



QUALITY IMPROVEMENT & ACCOUNTABILITY IN ACTION

INCREASE PHYSICAL ACTIVITY FOR SCHOOL AGE CHILDREN

Skagit County/Health Dept. (population 117,000)

TEAM MEMBERS



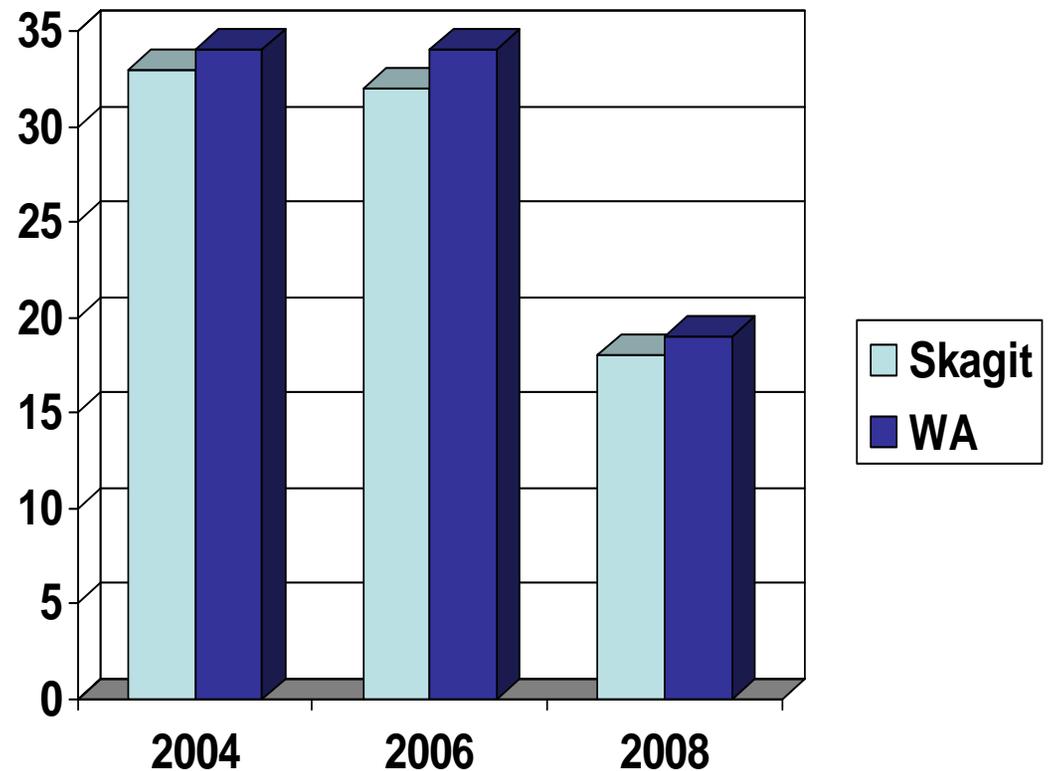
- Liz McNett Crowl - Skagit County Healthy Communities
- Peter Browning - Skagit County Public Health
- Karen Westra - Westra Research
- Linda Wright - Skagit Valley Hospital
- Dr. Rick Levine - Pediatrician
- Karen Rose - Skagit Valley YMCA, Child Care Director
- Flora Lucatero - Children of the Valley, Director
- Allison Johnston - United General Hospital
- Allison Lindsay - Student Intern
- Spencer Goldfish - Student Intern

*Strong community involvement and support
Project led by Healthy Communities Coordinator*

PROJECT DESCRIPTION

Since 2004, Skagit County youth report decreasing physical activity

- Grades 8, 10 and 12 combined average 12% obese compared to WA average of 11%
- Average risk of overweight and obesity in 2006 was 29% in Skagit County compared to state average of 25%



Washington Healthy Youth Survey

PROJECT DESCRIPTION



By June 2010 increase physical activity for school age children through a community process that identifies and prioritizes evidenced base strategies, and conducts one pilot project that addresses one of the priority strategies.

