

A School District (DC) – University (AU) Collaboration to Address Childhood Obesity

American Public Health Association

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School of Education, Teaching & Health & DC Office of the
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Overview

- DC's Healthy Schools Act
- American University's mission
- Collaboration between school district and the university
- Results on health indices
- Characteristics of the partnership



Community-based Participatory Research (CBPR)

- CBPR is an **applied collaborative approach** that enables community residents to more actively participate in the full spectrum of research.
- Community members and researchers partner to combine knowledge and action for **social change** to improve community health and often reduce health and education disparities.
- Academic/research and community partners work to develop models and approaches to building communication, trust, and capacity with the final goal of **increasing community participation** in the research process.

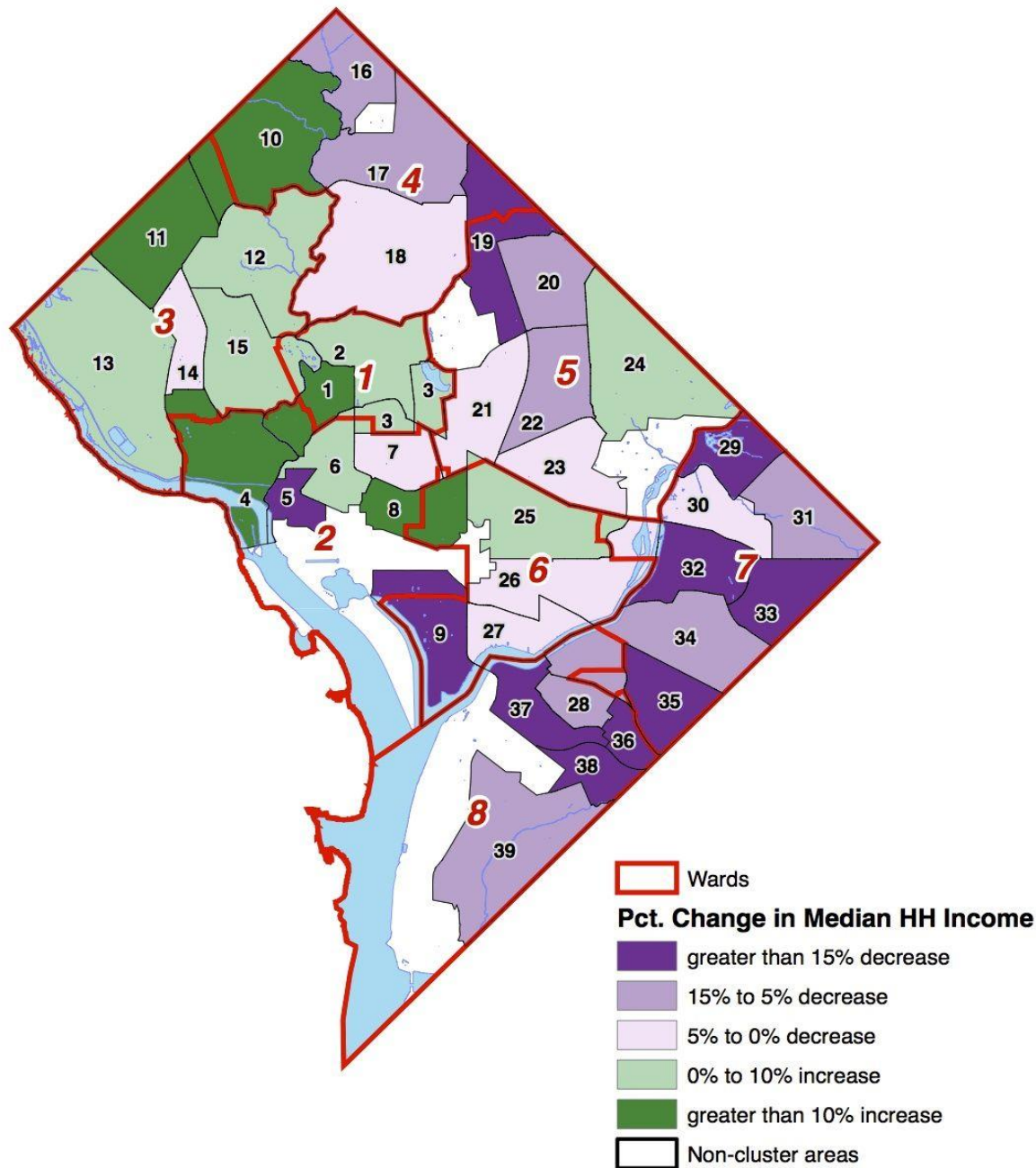
- Partnerships are crucial for effective engaged scholarship.
- By engaging students, faculty, and community partners to establish a long-term community-university partnership we integrated it within the mission of our school





- School health policies are being established and implemented to respond to childhood obesity rates.
- Schools as natural settings
- Policy often “leapfrogs” over research – evaluation is rarely empirical.
- DC is a leader in passing the DC Healthy Schools Act.
- Full implementation and empirical analysis will allow the Act to reach its intended results to reduce childhood obesity, thereby improving students’ health status and allowing them to achieve academic success.

