



2010-2011 School Year Report

A Program of The Hope Heart Institute

4,786 Number of students reached in school districts

School Districts Represented

Anacortes Kent
 Dieringer Northshore
 Everett Seattle
 Tacoma Yelm

51,796 Number of instructional hours



Students participating in the Atherosclerosis Race at Sacred Heart School.

2,664 Kids served in school-related outreach

School - Related Outreach

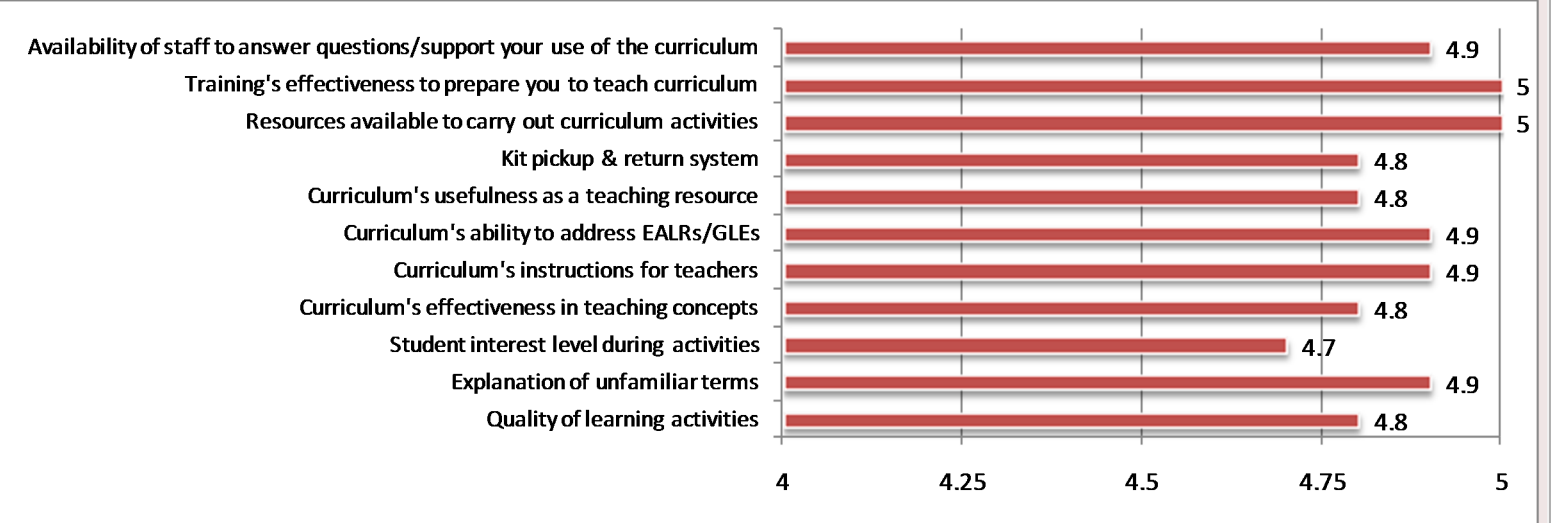
Fairs
 Assemblies
 Family Health Nights
 Back-to-school Events

7,450 Total Number of Students Served!

- Program Goal:**
 Increase students' participation in healthy behaviors
- Program Objectives:**
1. Identify components, functions & diseases of the cardiovascular system
 2. Recognize & evaluate risk factors, warning signs and prevention strategies
 3. Create & implement a personal wellness plan

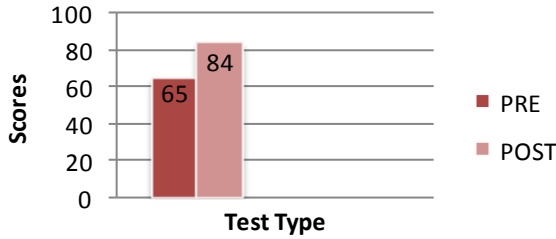
Teacher Ratings

22 teachers rated the following program elements on a scale of 1 (poor) to 5 (very good).

