**California School-Based Health Alliance**

**Application for 2015-2016**

***Fit and Healthy Learning Collaborative***

**Application due on June 30, 2015**

**Opportunity**

The California School-Based Health Alliance (CSHA) is organizing a group of SBHC staff to participate in a 10 month Fit and Healthy Learning Collaborative. *Fit and Health* is an obesity intervention program that combines clinical support with group education. The learning collaborative will provide SBHCs with expert-led training sessions, opportunities for collaboration with other SBHC providers, and tools and resources to launch the Fit and Healthy program at their schools, to support students and their families. The Fit and Healthy Learning Collaborative is supported by a grant from the [Anthem Blue Cross Foundation](http://anthemcorporateresponsibility.com/cr/foundation/).

**Goals**

The long-term goal of the Fit and Healthy Learning Collaborative will be to develop best practices necessary to create a statewide model for supporting students with obesity education and prevention.

Participants will be trained on the Fit and Healthy program including school-wide health screening to identify overweight and obese students, best practices in clinical intervention to create healthy weight loss plans, curriculum for group education and parent engagement, and billing strategies to ensure program sustainability. Additional training will be provided in quality improvement strategies to help sites improve access and quality of care.

# Eligibility/Selection Criteria

* Staff from five SBHCs will be selected to participate in the Fit and Healthy Learning Collaborative.
* SBHC should have some experience with youth development, group education, or parent engagement programs.
* SBHC should be able to partner with their school administrators to implement school wide projects including assessments, student health screenings, or classroom presentations.
* Federally Qualified Health Centers are preferred.
* Priority will be given to SBHCs that are members of the California School-Based Health Alliance.

**Program Expectations:**

The Fit and Healthy program represents a comprehensive approach to addressing obesity, combining clinical interventions to establish healthy weight reduction goals, with group education and parent engagement to support positive behaviors such as healthy eating and increased physical activity.

Participating SBHCs will implement:

**School-wide screening** to reach a minimum of 200 students. The screenings will provide an individual visit for each student with a health educator and medical provider, to receive a comprehensive health screening and document body mass index (BMI).

**Group program** for 20 students identified as overweight or obese. Groups will meet weekly, during which time students will meet individually with a clinician, and participate in group health education. Family members will also be engaged to support healthy eating habits at home.

**Intensive support visits** for students with high BMI. Medical providers will work with students to create nutrition and physical activity plans for students, and schedule two follow-up visits during the academic year.

**Evaluation** of the program including a pre- and post-survey to students to measure access to healthy foods, weekly consumption of fruits/vegetables as well as unhealthy snacks/beverages, and physical activity.

**Participation Requirements:**

* Identify a SBHC staff member to participate in the Fit and Healthy Learning Collaborative. The staff member should:
  + Be employed year-round (or able to work through the summer), and dedicate at least 50% of their work to an SBHC.
  + Serve in one of the following capacities:
    - Health educator
    - Program coordinator
    - A clinical provider
    - Another position that has the capacity to lead project related activities
* Participants must commit to attending all required meetings/trainings including three in-person trainings and regular webinars.

**SBHC Sponsor Agency Expectations:**

* Approve all participant leave and travel.
* Approve all project related work described above
* Provide any support (IT assistance, administrative support, leadership direction, etc.) associated with the program.

**Payment:**

To offset costs associated with the Fit and Healthy Learning Collaborative and any program activities, **selected sites will receive a stipend of $10,000.**

**For more information contact:**

Juan R. Taizan

Project Director

California School-Based Health Alliance

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**Application due on June 30, 2015 by 5:00pm**

**Please submit applications to** [**jtaizan@schoolhealthcenters.org**](mailto:jtaizan@schoolhealthcenters.org)

**California School-Based Health Alliance Fit and Healthy Learning Collaborative**

**A. About the SBHC**

|  |  |
| --- | --- |
| Name of SBHC: |  |
| Date SBHC established: |  |
| SBHC Address: |  |
| Name of School: |  |
| School where SBHC is based is (**BOLD** all that apply): | Middle school  High school |
| Enrollment at host school (#): |  |
| # SBHC patients: *(This # should include all unique patients within a 1-year period)* |  |
| SBHC operating hours: |  |

**B. About the SBHC sponsoring agency**

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| --- | --- | --- | --- |
| Agency: |  | | |
| Type of organization (**BOLD** only one): | Community health center  FQHC  School district  Hospital | Non-profit organization  Other: | |
| Chief Executive Officer: |  | Email |  |
| Chief Medical Officer: |  | Email |  |

**C. About the participant**

|  |  |
| --- | --- |
| Participant Name: |  |
| Title: |  |
| Years at SBHC: |  |
| Please describe your role at the SBHC in a few sentences: |  |
| Contact Email: |  |
| Contact Phone #: |  |

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| **Please describe how obesity impacts the students at your school. In your response please include any relevant information on your school, district, and/or geographic area that may contribute to the problem. *Please limit your answer to 400 words or less*** |
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| **Please describe your SBHC’s current work in the following areas:**   * **Obesity/nutrition education or intervention programs (e.g. physical fitness groups or group education)** * **School wide or community interventions (not necessarily on obesity)** * **Youth development programs** * **Any other unique health care delivery models/programs**   ***Please limit your answer to 500 words or less*** |
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| 1. **Please describe the SBHCs relationship with school and/or district staff and administration, including school nurses (e.g. how well do you work together? Are communication structures in place?).** 2. **How integrated is the SBHC into the school (e.g. does the SBHC host campus wide events, participate in a wellness committee, train teachers, etc.)?**   ***Please limit your answer to 400 words or less*** |
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| **Are processes in place to communicate with the primary care providers of unassigned patients that the SBHC serves or may serve? If so, please describe. If not, please describe the possibility of establishing these processes. *Please limit your answer to 300 words or less*** |
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