

# QUALITY IMPROVEMENT & ACCOUNTABILITY IN ACTION

## INCREASE PHYSICAL ACTIVITY AMONG HIGH SCHOOL STUDENTS

Island County Public Health (population 80,000)

# TEAM MEMBERS

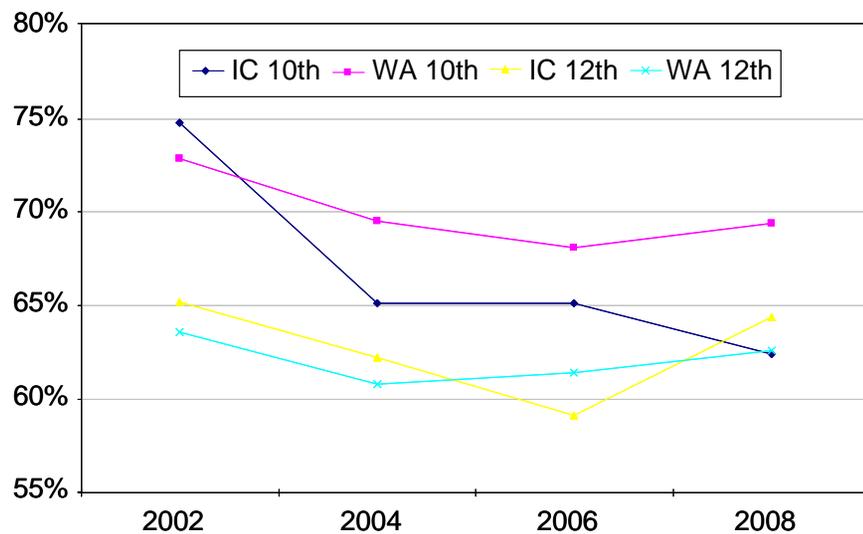


- Three members from the health department
- External community stakeholders from multiple organizations contributed direct access to youth, community knowledge, and additional resources

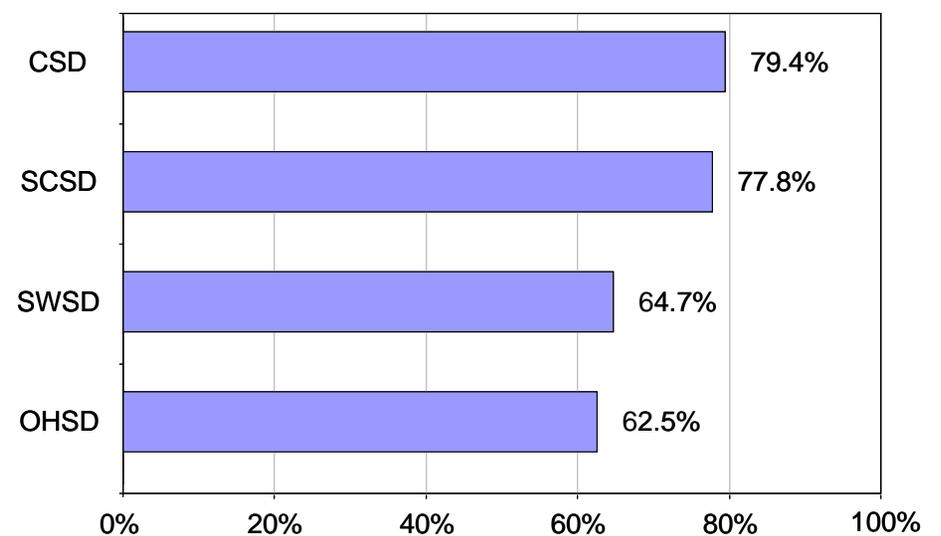
# PROJECT DESCRIPTION

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

Vigorous Physical Activity of 10<sup>th</sup> and 12<sup>th</sup> Graders in Island County and Washington State, 2002-2008