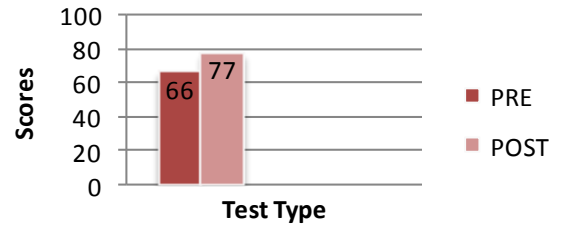


Pre/Post Survey: 98 kids in 3rd — 5th grades from 4 different schools completed the pre/post survey
Overall test scores rose from 54 % to 72% as measured between pre and post tests

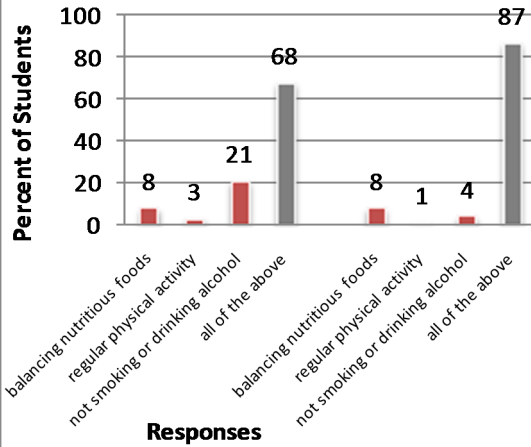
Average KTH Anatomy Scores 2010-11



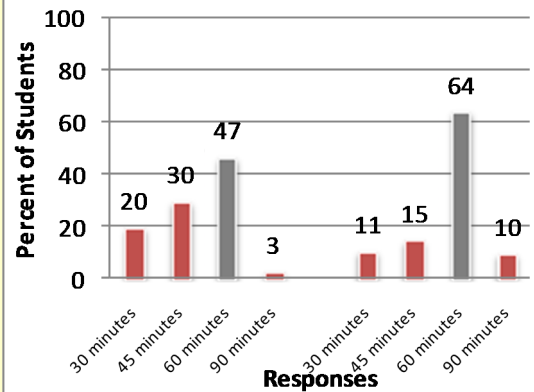
Average KTH Fitness Scores 2010-11



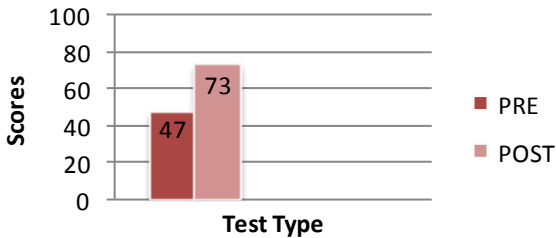
#15: What prevents heart disease?



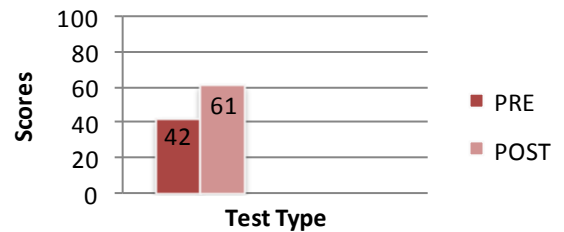
#16: What is the recommended daily amount of exercise for children and teenagers?