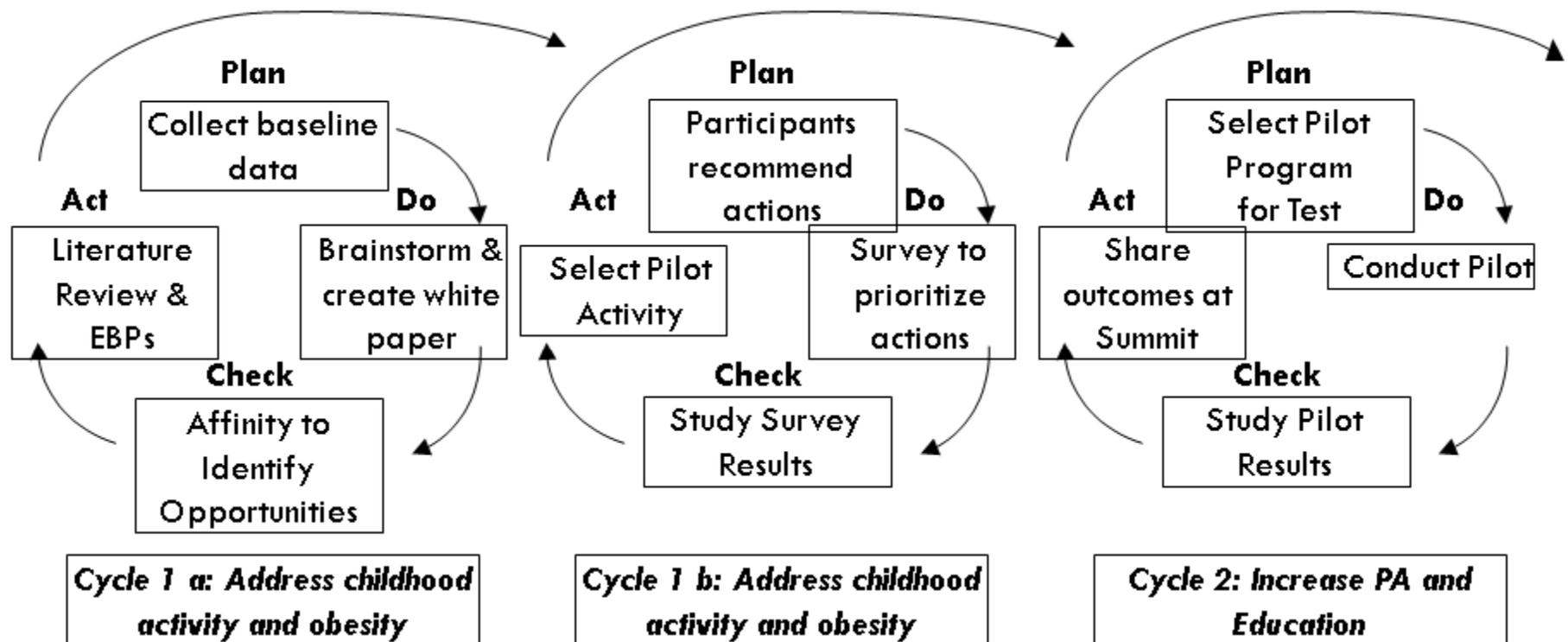
- *Short term* – Conduct community process to identify at least three evidence based strategies to increase physical activity and nutrition.
- *Med term* – Increase daily physical activity that pilot site students engage in by 20% per day by June 2010. Introduce nutrition education and monitor change in awareness of healthy choices.
- *Long term* – Adoption of community action plan and completion of at least one demonstration project that results in at least one environmental or policy change that creates a sustainable increase in physical activity and/or nutrition education for Skagit County school-aged children (June 2011)

QI METHODS AND TOOLS



- Structured Brainstorm
 - ▣ What are barriers for children to be physically active [or have access to healthy nutrition]?
 - ▣ What are opportunities for children to have access to healthy nutrition [or be physically active]?
- Quasi Affinity Diagram
 - ▣ Created natural groupings from three summit groups
Brainstorm
 - ▣ Conducted *Review of Literature*
- Survey
 - ▣ Ranked recommendations