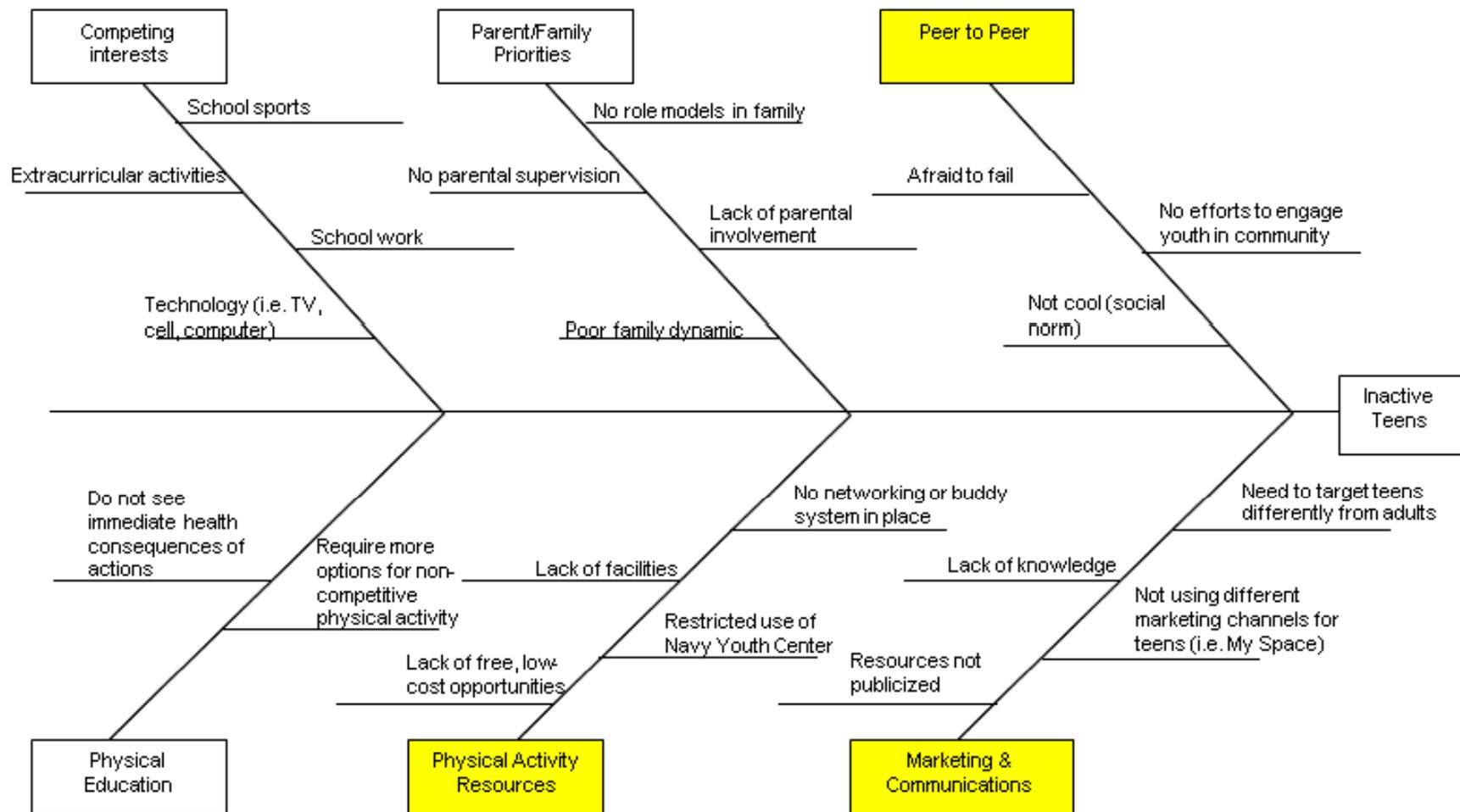


Vigorous Physical Activity of Students in Four Island County School Districts, 2006