Poverty in DC



- Living in poverty has a negative effect on academic performance (Kozol, 1991, Delpit, 2001)
- 21% of school age children in DC are obese (RWJ).
- 30% of DC children receive the majority of their meals at school.

The DC Healthy School Act



District of Columbia Healthy Schools Act

School Nutrition, Physical, and Health Education

- Encourage schools to serve a vegetarian option each week
- Require schools to serve a different vegetable and fruit daily
- Require schools to serve 1% milk
- Require schools to have only healthy foods in vending machines, for fundraising and for prizes
- Require students in grades K-5 to have at least 150 minutes per week of physical education
- Require students in grades 6-8 to have at least 225 minutes per week of physical education

Farm-to-School Program

- Encourage a preference for unprocessed foods grown in DC, Delaware, Maryland, North Carolina, New Jersey, Pennsylvania, Virginia, and West Virginia
- Provide grants to establish curriculum-coordinated school garden programs

Wellness Policy and Health Profiles

- Require schools to annually assess and report on student achievement according to health and physical education standards
- Require schools to develop a school health environment profile detailing health, nutrition, physical education programs and wellness policies

School Health Profile

- Due annually to OSSE by February
- A reporting requirement by HSA
- Self-report instrument
- Completed by a principal or someone designated at the school
- School-level data
- Completed online



Health Compliance and Environment Scores

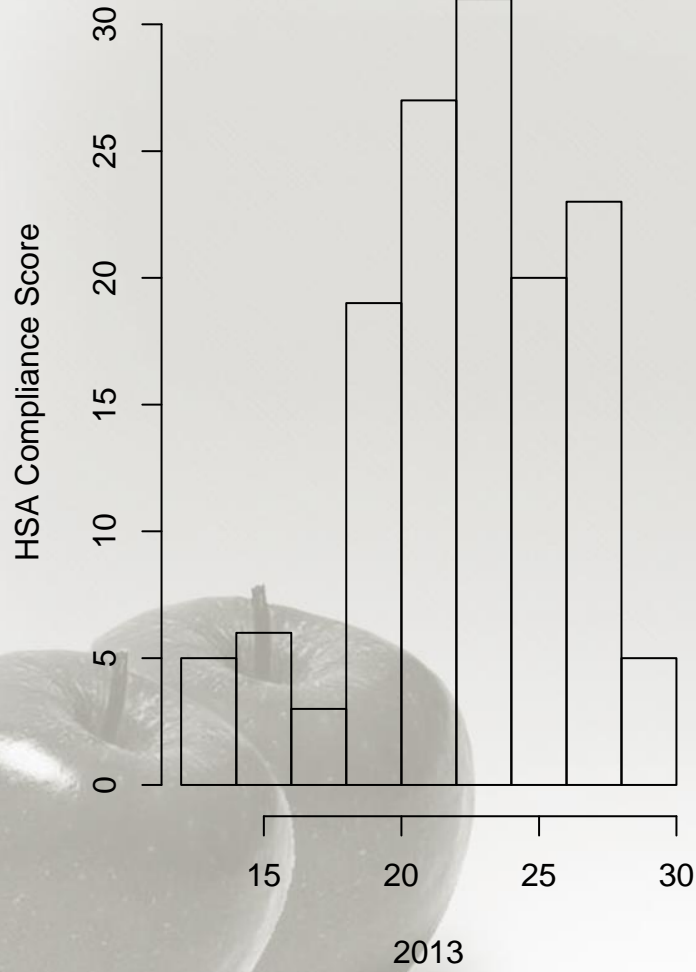
HSA Compliance Score

- 28 questions from the school health profile
- Maximum points of 38 points
- Most questions are yes (1) or no (0); 4 questions are on a sliding scale
- Reflects the provisions within the HSA