SKAGIT PROJECT PDSA CYCLE



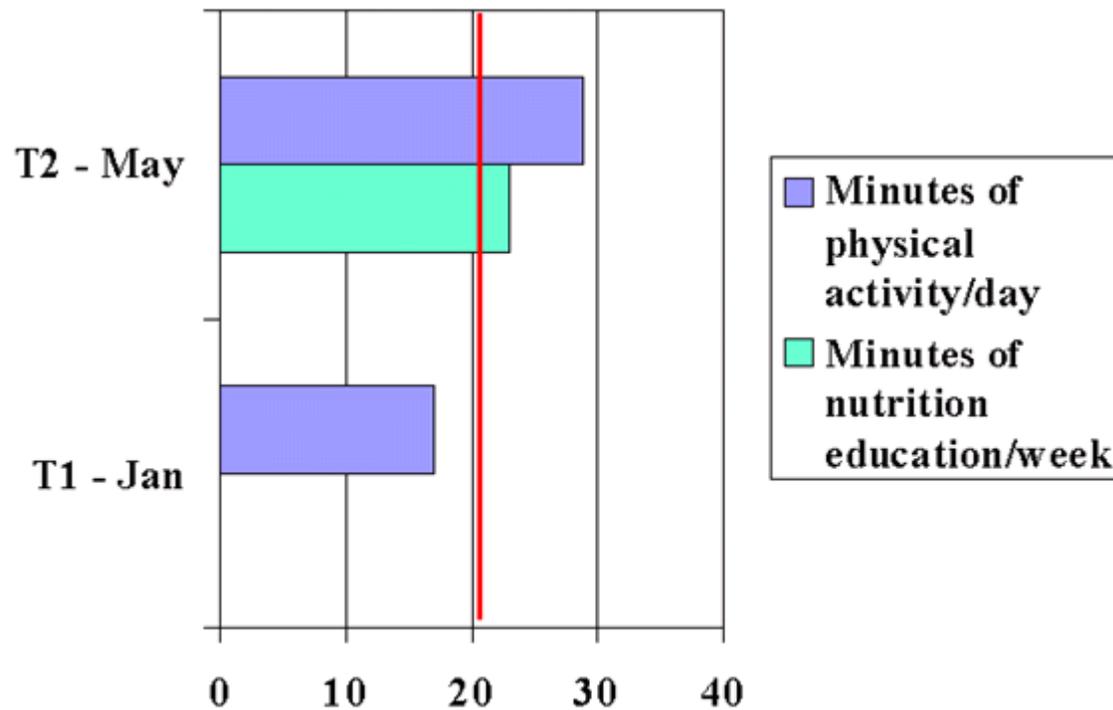
WHAT WE DID

- Recruited childcare sites for CATCH pilot
 - ▣ Provided training and equipment
 - ▣ Established baseline
- Developed evaluation plan
 - ▣ Hired consultant for technical assistance
- Pilot implementation and evaluation December 2009 - June 2010



RESULTS

Minutes of PA and Nutrition Education



Goal: 20% increase in PA minutes

Achieved: 71% increase

RESULTS – CATCH STUDENT SURVEY

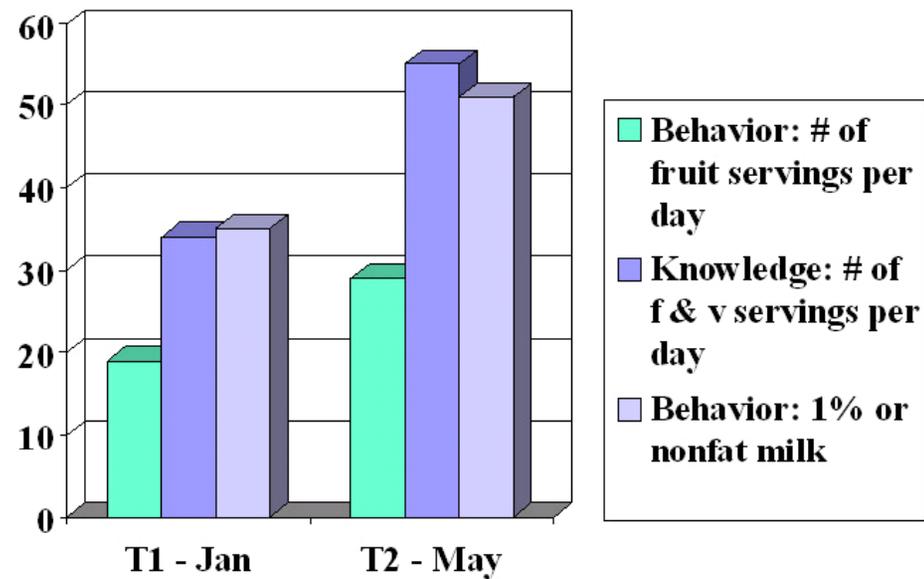


Knowledge and behavior changes T1 to T2

- % children who had no fruit previous day decreased – 13% to 9%
- % children who correctly indicated they should eat ‘at least 5’ servings of fruit and vegetables each day – 34% to 55%
- % children who reported that they ‘almost always or always’ choose low fat or skim milk over ‘regular milk’ increased – 35% to 51%
- % children who thought ‘low fat or skim milk’ was better for their health than ‘regular milk’ increased from 45% to 73%
- % children who reported they were ‘very sure’ they could drink low fat or skim milk instead of regular milk increased: 31% to 51%
- % children who indicated they were ‘very sure’ they had the ability to take the skin off of chicken and not eat the skin increased: 49% to 58%

RESULTS

Nutrition Behaviors and Knowledge



LESSONS LEARNED



WHAT WORKED WELL

- Project Team
- Project Partnerships
 - ▣ Sustainable
- Hiring technical assistance for evaluation
- CATCH
 - ▣ Intended results
 - ▣ Site instructors survey:
 - 80% felt kids were more active with CATCH
 - 76% felt kids liked the activity program
 - 88% would recommend the activity program and 93% would recommend the nutrition component

LESSONS LEARNED



WHAT WOULD WE CHANGE

‘Everything went really well for our pilot. We learned a lot and would make only a few changes if we replicated this project or one similar.’ - *Liz McNett Crowl*

- More training for staff administering baseline measures and student surveys
- Ask instructors about which site they represented for trouble shooting and whether they used *Screen Time Reduction* materials
- Include a parent component

NEXT STEPS

- ❑ Collect BMI measurements and fitness testing annually
- ❑ Share pilot results with partners and community
- ❑ Develop and adopt action plan
- ❑ Explore opportunities to replicate SNAP in additional settings, such as early learning or for profit childcare centers

