

Island County Public Health

37 employees
Main office in Coupeville, WA
Serving a population of 80,000
Phone: (360) 679-7350



Team Members:

Carrie McLachlan - Island County Public Health
Cac Kamak - City of Oak Harbor
Craig Carlson - North Whidbey Park and Recreation
Hank Nydam - City of Oak Harbor
Jessica Minder - Island County Public Health
Melissa Haley - Navy Youth Center
Sande Oehring - Oak Harbor High School
Whitney Webber - Island County Public Health

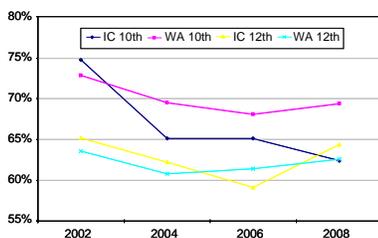
Quality Improvement Story Board

Increasing Teen Physical Activity in Oak Harbor, WA

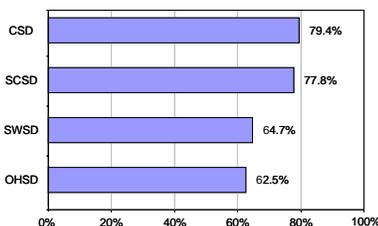
Plan

1. Getting Started

From 2002-2006, Island County teens reported decreasing physical activity. Since 2004, 10th graders in Island County report being less active than 10th graders statewide.



In 2006, 10th graders in the Oak Harbor School District (OHSD) reported being less active than 10th graders in the other school districts—Coupeville (CSD), Stanwood-Camano (SCSD), and South Whidbey (SWSD).



2. Assemble the Team

The team consisted of three members from the health department with external community stakeholders from multiple organizations contributing direct access to youth, community knowledge, and additional resources, and offering input at team meetings.

AIM Statement

Increase by 5 percentage points the percentage of 10th graders at OHHS who engage in 20 minutes of vigorous physical activity 3+ days each week by December 2010.

3. Examine the Current Approach

In reviewing several data sources, the team examined what is known/unknown about physical activity of teens in Island County. The team also completed a fishbone diagram to explore all the possible causes of why teens are not more active.



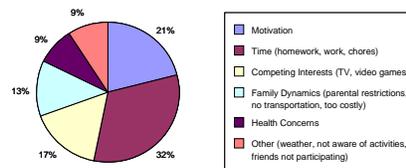
4. Identify Potential Solutions

The team constructed an affinity diagram to outline solutions for improving teen physical activity.



Based on the team's experiences with youth and findings from youth focus groups and written surveys, the team identified three actions: 1) address needs for new physical activity opportunities, 2) identify appropriate facilities for physical activity programming, and 3) promote physical activity opportunities in the community.

Survey Responses - Barriers to Physical Activity



5. Develop an Improvement Theory

If we work with the school district and community partners to provide and promote after hours access to recreation, then 10th graders will use the opportunity to be active.

Do

6. Test the Theory

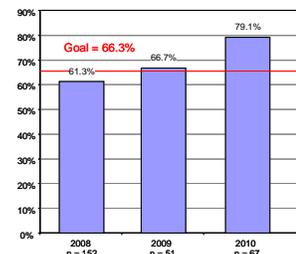
At the suggestion of one of the team members, we initiated the Teen Activity Council (TAC), a youth-run group that offers Oak Harbor High School students the opportunity to create and implement new recreational programs and activities citywide.

The Bellevue Youth Council was a useful model for developing the TAC's guidelines and application process. Spitfire Strategies provided technical assistance on promotional materials for the TAC.

Study

7. Study the Results

The team lead visited classrooms to promote the TAC in Dec 2009 and Sept 2010. During these visits, the team lead administered a brief survey on physical activity adapted from the Healthy Youth Survey as follow-up to the baseline survey. Survey results are shown below.



In the 2009-2010 school year, there were 48 applicants to the Teen Activity Council. We contacted all applicants to invite them to our first meeting in January; eighteen students attended. Participation in meetings for the remainder of the school year averaged approximately 10 students.

The TAC polled classrooms to prioritize a list of ten activities based on student interest, and then developed work plans for implementing the top activities. The TAC trialed several activities during the summer at a local park.

Act

8. Standardize the Improvement

There was minimal participation in TAC's summer activities. TAC reconvened in Sept 2010 and were offered the following: (1) a \$6K budget, (2) scholarships to attend the Prevention Summit, (3) community service credit, (4) and T-shirts.

Due to limited student turnout for the TAC in 2010, ICPH formed a three-way partnership with the North Whidbey Park and Rec and the Navy Youth Center to administer a new physical activity program for teens through April 2011.