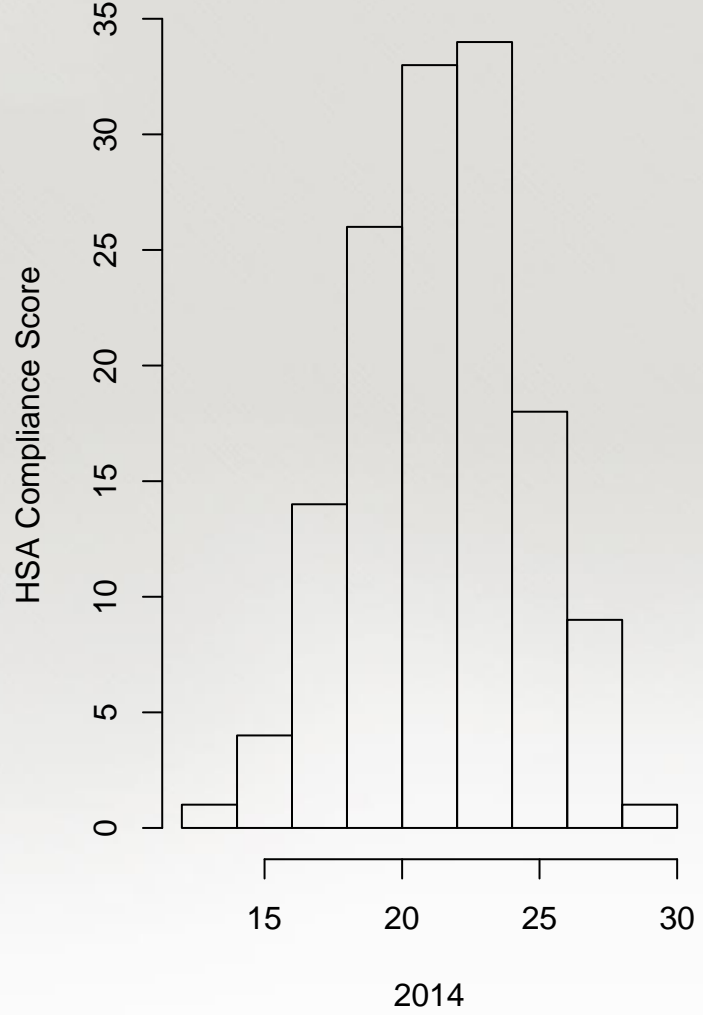
School Health Environment Score

- 42 questions from the school health profile
- Maximum points of 53
- Most questions are yes (1) or no (0); 6 questions are on a sliding scale
