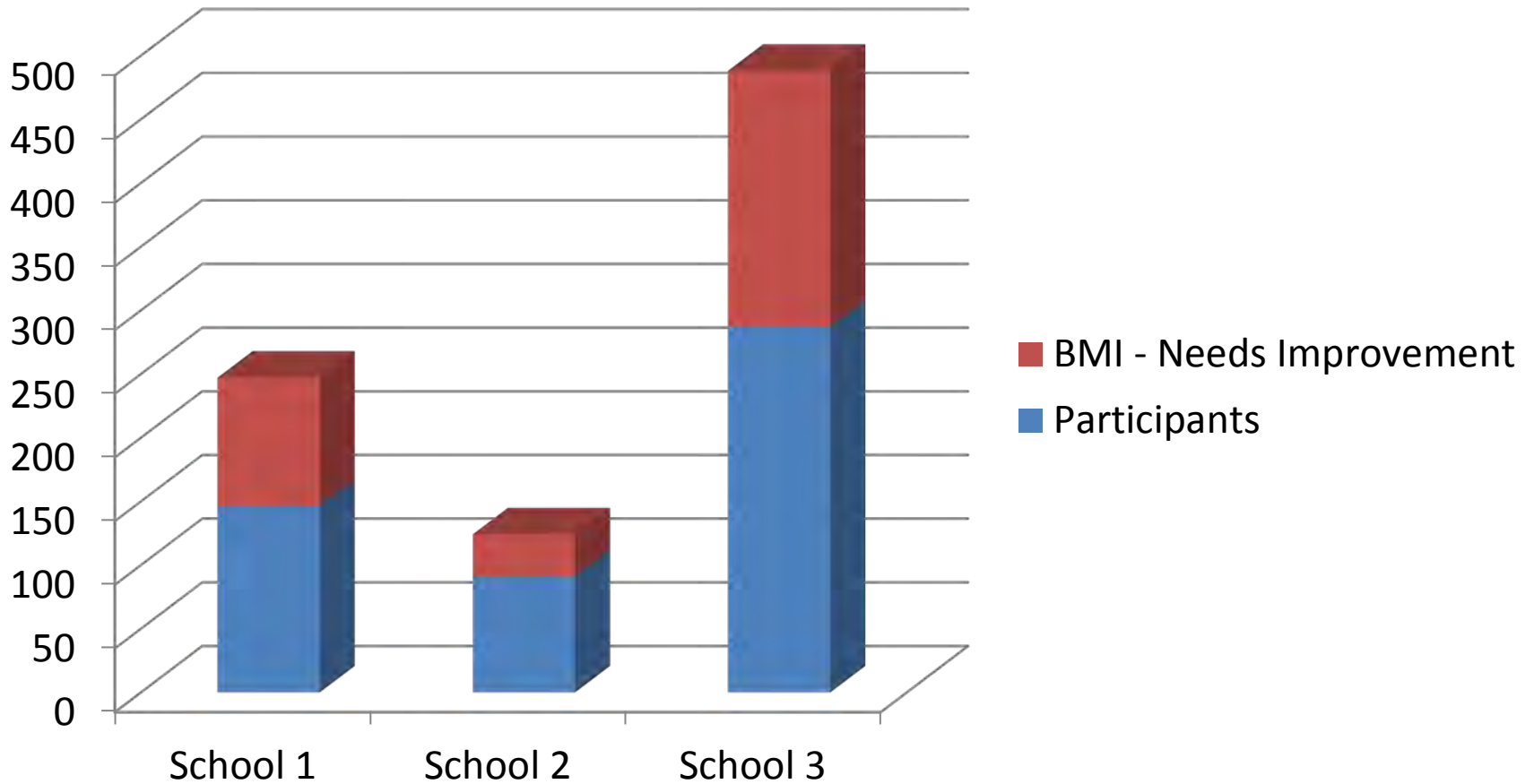
INTERVENTION



# *FITNESSGRAM<sup>®</sup> Intervention*

- Use state disseminated list to identify students
- Sort list by
  - Currently enrolled
  - Body composition needs improvement
- Second notification letter with SBWC consent mailed home
- Develop student outreach plan

# ***FITNESSGRAM<sup>®</sup> Intervention***





# *FITNESSGRAM<sup>®</sup> Intervention*

- Student Outreach
  - Inform about *FITNESSGRAM<sup>®</sup>*
  - Familiarize with on-campus resources
  - Opportunity for PA & nutrition programs to demonstrate