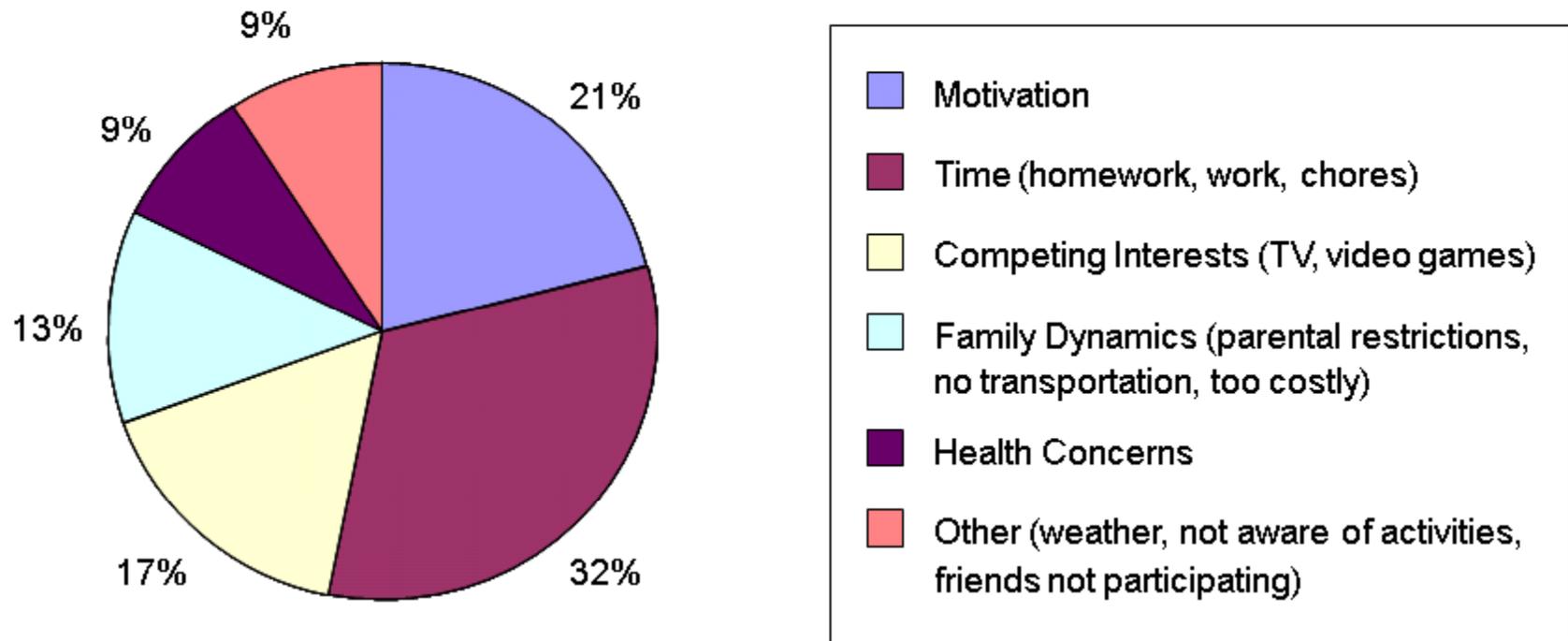
# MOST SUCCESSFUL METHODS

## Brainstorming with community stakeholders



# MOST SUCCESSFUL TOOLS

Youth survey responses on barriers to physical activity



# MOST SUCCESSFUL INTERVENTIONS

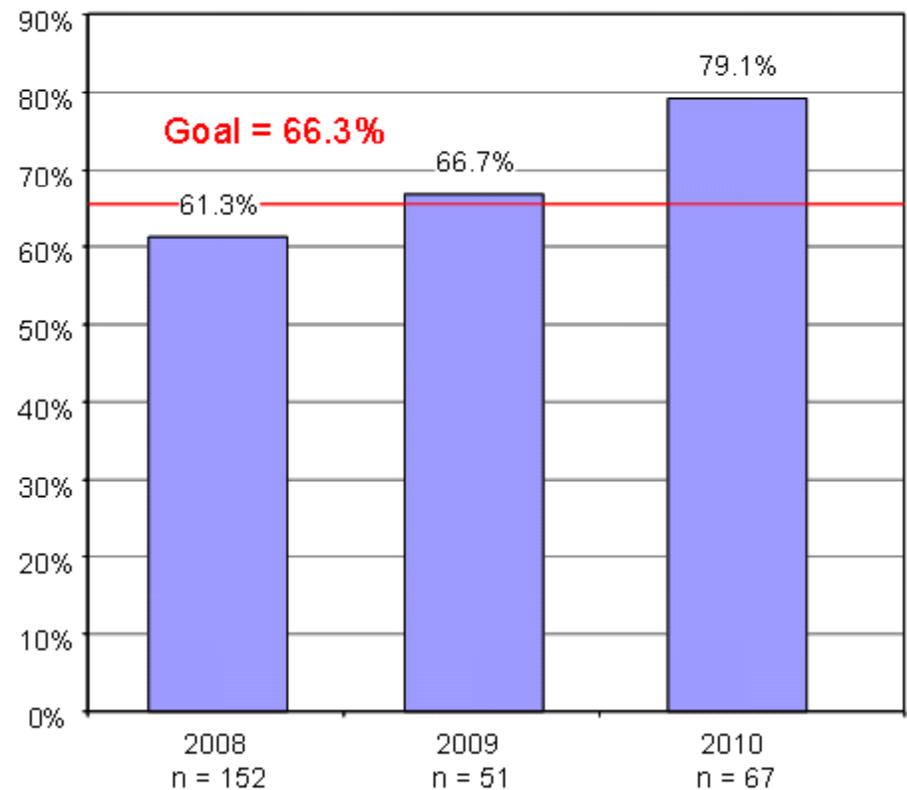


- Partnered with North Whidbey Park & Recreation District, Oak Harbor High School, City of Oak Harbor, and Navy Youth Center to create the Teen Activity Council (TAC), a youth-run group that offers Oak Harbor High School students the opportunity to create and implement new recreational programs and activities citywide

# RESULTS

## STUDY THE RESULTS

- Administered brief classroom surveys on physical activity adapted from the Healthy Youth Survey
- Same individuals:
  - 10<sup>th</sup> = 2008
  - 11<sup>th</sup> = 2009
  - 12<sup>th</sup> = 2010



# LESSONS LEARNED



- Try to have as much control over your data sources as possible
  - ▣ *Major hurdles:* Must rely on school district to provide data and access to classes for classroom surveys; vigorous physical activity question eliminated from 2010 HYS
- Important to involve youth in developing and implementing a community intervention that impacts them
- Community solution will have farther reach than a school solution
- Planning a community project involving multiple partners takes time, resources, and dedicated staff

# NEXT STEPS



- Initial promise of TAC has not shown long-term potential
- Focus is on sustaining the partnership
- Partners are committed to effort of improving teen physical activity
- Moving in a new direction with partners to prepare and motivate teens to walk/run their first 5K