- Reflects the overall school health environment

Elementary Schools



Elementary Schools

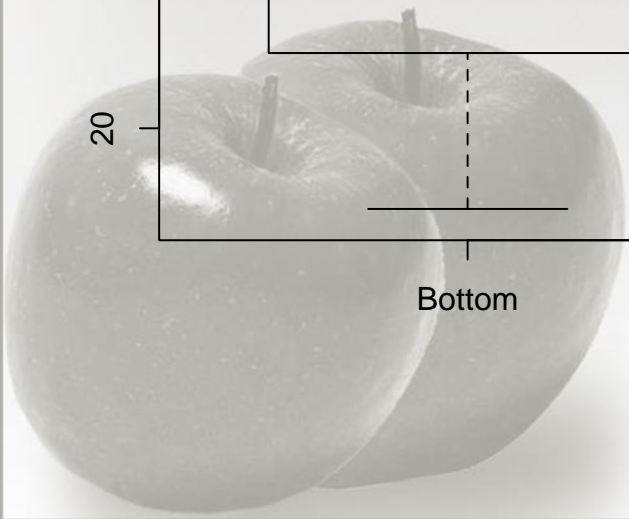
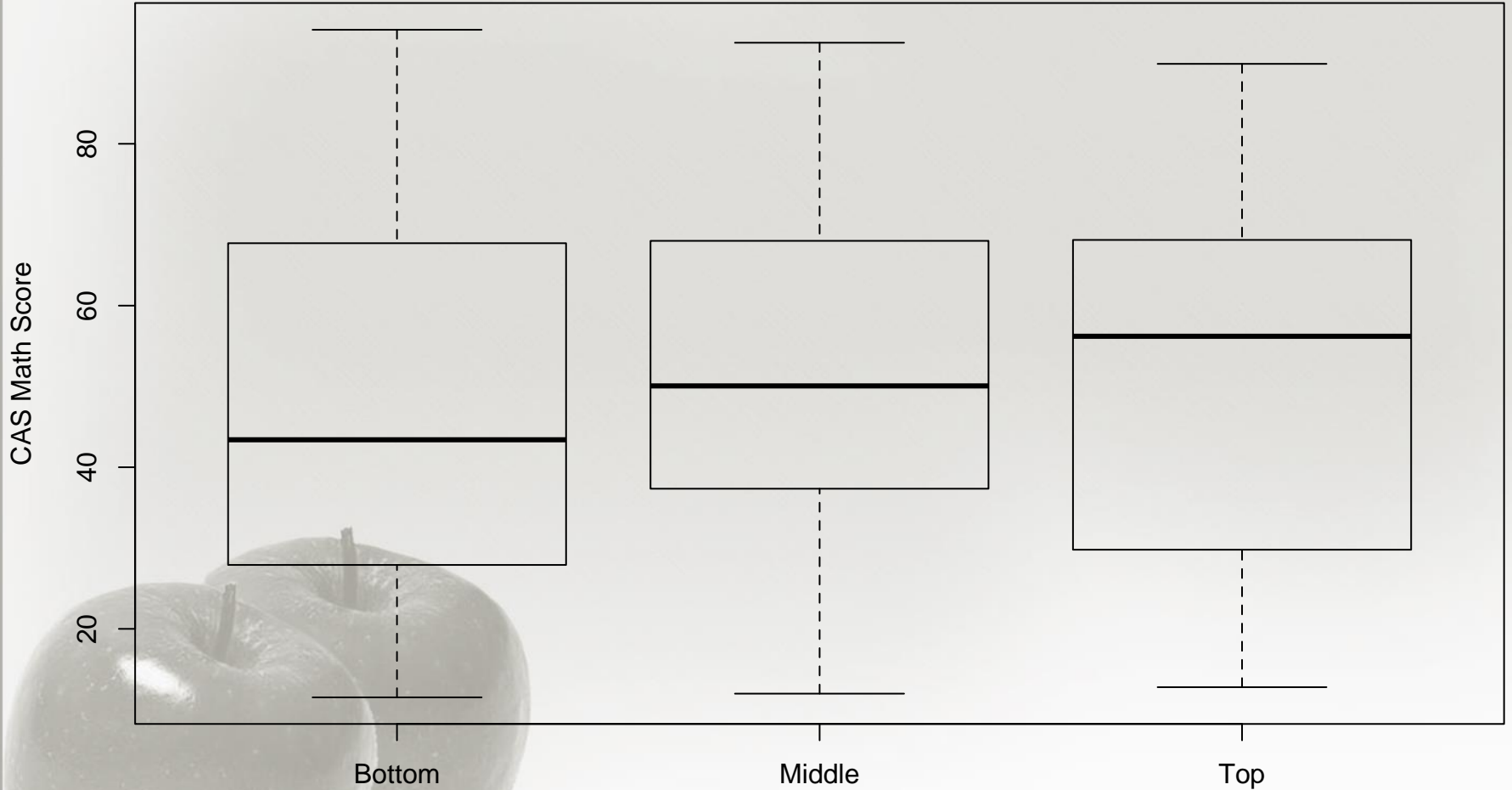


