



# WELCOME

*To the first CARE\* Committee Meeting*

*December 8, 2008*

**\*Community Advisory Regional Experts**

12/08/08



# *Introductions*

*By Dr. Kimberlydawn Wisdom, Project Director  
and Michigan Surgeon General*

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# Overview of the Day

***By Barbara Blum, GWP Project Manager***

**Office of the Surgeon General**

**Michigan Department of Community Health**

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# GWP History

- Invitation from W.K. Kellogg Foundation
- Proposal awarded in 2/07 for \$5 million over 3½ years
- Extension of Michigan Steps Up (MDCH) that builds on Governor's *Cities of Promise* initiative



**Governor Granholm's Cities of Promise**



## Vision



**Project vision:** *Middle school-aged students in underserved communities are empowered to drive policy, environmental and youth behavior change.*

**Long-range vision:** *Decrease risk for chronic disease and incidence of obesity, promote healthier communities and develop health care advocates and leaders.*

# Partners are on board



MICHIGAN FITNESS FOUNDATION



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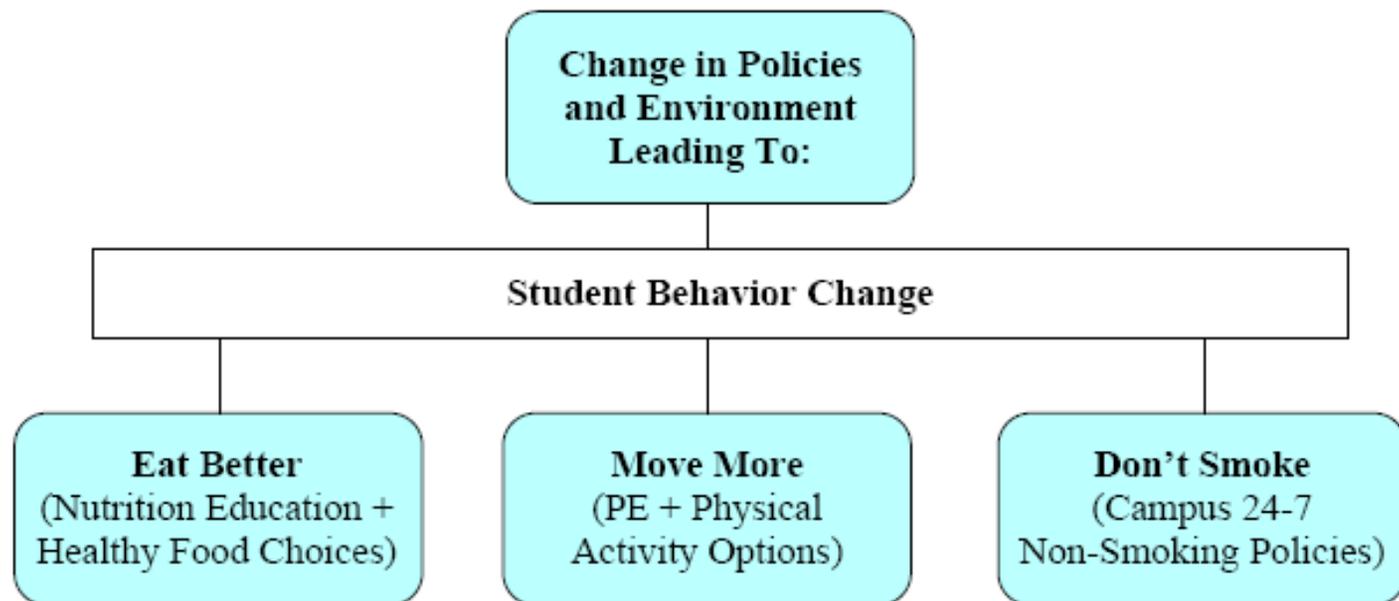
# Project Overview

By GWP Project Staff  
Office of the Surgeon General  
Michigan Department of Community Health



# GWP Goal: Positive change at 3 levels

- **Develop/implement school health policies**
- **Improve school environments (more healthy choices)**
- **Change student behaviors and leadership skills**





## Coordinated School Health Approach



- **Coordinated School Health Teams reflect CDC model**
- **Healthy School Action Tool (HSAT) is completed to assess needs in each area and drive planning.**



## Year I Awards (2007-08)

- 10 schools serving middle students in five districts: Detroit, Highland Park, Pontiac, Hamtramck and Benton Harbor



- Schools receive \$25K per year + training (MI Model, EPEC) + resources + assistance from GWP staff



**Three school teams are formed to plan and drive positive change**

- ❖ **Coordinated School Health Teams (CSHT)**
- ❖ **Student Action Teams (SAT)**
- ❖ **Community Mentor Teams (CMT)**



## What did schools do?

- **Completed Healthy School Action Tool (HSAT)**
- **Developed Action Plans**
- **Completed Progress Reports**
- **Attended a Youth Leadership Summit**
- **Attended the Eat Healthy + Play Hard = Smart Students Conference and received an award**





