

School Health Index Assessment for Damar Services, Inc.

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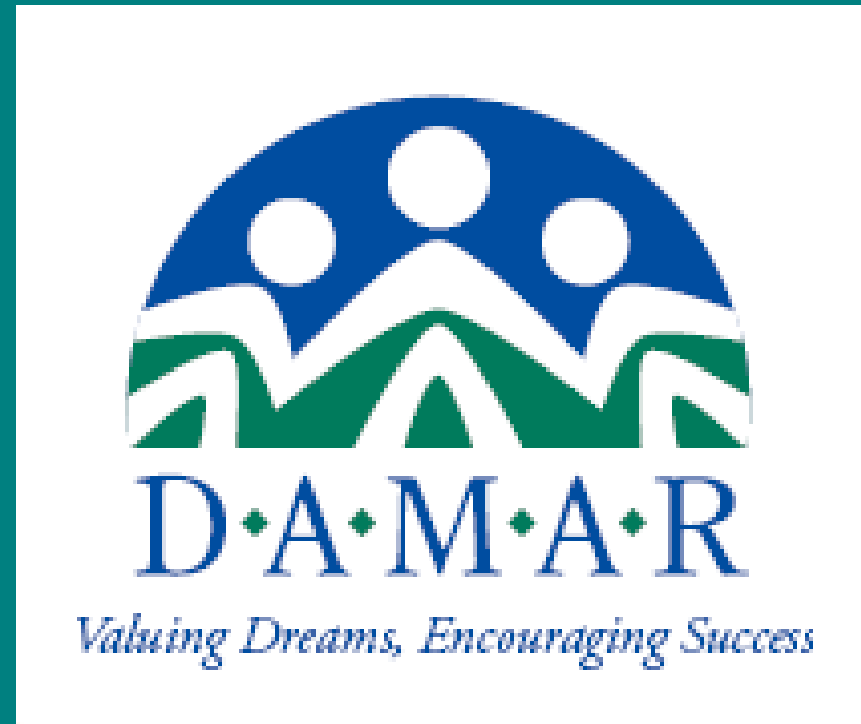
Outline

- Damar Background
- Objectives
- Methods and Materials
- Results
- Recommendations
- Progress to Date



Introduction to Damar

- Indiana's oldest private not-for-profit provider of residential services to children with developmental disabilities.
- Residential Campus
 - 11 Buildings
 - 500 Staff (Also Volunteers)



Damar Services

- Campus treatment services
 - Autism Services (Life Skills)
- Educational services, 3:1 Teacher/Student Ratio
- Therapeutic services

- Community Living and Support Services (CLASS) 2-3 per unit (24 hour supervision)



Objectives

- Incorporate the CDC SHI into the everyday development of Damar's clients with the understanding that Damar is a special institution that will need to tailor CDC guidelines in order to meet the needs of their clients.



Methods and Materials

- Instrument
 - SHI 2004 Version
 - Score Cards
- Health Topics
 - Physical Activity
 - Nutrition
 - Tobacco-Use Prevention
 - Safety
 - Cross-Cutting



Methods and Materials (continued)

- On-Site Assessment
 - Tour of facilities
 - Wellness Committee Introductions
- Assessment Meeting
 - Combination of Elementary and Middle/High School Modules
 - Completion of “Score Cards”



Sample Assessment Questions

		Fully in Place	Partially in Place	Under-development	Not in Place
N.7	Sites outside cafeteria offer appealing, low fat items	3	2	1	0
Comments: _____					

N.8	Promote healthy food and beverage choices	3	2	1	0
Comments: _____					

		Fully in Place (3)	Partially in Place (2)	Under-dev. (1)	Not in Place (0)	N	Wtd. Avg.
N.7	Sites outside cafeteria offer appealing, low-fat items	2	1	1	3	7	1.9
N.8	Promote healthy food and beverage choices	0	2	1	2	5	1.0

Results

	Weighted Average (%)
Module 1: School Health and Safety Policies and Environment	84.4
Module 2: Health Education*	49.3
Module 3: Physical Education*	65.2
Module 4: Nutrition Services*	73.6
Module 5: School Health Services	84.4
Module 6: School Counseling, Psychological, and Social Services	86.1
Module 7: Health Promotion for Staff	73.3
Module 8: Family and Community Involvement*	69.3

Limitations

- Availability of staff
- Applicability of SHI to Damar
- Time to conduct assessment
- Location
- Bias



Recommendations

<u>Recommendations</u>	<u>Priority Level</u>
Alternative Rewards to Food	High
Restrict access to foods of minimal or low nutritional value	High
Education Coordinator Collaboration	High
Food Emergency Policy	High
“Wellness Profile”	Medium
Alternative Meals and Meal Cycling	Medium
Public Health Employee	Medium
Transitional Booklet	Low

Alternatives to Using Food as Reward

- Read outdoors
- Enjoy class outdoors
- Play a favorite game or puzzle
- Play a computer game
- Earn play money for privileges
- Listen to music while working
- Eat meal outside on campus playground
- Listen with headset to a book on audiotape
- Have teacher or direct care staff member read special book to class
- Listen to music while working

Adapted for Damar Services, Inc. from Michigan State University Extension (2004).
“Alternatives to Using Food as a Reward”

Education Coordinator

Functions

- Develop both a health education and physical education curriculum.
- Ensure professional development for teachers.
- Incorporating a sequential health/physical education course of study.



Education Coordinator

Functions

- Modify existing national standards for health/physical education.
- Ensure that all health/physical education materials are up-to-date, are medically accurate, and meets clients' needs.



“Wellness Profiles”

Includes:

- Height
- Weight
- BMI
- Individualized physical activity fitness plans
- Wellness goals
- Client’s degree of participation in health education and physical fitness activities.

ACHIEVEMENT ♦ HOPE ♦ COMMUNITY ♦ SAFETY ♦ CONFIDENCE ♦ SKILLS ♦ INDEPENDENCE ♦ VALUES ♦ STRENGTH

Progress to Date

- Restricted access to vending machines from 2 to 7:30 p.m. to ensure clients are not filling up on junk food prior to dinner.
- Drink machines now contain all diet drinks, 100% juices, water, and Sprite.
- Snack machines now include “better choice” products and labeled as healthier items.
- Girl’s Service Line has started offering manicures and pedicures for good behavior.

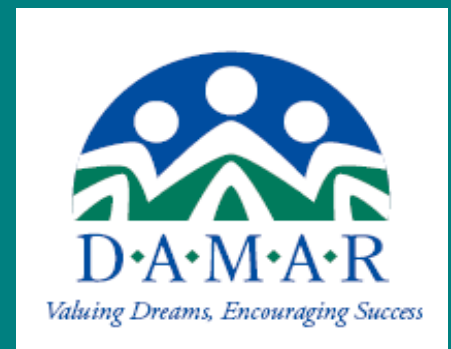
Progress to Date

- A Health Fair for clients was hosted at end of summer school term.
- Introduction of Educational Services Director and Education Coordinator to staff.



Recommended Resources

- National Association of State Boards of Education (<http://www.nasbe.org/>).
- Glanz, Rimer, and Lewis' Health Behavior and Health Education: Theory, Research, and Practice (2002).





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