Compliance Score Ranges

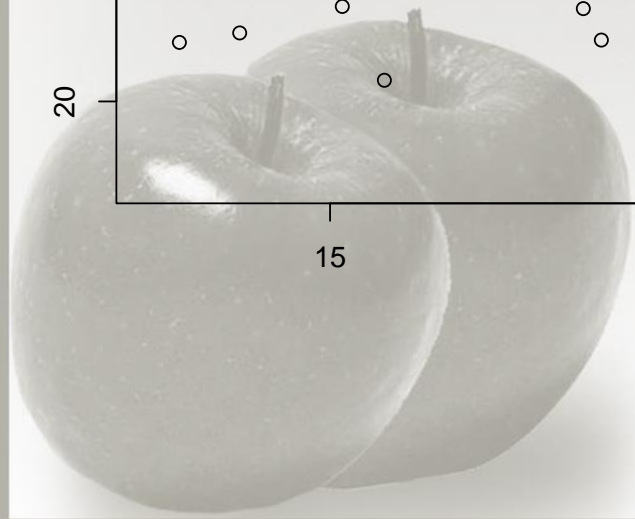
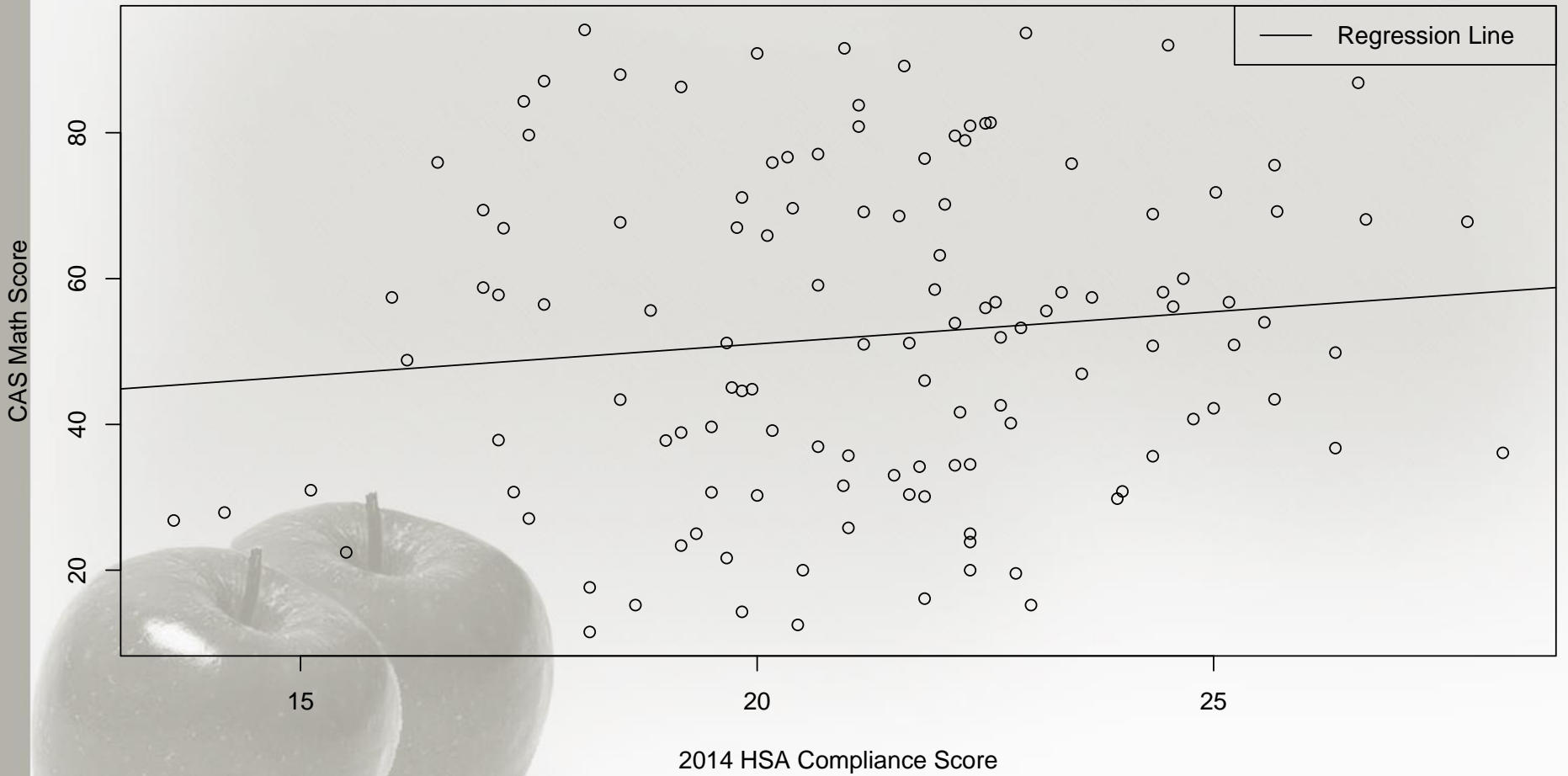
	Elementary School Compliance Score
Bottom 25%	<19.62
Middle 50%	19.62-23.36
Top 25%	>23.36