## **GWP has expanded!**

- **In Year II six more schools joined the ten Level One schools from Year I (\$25k per year)**
- **Mini-grants (\$5K) were awarded to 11 “new” schools in Cities of Promise**
- **Total school involvement for 2008-09 = 27 schools**



## Key Focus: Youth Leadership Development and Involvement

**Goal:** *To develop student leaders who can research, develop, implement, articulate, and evaluate the affects of projects that impact and influence policies and their environment, through voice & power.*



***“Let the Young People Start Doing and Let the Planning Catch Up to Them.”***

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## Student Action Teams:

- Represent the diversity of the student body (gender, race, grade level and academic performance)
- Include non-traditional leaders
- Are supported, not led, by team leader and GWP staff person
- *How has your school changed because of this project?*

*“Provide Young People the Space to do Their Best Work!”*



# A Successful Youth Summit



**SAT members attended a Summit at Focus: HOPE in Detroit to learn and apply leadership skills and share challenges and barriers with others.**

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# Youth Leadership Development: Year II

Regional  
Workshops

Dec 2008

Student Panel  
at the Choices  
Conference  
Youth Summit

March 2009

Lansing  
Policy  
Forum

April-May

School –  
Community  
Presentations

April-May

**Plus ongoing Student Action Team Meetings and  
work with Adults as Allies**

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## New collaboration extends \$, services, and reach

Funding was secured from USDA SNAP-Ed program through a grant from the Michigan Nutrition Network of MSUE Extension to extend the reach of GWP to *families* in GWP schools.

This will be accomplished through a partnership with Gleaners Community Food Bank of Southeast Michigan & Operation Frontline and MSU Extension.





# Family Enhancement Grant Activities

- **Nutrition & food preparation classes for parents/caregivers**
- **Nutrition events with taste testing for families**
- **Display cases with nutrition messages**
- **Nutrition education resource kits provided to schools**





# Cultural Competence in Generation With Promise

Nate McCaughtry, Ph.D.

Sara Flory, M.A.

Wayne State University



# Nate McCaughtry

- **Associate Professor**  
**Department of Kinesiology, Health and Sport Studies**  
**Wayne State University**
- **Health and Physical Education Program Coordinator**
- **Research Focus**
  - **Schools as intervention sites for youth health**
  - **Cultural dimensions of youth health**
  - **Teacher development**
  - **Social justice, equity, empowerment**



# Sara Flory

- **Doctoral student**
- **Department of Kinesiology, Health and Sport Studies**
- **Wayne State University**
  
- **Former Physical Education and Health teacher**
  
- **Research focus:**
  - **Culturally competent school-based health initiatives**
  - **Culturally relevant physical education**
  - **Urban health and physical education teacher preparation**



# What is Cultural Competence?

Cultural competence is the process whereby organizations bridge the cultural distance between themselves and the public they serve.



# A 3-Step Organization-Wide Process



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## The Cultural Competence Process and Generation With Promise

Step 1: Know the schools, students, and communities  
GWP serves.

Step 2: Identify cultural distance between GWP staff, goals,  
outcomes, processes, and timelines, and those of GWP  
schools, students and communities.

Step 3: Enact strategies to bridge that cultural distance.



# Cultural Competence in Generation With Promise

1. Project Execution
2. Project Evaluation
3. Educational Curriculum



# Project Execution

1. Hiring personnel
2. Setting goals and outcomes
3. Communicating and coordinating with schools
4. Organizing events
5. Designing and enacting health-related interventions in schools



# Project Evaluation

## 1. Healthy School Action Tool (HSAT)

- Survey
- Implementation

## 2. Middle School Health Survey

- Survey
- Implementation



# Educational Curriculum

1. Exemplary Physical Education Curriculum (EPEC)
  - Curriculum & Instruction
  - Teacher Training & Support
  
2. Michigan Model for Health Education (Tobacco & Nutrition/Physical Activity Modules)
  - Curriculum & Instruction
  - Teacher Training & Support



# Questions?

**Nate McCaughtry**

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# GWP Accomplishments and Baseline Results

Anne Murphy, PhD, RD

Lead Evaluator, Generation With Promise  
Consultant, Healthy Kids Evaluation Service  
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## School/Student Profile