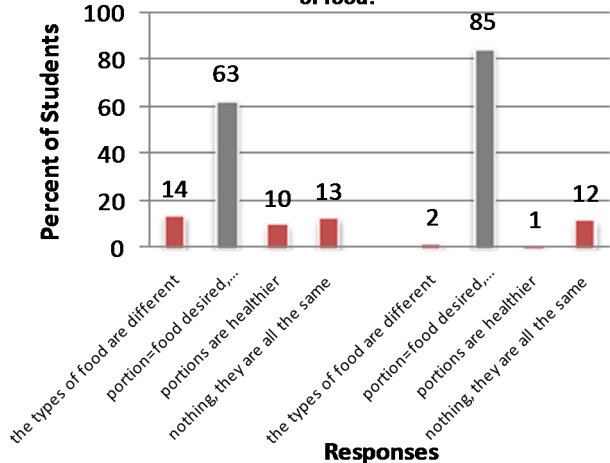
Average KTH Nutrition Scores 2010-11



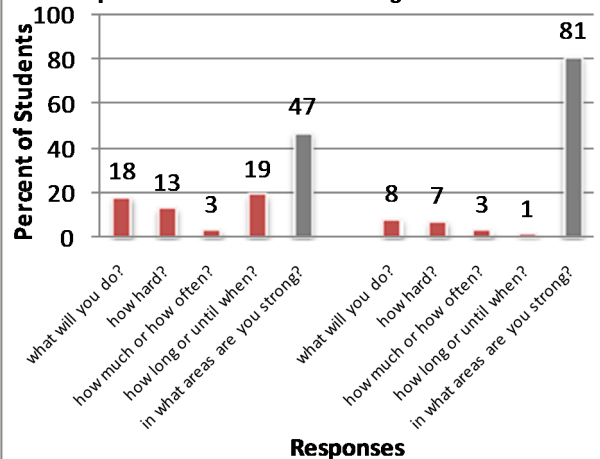
Average KTH Stress/Goal Setting Scores 2010-11



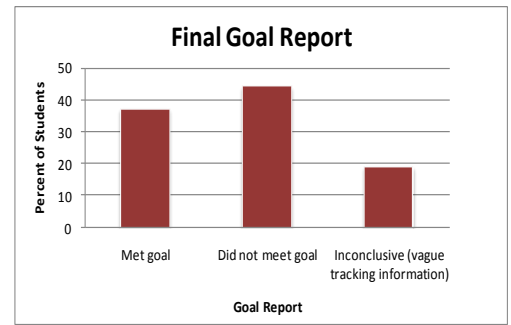
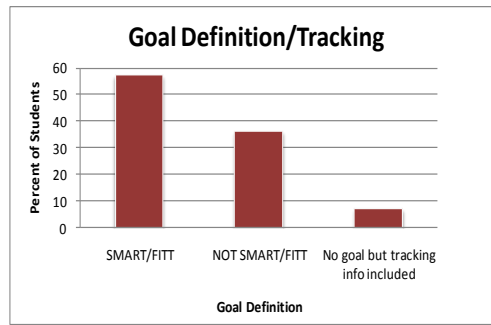
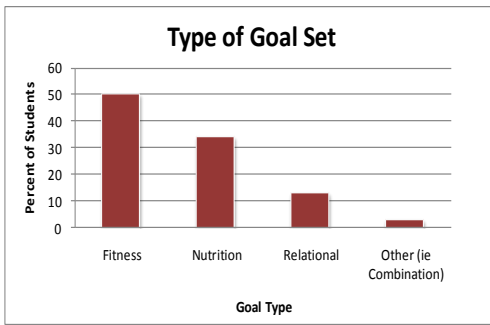
#23: What is the difference between a portion and a serving of food?



#29: S.M.A.R.T. and F.I.T.T. goals answer four basic questions. Which of the following is NOT one of the four?



Student Health Logs — 656 students set health goals



PROGRAM REVISION

Each year, we review student work, teacher evaluations and national recommendations for health to revise, improve and maintain the accuracy of the program. Usually there are minor changes, but occasionally they're more prolific like the shift from MyPyramid to MyPlate. Here's a look at this year's changes.

When reviewing Student Health Logs, clear indicators surfaced as to why goals weren't met or were inconclusive. Goal-setting Lesson Improvements included addressing tracking, troubleshooting, support, point systems and increasing health benefit. As a result from teacher request, we created two separate health logs—one for nutrition goals (using SMART strategy) and one for physical activity (using the FITT principle).

Examples of how to track progress toward their goal on the log were added.

- Types of activities and duration (in minutes)
- Types of foods and amount or # of servings (younger kids could list food the # of times they ate it)
- Describe stressors and relievers
- If they elect to help plan nutritious meals, describe the meal
- If they're substituting fruit for dessert, I ate ____ instead of ____.

We included a troubleshooting section that asks students to look ahead.

- If it rains, _____.
- If you go on vacation, _____.
- If I run out of fresh fruits/veggies, ____.
- If there's a holiday or celebration, ____.

To increase students support and communication between school and home, a parent letter was attached to the log.

We also added instructional tips for the instructor.