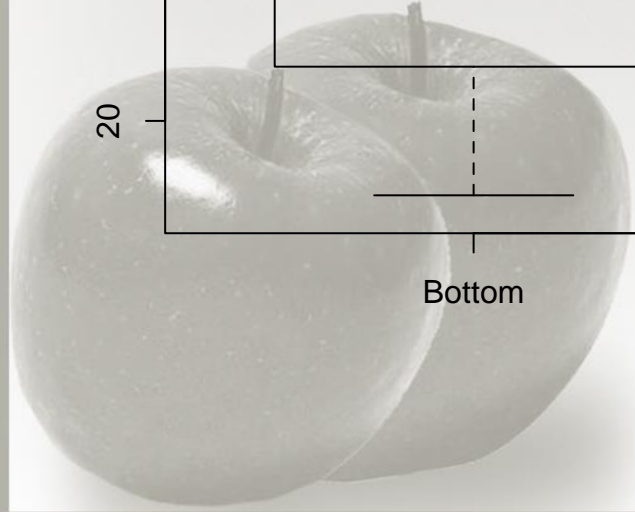
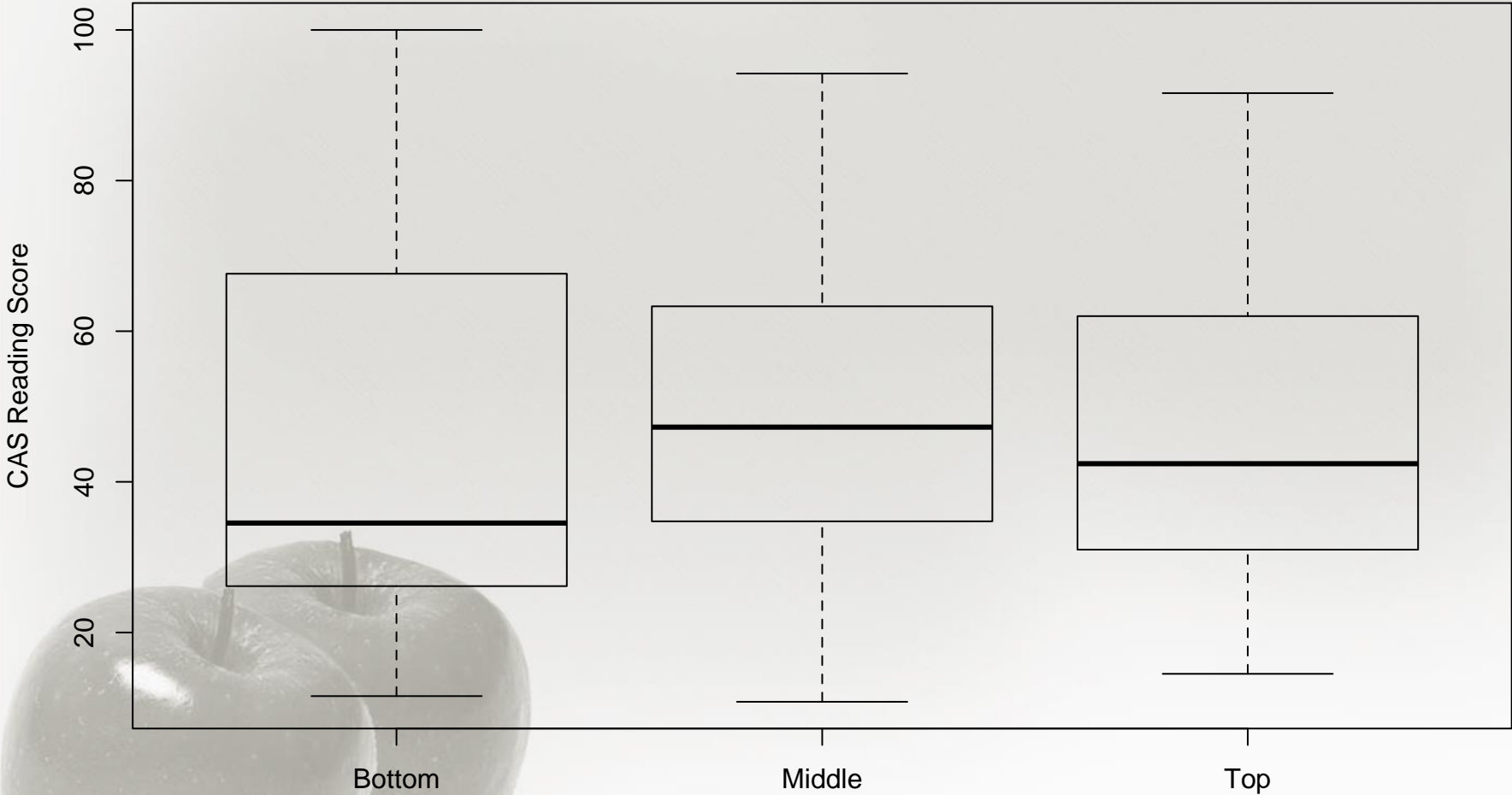
2014 Elementary Schools CAS Math Scores grouped by HSA Compliance Score