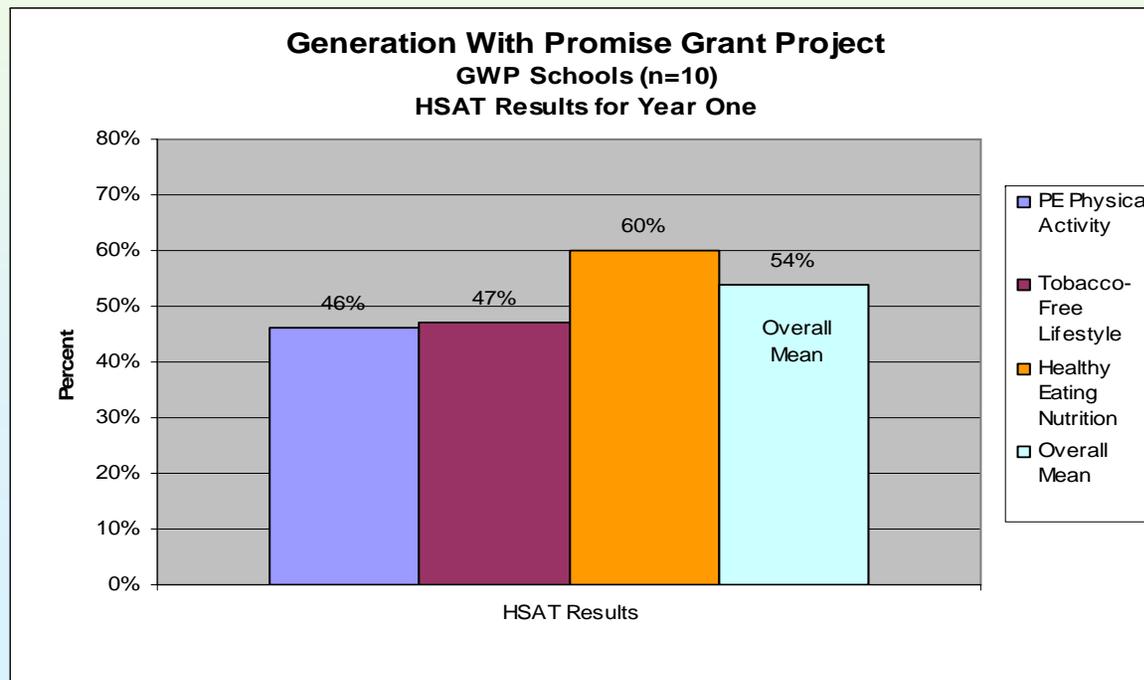
- 4,845 students at 10 schools (Year I) + 3,231 in six new schools + 8,034 in 11 mini-grant schools = **16,110**
- 79.8% were eligible for free/reduced price school meals
- Size of schools ranged from 151 to 771 students
- Five K-8 schools and five middle schools
- Majority of students are African American



# Getting Started and Needs Assessment!



- Teams formed at 10 schools and meetings begin
- HSAT completed; action plans developed.



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## Professional Development is Key



- Dr. Pat Cooper provided inspiration at the kick-off (8/07)
- Trainings each fall for principals and CSHT leaders
- All PE teachers completed EPEC training
- Health teachers will be trained on revised MI Model modules for tobacco, nutrition and physical activity





## Youth Summit Results: Students

- 125 students from 10 schools
- 92% learned how to be leaders
- 91% learned how to make change
- Students liked interactive activities over sit-and-listen



*“It taught us how to be leaders, and that working together is better than working alone.”*



## Youth Summit Results: Adults

### Adults enjoyed most:

- Seeing youth improve leadership skills
- Hearing information/suggestions from youth

### Adults believed students enjoyed most:

- Team activities
- Having their say
- Interacting with students from own and other schools

*“After the Summit, student attitudes changed and they began to develop into true leaders.” [Principal, Robert Burns School in Detroit]*



# Mentoring: A Running Start



- 18 of 27 students were from Cities of Promise
- Trained weekly with mentors and set nutrition goals
- Participated in the Detroit Free Press/Flagstar Marathon 5K



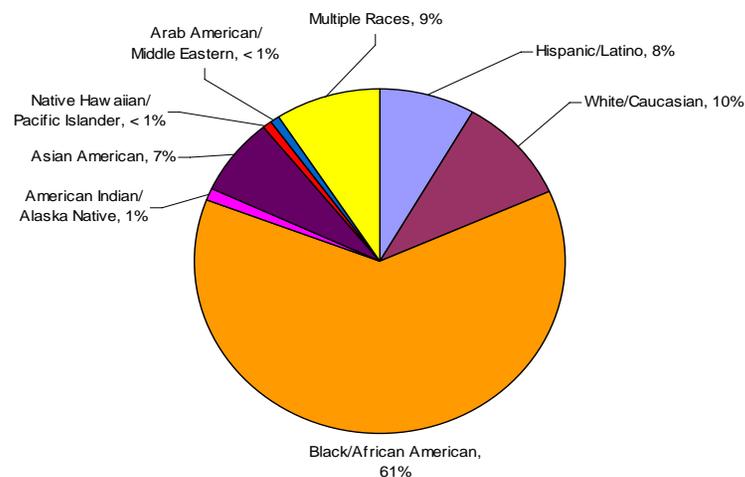
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# Middle School Health Survey

- Adapted from MDCH Adolescent Health Survey
- Piloted in six GWP classrooms
- n=1529 students, 50% male and 50% female
- 38% 8<sup>th</sup> graders, 40% 7<sup>th</sup> and 23% 6<sup>th</sup>