- Substantiate the Health Log; weight different elements*
- Target an area for improvement, and something you're not already doing with regularity (18 points).
- Write a SMART or FITT goal (18).
- Track progress toward your goal appropriately (18).
- Accurately identify if you met your goal (18).
- Reflect on the experience (18).
- Achieved your goal (18).
- TOTAL: 100 POINTS

Goals should provide a challenge that's within reach and not overly difficult.

- Challenging enough?
- Push-ups for 10 minutes
- Yoga once a week for 10 minutes
- Jump rope 1 minute, 7 days a week

Nutrition and fitness goals should always help students get closer to or achieve USDA Guidelines for daily values and national recommendations for physical activity

- USDA Guidelines—2000 Calorie Diet DV
 - Fruit: 2 cups, Veggies: 2.5 cups, Grains: 6 oz., Meat/Beans: 5.5 oz., and Dairy: 3 cups
- 60 minutes of physical activity daily for children and teens

With these changes, we think the amount of inconclusive goals (19%) will transfer to goals met in time.

Although many teachers love the program as-is, we had valuable recommendations for improvement. We have a scope & sequence that demonstrates how teachers could cover the curriculum during an 8 week period. This has been a great addition from last year for classroom teachers. Its not as effective for PE teachers who see students 30 minutes twice a week. Since 73% of teachers using KTH teach PE, we created a scope & sequence for them.

Another recommendation asked us to integrate more movement. Since some teachers share how they modify and extend lessons each year, we're exploring how we might capture that information and link it to the KTH page to benefit all teachers.

With MyPyramid changing to MyPlate, we revised 5 out of 22 lessons in KTH. This primarily involved modifying background information that orients teachers to the content and updating lesson materials (ie MyPyramid posters to MyPlate posters). We also worked with a graphic designer to update the three layers of life trade book that had the old pyramid in it. Remaining current is so crucial to our message.



TEACHER FEEDBACK

Here's what teachers say about what students gained from the curriculum:

- "They learned about the heart, how it works and how to be healthy to avoid heart attacks and strokes."
- Barb McGrath, Sacred Heart School, Bellevue
- "Students were able to learn a holistic approach to health and that it involves many components."
- Valerie Holtgeerts, Mt. Erie Elementary, Anacortes
- "[Students are] understanding heart rate and why it goes up and down with activity."
- Kelly Sipes, Dieringer Heights Elementary, Bonney Lake

- "[Students] learn to read nutrition facts on food packages...especially serving size and ingredients."
- Carol Marshall, Our Lady of the Lake School, Seattle
- "[Students] were most fascinated by the portions they were supposed to eat. Snack time became a discussion of the nutritional relevance of their food. They understood the information."
- Suzy Boyes, Wit. Evie Elementary, Anacortes

FITT & SMART GOAL FEEDBACK

Students comment about how the goal-setting task impacted them...

"It made me feel better. I had more energy."

"It taught me that I wasn't eating enough fruits and vegetables. Now I'm going to keep a log more often."

"This task was harder than I thought. I had to remember every day to eat veggies."

"[This task] inspired siblings to be more active."

Parents comment about how the task impacted their child and family as a whole...

"This task has been tremendously useful in tracking food and especially focusing on healthy ones. **Thank you so much for offering this. We should make this required curriculum for all students to benefit from.**"

"It made us more aware of choosing healthy options for our snack."

"...my girls would rather snack on Doritos or Cheese-its. This goal Kaliya set not only helped Kaliya with making better choices but her little sister as well..."



After the Neely O'Brien Fun Run in Kent, WA students were able to hang out with Hope Heart mascot, Captain Cardio!

Comparing S.M.A.R.T. and F.I.T.T.

Summary	S.M.A.R.T.	F.I.T.T.
What will you do?	Specific	Type
How hard?	Attainable & Realistic	Intensity
How much or often?	Measurable	Frequency
How long or until when?	Time	Time
When should I use S.M.A.R.T. and F.I.T.T.?	Use the S.M.A.R.T. strategy with nutrition goals.	Use the F.I.T.T. principle with fitness goals.