Elementary Schools

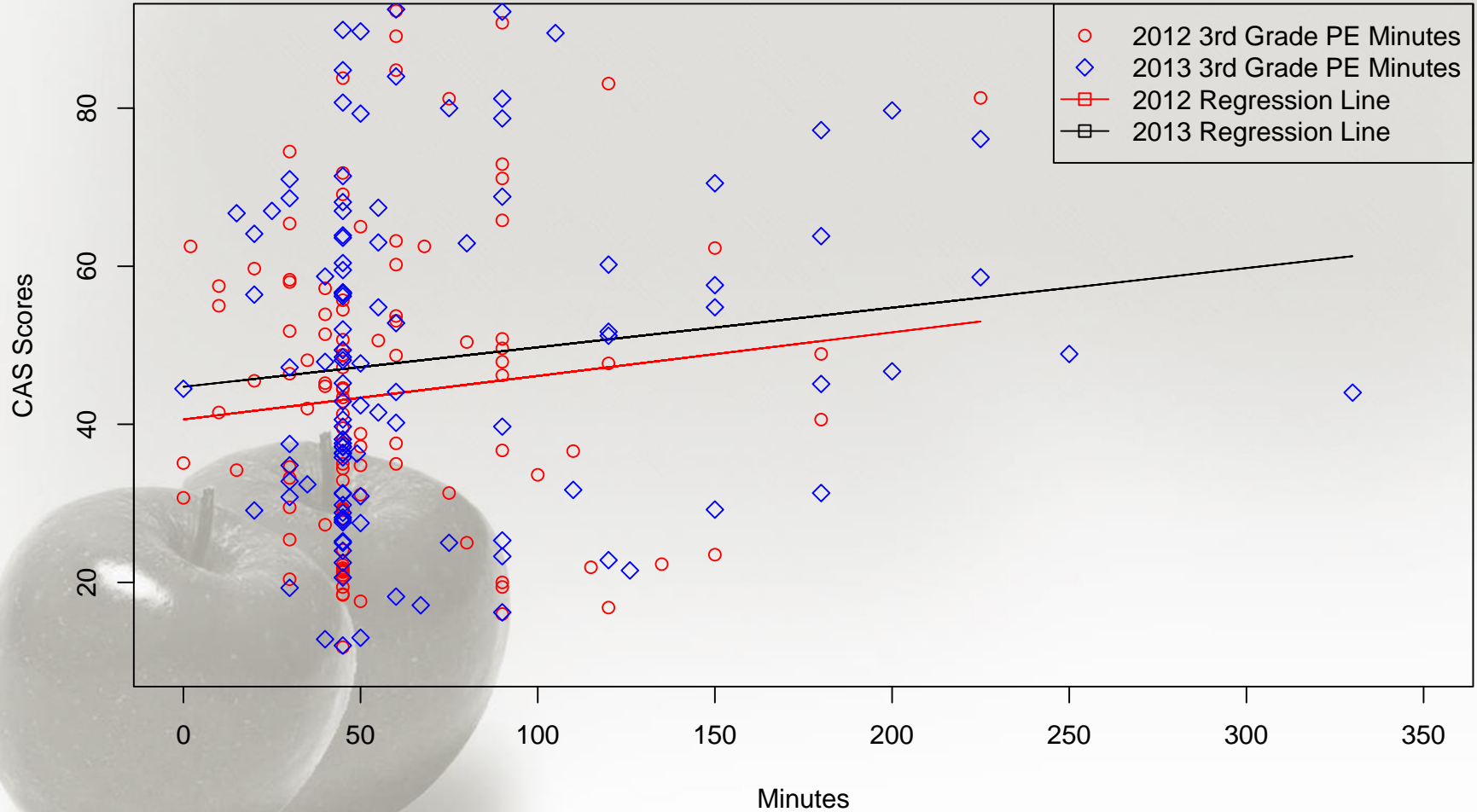


2014 Elementary Schools CAS Reading Scores grouped by HSA Compliance Score



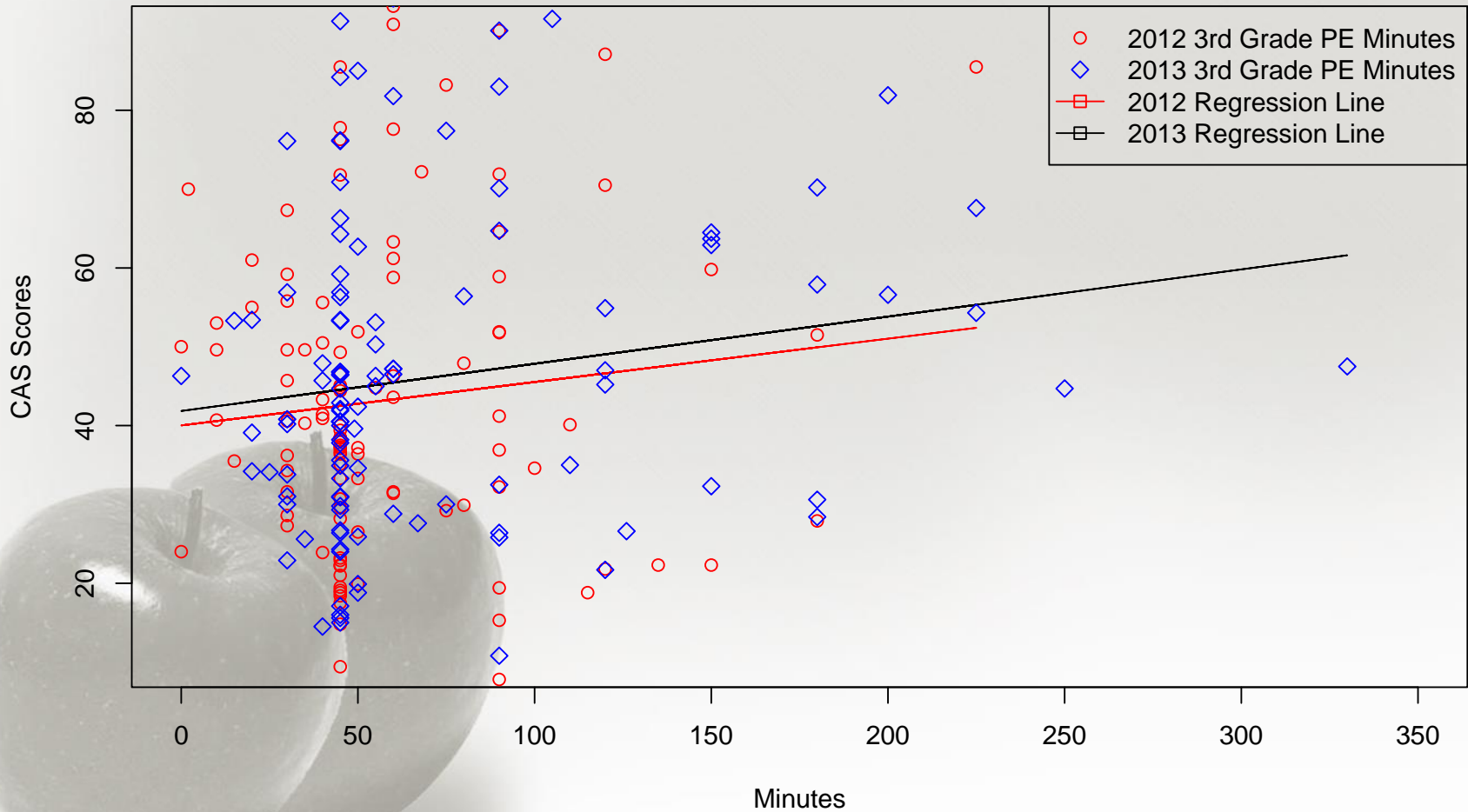
3rd Grade DC CAS Math & Minutes of PE

CAS Math Score vs. 3rd Grade PE Minutes (Fitted Regression lines included)



3rd Grade DC CAS Reading & Minutes of PE

CAS Reading Score vs. 3rd Grade PE Minutes (Fitted Regression lines included)

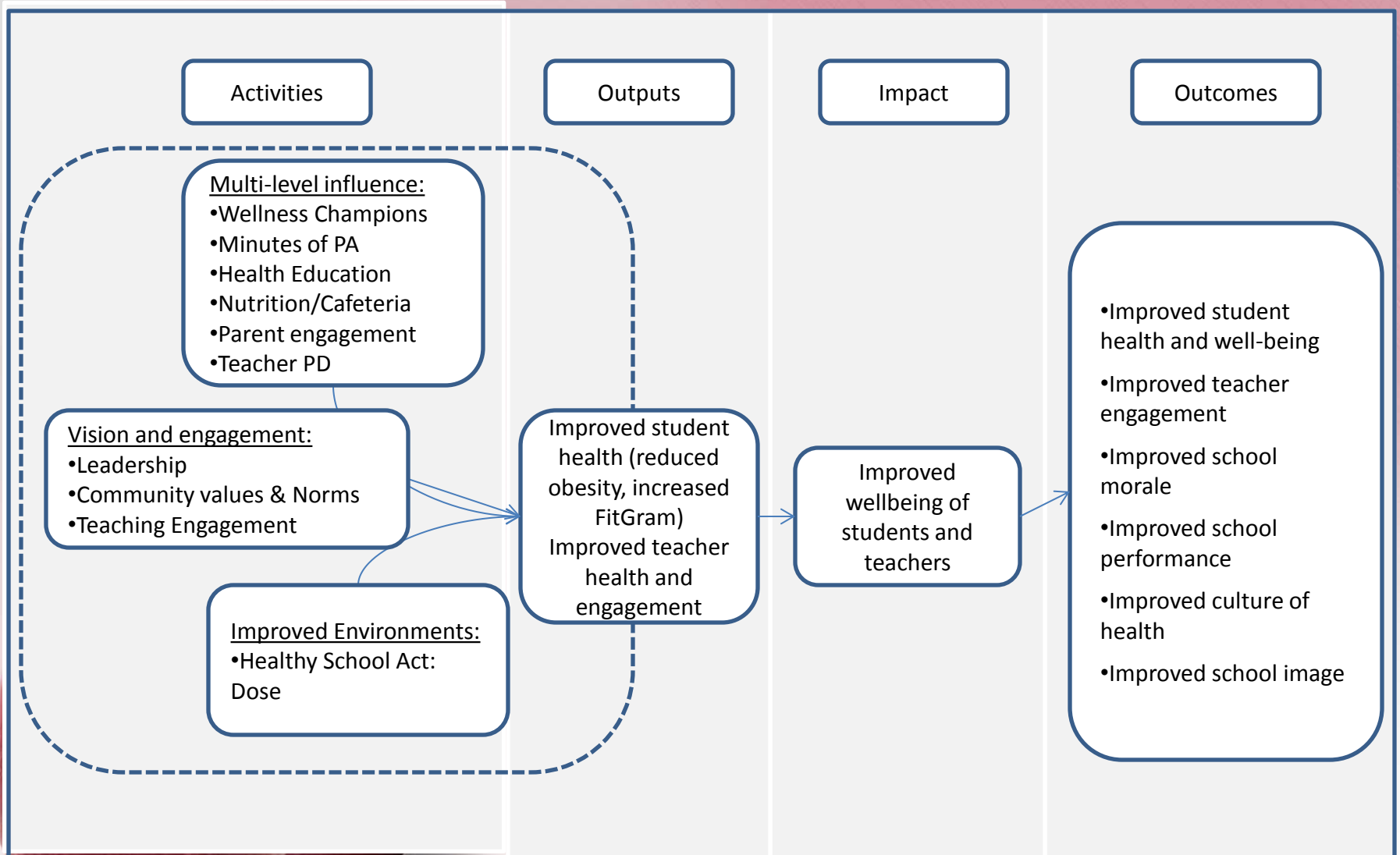








Conceptual Model for Evaluating the Healthy School Act



Thanks!

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