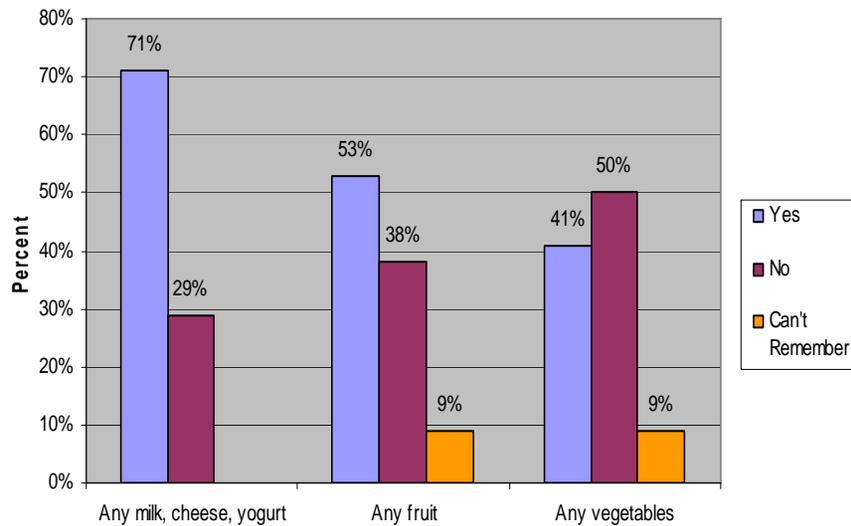
Generation With Promise Grant Project  
Baseline Data: Year 1 (5 Schools, n=1,529 Students)  
Respondent Profile: Race



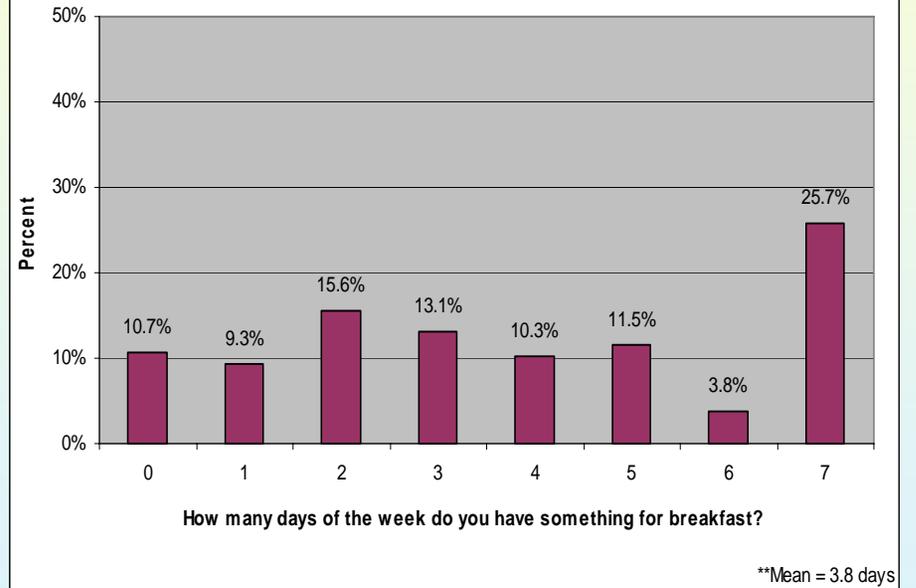


# Self-Reported Food Behaviors

**Generation With Promise Grant Project**  
 Baseline Data: Year 1 (5 Schools, n=1,529 Students)  
 Dietary Intake "Yesterday" for Students (Grades 6-8)

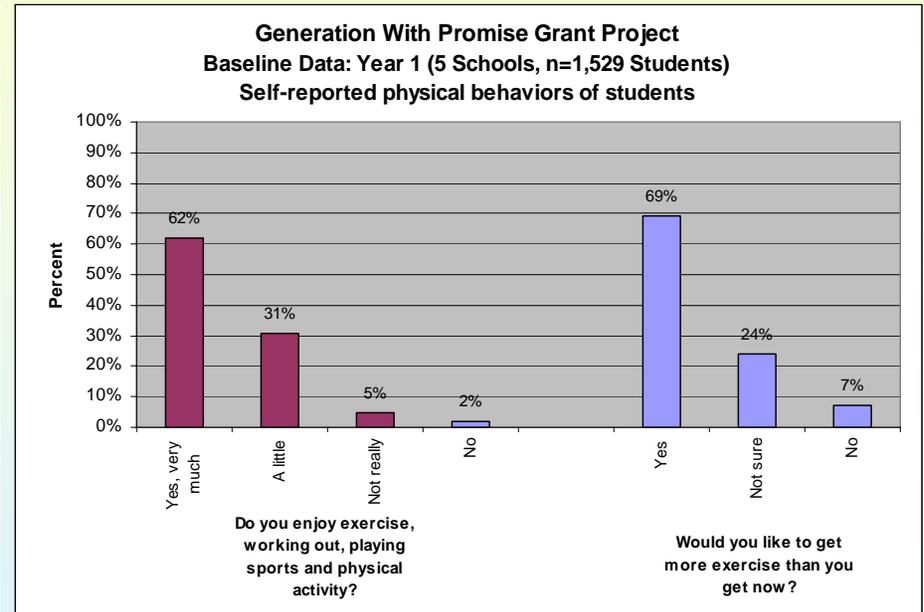
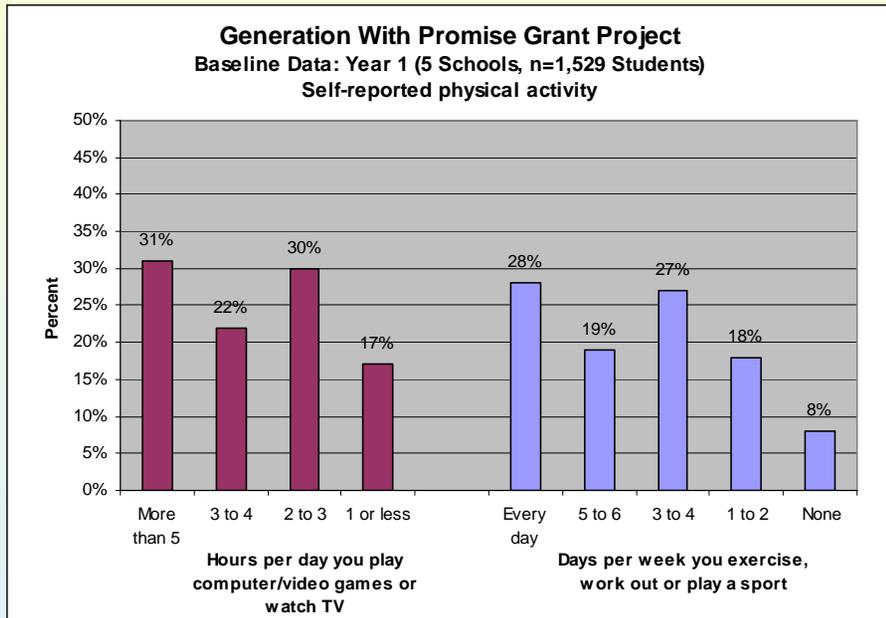


**Generation With Promise Grant Project**  
 Baseline Data: Year 1 (5 Schools, n=1,529 Students)  
 Self-reported breakfast consumption



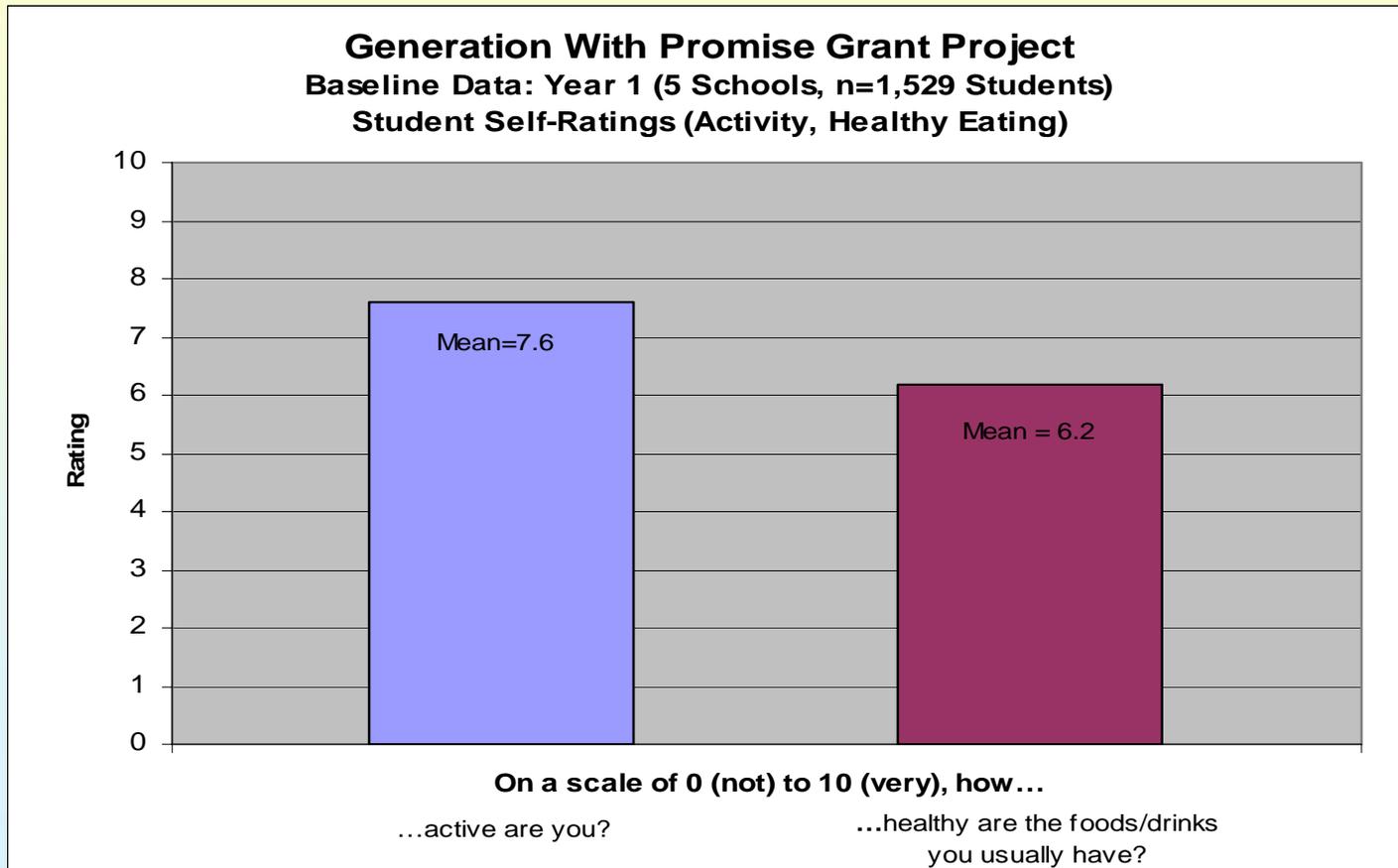


# Physical Activity



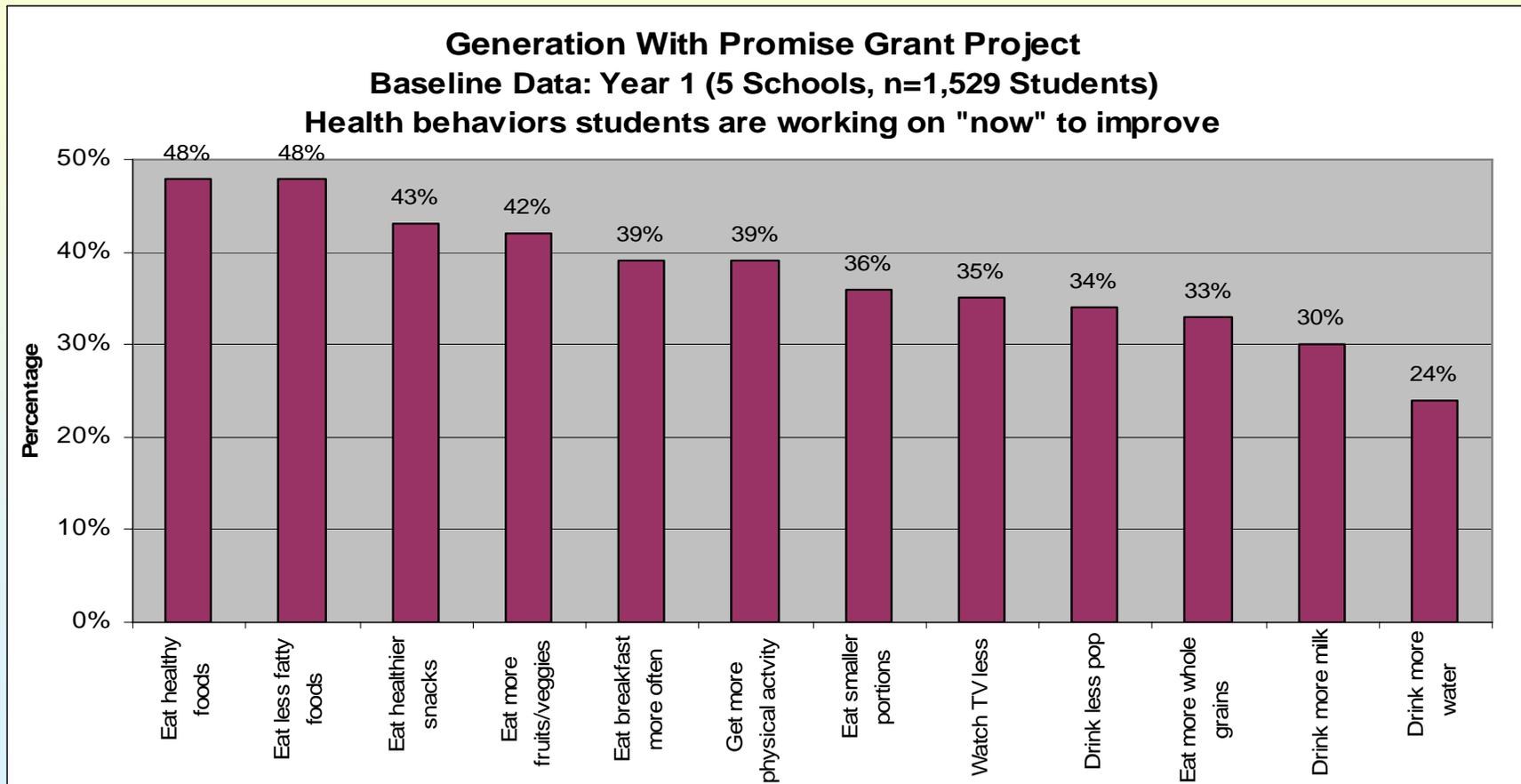


# Self-Ratings





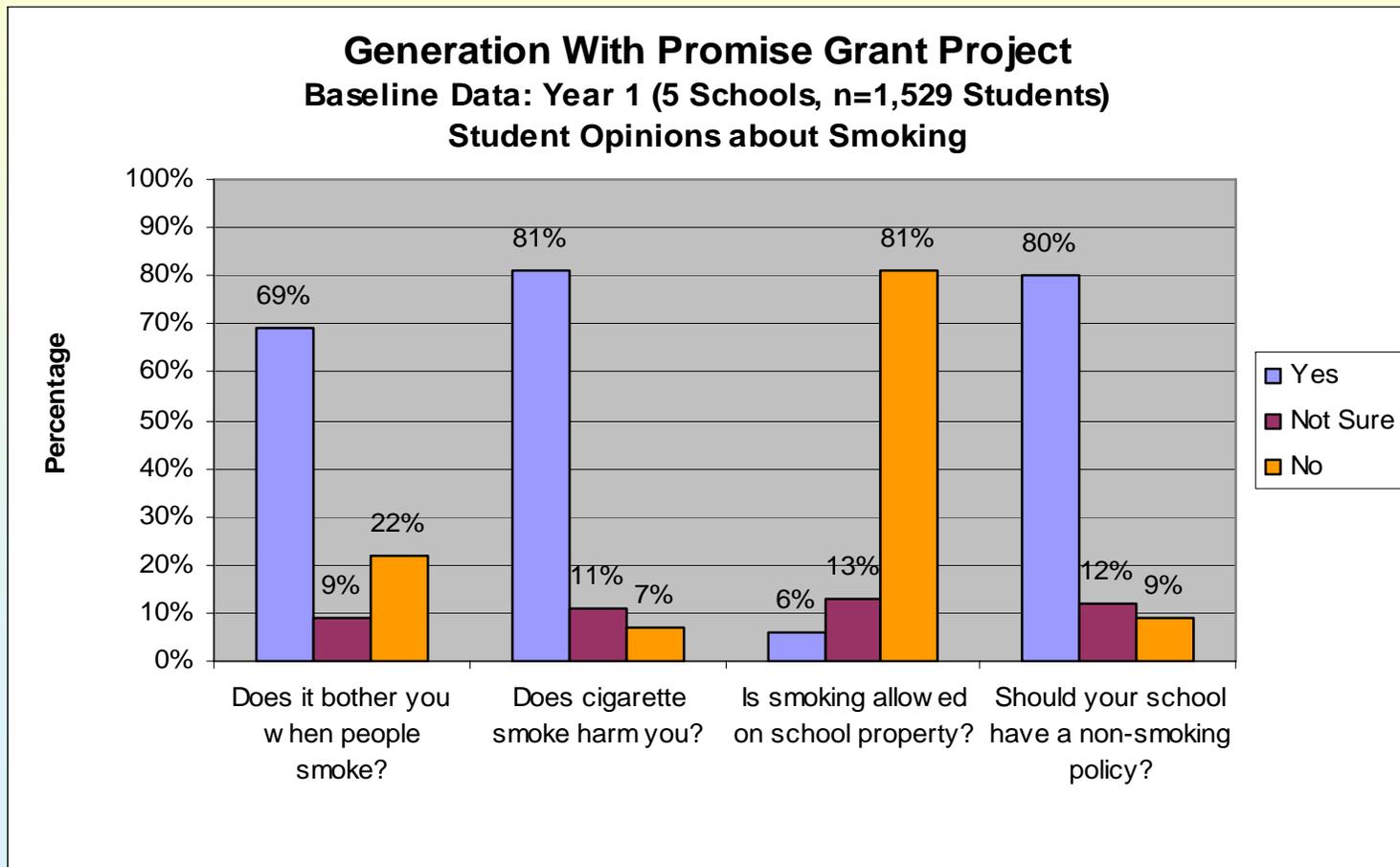
# Behaviors Youth Are Working On



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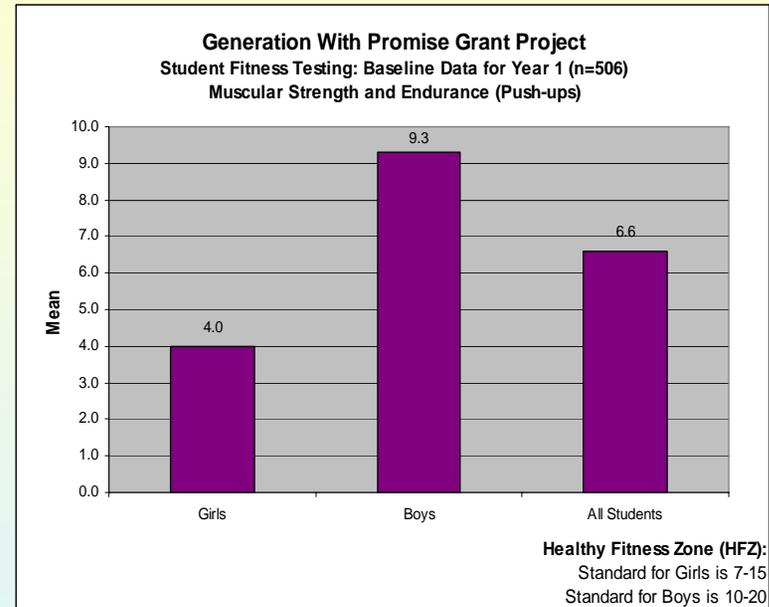
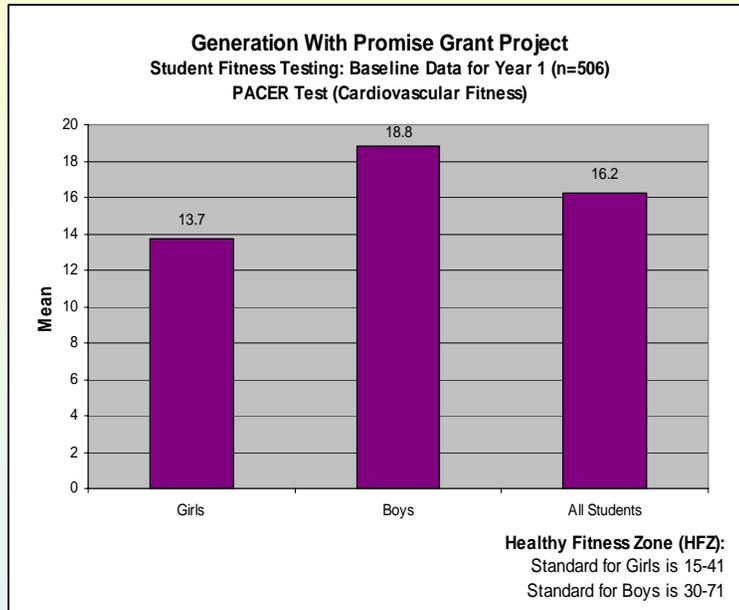


# Tobacco Data





# Fitness Testing



Assessment	Females: Mean (SD)	Healthy Fitness Zone (for age/gender)	Males: Mean (SD)	Healthy Fitness Zone (for age and gender)	All Students Mean (SD)
PACER test	13.7 (5.0)	15 to 41	18.8 (9.3)	30 to 71	16.2
Push-up test	4.0 (4.0)	7 to 15	9.3 (6.6)	10 to 20	6.6



## Schools Make Progress: Healthy Eating



- Food served at school-wide events is healthier
- Salad bar added to cafeteria; more fruits at lunch
- Pop removed from vending machines; healthy vending machine purchased
- Nutrition messages added to morning announcements
- Smoothie machine purchased
- Breakfast is served during homeroom

*“Student access to unhealthy food during the school day has been greatly reduced.” Principal, Hutchins/McMichael School, Detroit*



## Schools Make Progress:



## Physical Activity



- PE and playground equipment purchased
- Recess added for sixth graders
- Optional exercise program before school
- Walking track added; weight room created
- Physical activity added to after-school program
- Every class participates in PA before instruction
- Students rewarded with extra PE class
- School fitness week held



## Schools Make Progress: Tobacco-Free Lifestyle



- Tobacco-free zone signs created/posted by students
- Tobacco education in health class
- Info about effects of tobacco posted throughout school
- Non-smoking messages posted on bulletin boards
- 24/7 policy extends from school to district
- Tobacco prevention rally held
- Student tobacco committee formed



## **Schools Make Progress: Policy Changes**

- **School-wide policy to promote healthy school snacks**
- **Fundraisers that sell unhealthy foods discontinued**
- **Healthy snack and party policy are in development**
- **Sweets no longer used for rewards**



# Time for Lunch!



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**Welcome Back!**

# **Overview of the Afternoon**

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# Engaging the CARE Group

**Visioning** (with Barry Checkoway,  
Katie Richards-Schuster)

Michigan Program for Youth and  
Community



# Broad Vision and Purpose (Dr. Wisdom)

*We want to eliminate health disparities and create community change through the active participation of middle school-aged youth.*



***Given the larger vision, what specific steps or action ideas might help accomplish the purpose in the next few years?***



# Summary and Next Steps

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**For more information or to share your ideas,  
contact: Barbara Blum, GWP project manager**

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**Have a safe trip home and THANK YOU!**



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