# *FITNESSGRAM<sup>®</sup> Intervention*

## **Passport to Wellness**



# *FITNESSGRAM<sup>®</sup> Intervention*

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## **Passport to Wellness**



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## **Passport to Wellness**



# *FITNESSGRAM<sup>®</sup> Intervention*

## **Passport to Wellness**





# *FITNESSGRAM<sup>®</sup> Intervention*

## **Passport to Wellness**





# Wellness Prescription





# My Wellness Prescription

\_\_\_\_\_ School

Insert Patient Label Here

Name: \_\_\_\_\_

Date: \_\_\_\_\_

## My Goals

- Eat \_\_\_\_ fruits each day.
  - Reduce sugar & sweetened drink to \_\_\_\_ per day.
  - Exercise at least \_\_\_\_ minutes a day.
  - Eat \_\_\_\_ vegetables each day.
  - Drink \_\_\_\_ glasses or bottles of water per day.
  - Exercise at least \_\_\_\_ days per week.
  - Join a nutrition program.\*
  - Join a physical activity or sports program.\*
  - Eat lunch from the cafeteria \_\_\_\_ times per week.
- \*Please select a program below.

Please write the program

Don't forget to see the doctor on: \_\_\_\_\_

\_\_\_\_\_  
Student Signature

\_\_\_\_\_  
Doctor Signature



# Wellness Programs



## Physical Activity and Nutrition Programs on Campus

### Fremont Fit



Location: Weightlifting Gym  
 Day and Time: Monday 6:30 AM – 7:45 AM and  
 Wednesday 6:30 AM – 7:45 AM and  
 Friday 6:30 AM – 7:45 AM

Free physical activity program that introduces students to yoga, kickboxing, aerobics, salsa dancing, swimming, and the Walk Fremont program. Conducted by ARC.

### Culinary Academy



Location: Room 523A  
 Day and Time: Wednesday 3:00 PM – 4:30 PM

Free cooking program. Learn the art of cooking and develop culinary methods. Conducted by ARC.

### Healthy Youth – Healthy Communities



Location: Room 502 - Wellness Center & Community Garden and ARC meet-up room

Day and Time: Tuesday 3:30 PM – 5:30 PM and  
 Thursday 3:30 PM – 5:30 PM\*

Nutrition education program taught through gardening. Conducted by Los Angeles Neighborhood Land Trust

\*On Professional Development days (PD) 2:00 PM – 4:00 PM

### Students Run L.A.



Location: Track and Field  
 Day and Time: Monday 3:00 PM – 6:00 PM and  
 Wednesday 3:00 PM – 6:00 PM and  
 Friday 3:00 PM – 6:00 PM

Cardio conditioning program to develop good running techniques.



Healthy Kids Zone is a REACH project of Community Health Councils funded by the Centers for Disease Control and Prevention (CDC).

[www.chc-inc.org](http://www.chc-inc.org)

Location: [Address]

Date: [Click here to enter a date.](#)

# Key Participants

Participants	Roles	Responsibilities
School-based Wellness Center	Improve student access to healthcare	Provide physical activity and nutrition counseling (Wellness Rx)
School Nurse	Serve immediate student health needs	Collect SBWC consents and summons students for appointments
SBWC clinic manager, health educator, etc.	Represent the Wellness Center	Coordinate SBWC activities
PE Teachers	Motivate students to participate	Partner in planning student outreach

# Key Participants

Participants	Roles	Responsibilities
Wellness Coordinator	Support LAUSD mandates related to wellness	Manage partnership between school and SBWC
Support Coordinator	Connect resources	Engage with students and school staff
School Mental Health	Promote mental health and well-being	Counseling <i>FitnessGram</i> <sup>®</sup> students (Wellness Rx)
Organizational Facilitator	Preside over the Student Health and Human Services component of education reform	School administration liaison
Principal	Leader	In collaboration with partners, establish internal process for addressing <i>FitnessGram</i> <sup>®</sup> needs

# Distinct Approaches

Process	Method A	Method B	Method C
Student identification	School nurse & Wellness Center Coordinator	Organizational Facilitator	Wellness Center Coordinator
Outreach Event	Passport to Wellness	Wellness Center tour	Passport to Wellness
SBWC Consents	Deliver individually	Deliver during PE	Mailed home
Application of Wellness Rx	Wellness Clinic providers and School Mental Health	Wellness Clinic providers	Wellness Clinic providers



# Accomplishments

- LAUSD priority
- Administration aware of issues
- PE teachers
- SBWC
- School Mental Health
- Integrated school-based resources





# Challenges

- Competing school priorities
- Time
- Distinct approaches
- Differing resources



# Recommendations

- Principal to appoint a lead
- Involve OF
- Convene workgroup
- Involve PE teachers early on
- Loop all wellness resources
- Incorporate process into schools
- Be flexible





# Partnership Model Action Plan

Group Activity