Students learn about heart anatomy in the Kids Take Heart™ program



Kids Take Heart

www.kidstakeheart.net

KTH Program Expansion

KTH Promotion, Trainings & In-Services

This year we participated in one of Seattle Public School's PE in-services identifying KTH program elements that compliment their district adapted curriculum so PE teachers in Seattle can use the following KTH tools as an At-Home Connection.

- Physical activity log
- Components of fitness cards
- Meal/snack log
- Pulse cards
- Student Health Log

We also did a training on the KTH Fitness Unit with Northshore school district's elementary PE teachers. As a result, 10 teachers used the unit in their gyms this school year.

The Northshore opportunity came as a result of exhibiting at the WAHPERD (WA Alliance of Health Physical Education, Recreation and Dance) Conference in October. We also promoted our programs at the Healthy School Summit in May where The Hope was a silver sponsor.



Healthy Schools Summit

AAHPERD & Early Learning

During this year we attended the American Alliance of Health, Physical Education, Recreation and Dance in San Diego. While there we took inventory of other exhibitors to determine how we could competitively exhibit our programs and expand nationally.

Wanting to expand programming to younger learners (birth to five), we attended many sessions centered around early childhood movement. Research supports young kids are more physically active (moderate to vigorous) during facilitated vs. free play. We brought back many activities that encourage imagination in motion. One, for example, gets kids moving within a play space by using their whole body to be a vacuum or a car skidding or a balloon deflating.

A partnership with Puget Sound Educational Service District (PESD) is also emerging to provide some direct service projects in Pierce County. The activities mentioned above will also play a role in addition to being added to a page on our website linking parents of young children with resources. This is coming soon, check it out.



Summer Months

When school is out, we're still reaching kids! This summer we participated in five of Kent's Summer Playgrounds where free sack lunches, games, arts & crafts, and sports were offered to kids.

We also attended five back-to-school events in Tacoma, Tukwila and Vancouver where K-12 students received free backpacks, immunizations, haircuts, sports physicals, heart-health information and love from our mascot.

We estimate that, as a result of participating in these activities and events, we reached an additional 1500 kids.



Program Expansion

Community-Wide Campaigns

We're also reaching to our state borders with our programs! In Blaine, WA The Hope is a member of the Physical Activity Coalition (PAC) partnering with their school wellness committee to increase the community's mobility and improve nutrition. They're considering becoming a Let's Move! City—which is a national initiative targeting healthy schools, healthy choices, physical activity, and access to affordable foods.

Their community-wide campaign is looking at instituting a walking school-bus, Family Health Nights, a Summer Health Challenge, an After-School Health Club for students (using KTH) as well as linking the parks.

Our first PAC meeting, joined by Mayor Bonnie Onyon, was featured in Blaine's local paper—The Northern Light.

In Vancouver, WA, we're partnering with a group of women (who saw an article about the FHN at Kent Elementary) from organizations such as SeaMar, League of the United Latino American Citizens (LULAC), Southwest Medical Center, Evergreen & Vancouver Public Schools, Project Healthy Lifestyle, and the WA State Commissioner on Hispanic Affairs Office for SW counties.

So far we've identified gaps in service and are in the process of dividing them into primary aims (which will have actionable targets) and secondary aims (which will involve building awareness and connecting the community with resources). This group may lean on national initiatives like Let's Move! And LULAC's Latino's Living Healthy Campaign for support. In the meantime, they've voted on a name and mission—"Muevete! Clark County—a collaborative supporting the health & wellness of Clark County."

Our first activity is planning a Bi-National Health Week Kick-Off event scheduled for October 1st.

The Hope is honored to be a voice in these community-wide campaigns at our borders.



Muevete! Clark County Group dedicated to supporting health & wellness in Clark County

Family Health Nights

In an effort to reach students' families, promote healthy eating, active living, and build heart disease awareness, the Hope co-sponsored two Family Health Nights (FHN) in the Kent Valley at Kent & Neely O'Brien Elementary Schools. Between the two schools, we reached about 360 people. Both events were covered by the media. Kent's was mentioned on Univision (tv) and Neely's was covered by LaRaza (paper).

Evaluations filled out at the end of the evening indicated 100% would attend another FHN and 100% would recommend it to a friend. Seven FHNs are scheduled for the 2011/2012 school year already.



After attending Family Health Night, I am more likely to:

