

How To Partner With Your Local Hospital

Presenters:

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Whittier City School District

Whittier City School District's Story

- Approximately 3 years ago, Presbyterian Intercommunity Hospital (PIH) reached out to WCSD providing their mobile health unit (Care Force One) to Lydia Jackson and Longfellow Elementary Schools to offer free immunizations and health screenings.
- Later that year, our Superintendent, who sat on PIH's Community Benefits Committee was invited to partner with the hospital on a hospital initiative- Diabetes and Obesity. A pilot project for the after school program .
- WCSD was identified with the highest incidence of obesity in school age children in the hospital catchment area.

Next Steps

- It was decided to begin the project with the Reach For The Stars After School Program students. This included nine elementary of approximately 756 students.
- The first step was to get permission for students to have Body Mass Index (BMI) assessments. A pre-assessment of each students' BMI was recorded by nursing staff from PIH.
- We met with PIH to discuss a plan to help students increase their physical activity and make healthier food choices.

- The hospital introduced the “Food is Elementary” curriculum written by Antonio Demas PhD and proposed that one of the hospital’s health education coordinators teach the curriculum to the students after school. In addition, an abbreviated version would be taught to the parents in the evenings.

- The after school program agreed to provide the students with one hour of physical activity daily.

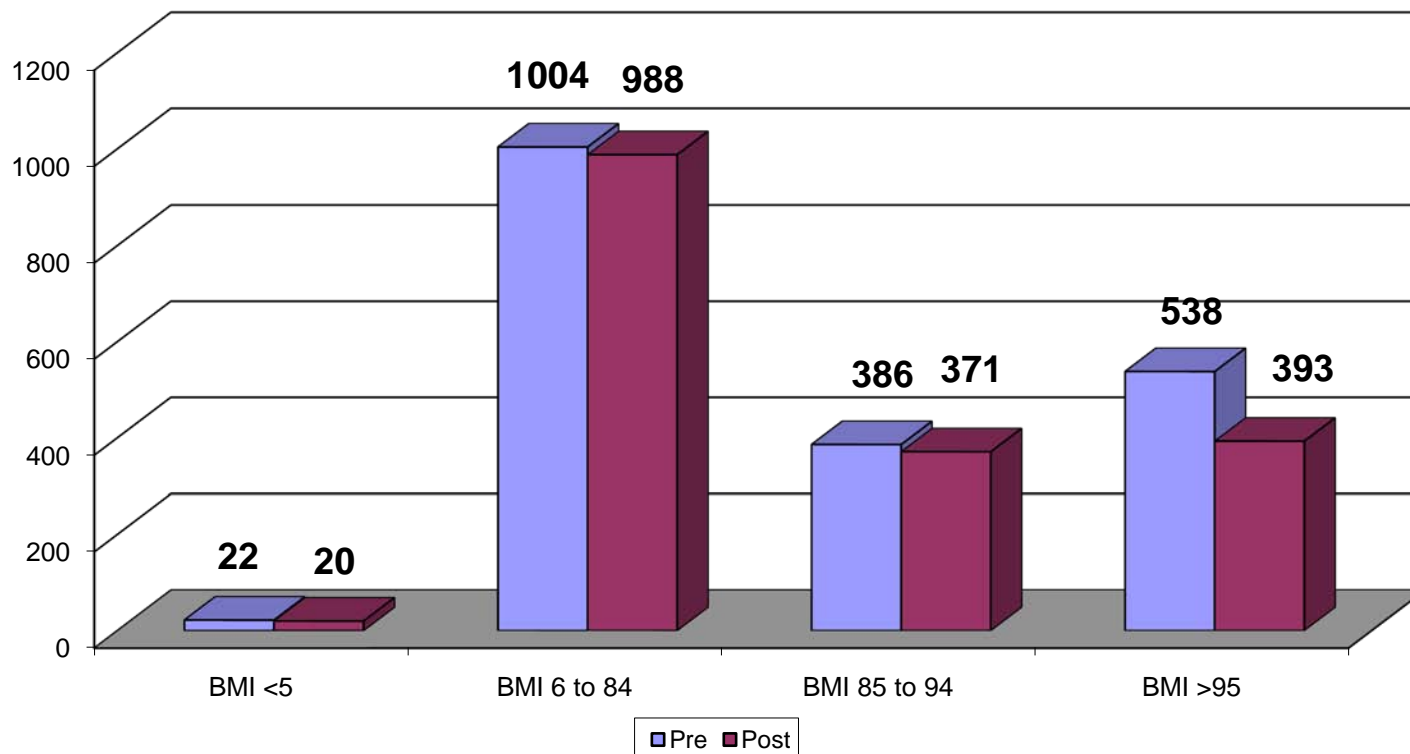
The Food Services Director, RFTS Director, RFTS Academic Specialist, and Nancy Whyte from PIH met to discuss how we might improve the quality of the after school snack.

The Program

- During the 1st year of the pilot, we performed BMI pre and post assessments, increased physical activity to one hour daily and provided cooking/nutrition classes for the students and parents. The five week, cooking/nutrition classes included a Pre & Post test.
- We repeated this in years two and three with the addition of the Sports, Play & Active Recreation for Kids (S.P.A.R.K.) physical activity program and coaches. We hired one coach from International Center for Education and Sports (I.C.E.S.) to teach all sports activities to all students on a rotating schedule. Trained physical education coaches helped to increase the student's activity levels.

Goal 1. Over the course of a school year, decrease BMI of overweight or obese children in grades K-5 who participate in the “Reach for the Stars “ after school program.

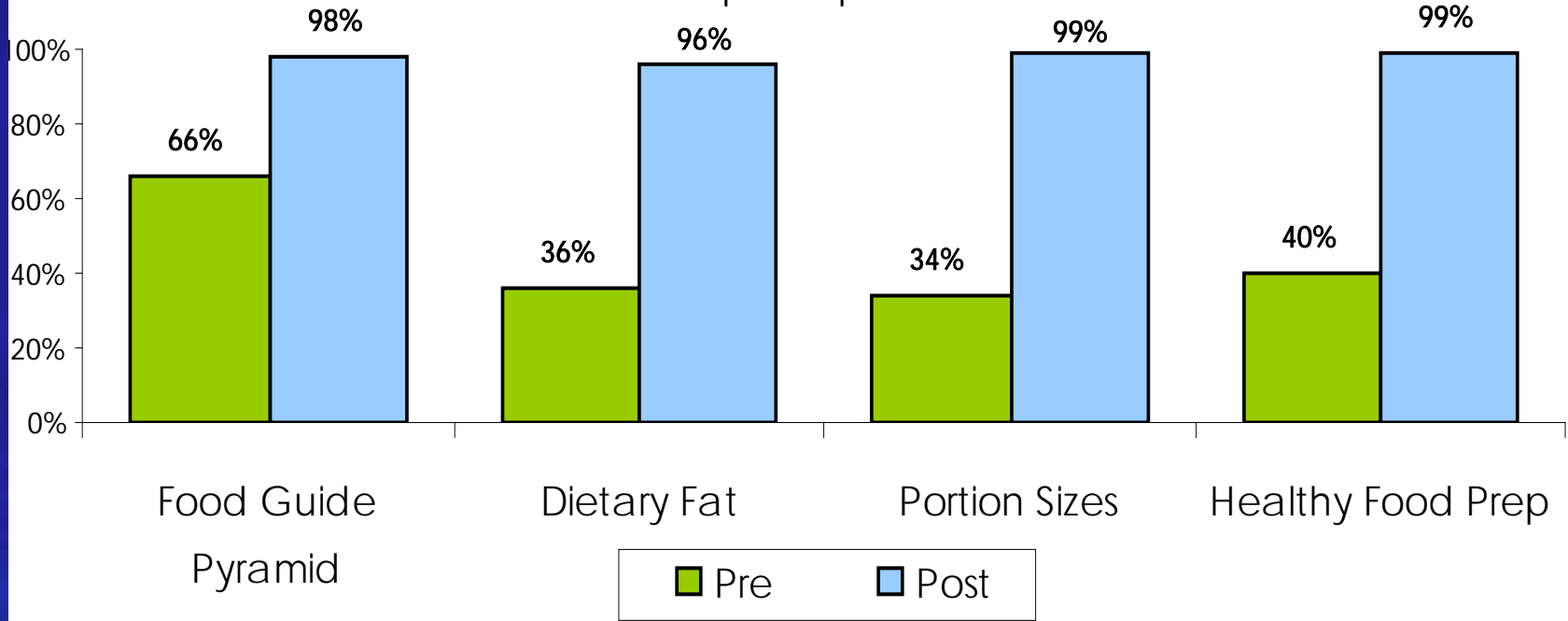
**Whittier City School District
Reach for the Stars / Obesity Screening
Fall 2006 - Summer 2010
Total Participants: 1,950**



"Reach for the Stars" 2009-10 School Year

Increase in Knowledge - Correct Responses on Pre & Posts Tests

317 participants



Goal 2. At the conclusion of the “Reach for the Stars” parent education sessions, participants will exhibit at least a 50% increase in knowledge on post-test related topics. Results ranged from 32% to 65%.

Building on Success

- With positive, tangible results the hospital approached the WCSD requesting to increase efforts by implementing an obesity prevention program into the entire school district.
- In year 3 we began looking for additional funding to take this pilot district wide
- WCSD applied for the Carol M. White Physical Education Grant (Federal grant) and received the award September 30, 2010.
- Program has been expanded to cover 2 middle schools, 2 elementary schools, including staff and parents.
- Program has been expanded to include the neighborhood surrounding Lydia Jackson School.

Whittier City School District's *H.E.A.R.T.* Project

Funded by the Carol M. White Physical
Education Program (PEP) Grant

WCSD will expand the RFTS Health, Education, Activity, Recreation and Training Project (*H.E.A.R.T.*) to include all 6,600 students and 240 teachers. This project will create a School Improvement Plan that will address all gaps and weaknesses addressed in WCSD's self-assessment on the School Health Index (SHI), modules 1-4. The project design addresses all five California State Physical Education Standards, six PEP Program Elements and three GPRA Measures.

The *H.E.A.R.T.* Project has set measurable goals and objectives that will ensure success. During the thirty-six month project period, all K-8 sites will receive the necessary staff development, additional staff and materials to assist them in the implementation of this research-based comprehensive approach to developing life-long fitness and healthy nutrition habits.

Goals:

1. An increase in the percentage of students who engage in 60 minutes of daily physical activity
2. An increase in the percentage of students who achieve age-appropriate cardiovascular fitness levels
3. An increase in the percentage of students served by the grant who consume fruit two or more times per day and vegetables three or more times per day

Partners and Supporters of the Reach of The Stars/Jump Start Programs

- Boys and Girls Club of Whittier
- Cal Poly Pomona
- California State Parks
- Casitas Del Pueblo
- Friday Night Live Kids Program
- Fullerton College
- Helpline Youth Counseling
- International Center for Education and Sports (ICES)
- JPL Science Center
- Cal State University Long Beach
- Los Angeles County Office of Education
- Los Angeles County Fire Dept.
- David and Lucile Packard Foundation
- Presbyterian Intercommunity Hospital
- RMH Dance/Sport Studio
- Rio Hondo College
- SPIRITT Family Services

Whittier City Community Services Department
Whittier City Police Department
Whittier College
Whittier Public Health Department
Whittier Public Library
Whole Child
YMCA of Greater Whittier

Partners in the *H.E.A.R.T.* Project

Presbyterian Intercommunity Hospital

- Provide staff to perform pre/post BMI assessments on all 6,600 students in WCSD
- Provide a Nutrition Coordinator to facilitate parent education classes at all 11 sites
- Collect data and conduct research with project results to help combat juvenile diabetes and obesity
- Sit on both WCSD's Wellness and Activate Whittier's committees to help develop new policies to create a "Healthier Whittier".

Activate Whittier

Activate Whittier is a local community committee made up of representatives from the City of Whittier, Edison, Los Angeles County Health Dept., YMCA of Greater Whittier, The Boys and Girls Club of Whittier, First Day Homeless Shelter, Kaiser Permanente, Whittier College and WCSD.

This committee's mission is to create a "Healthier Whittier" by developing policies and supporting opportunities for physical activity, healthy eating and eliminating any barriers to living a healthy lifestyle.

The committee will coordinate efforts to close all gaps and weaknesses and address community needs.



A Hospital's Perspective:

- CA. To maintain our not-for-profit tax status;
 - Provide services to uninsured/ underserved.
 - Community Needs Assessment every three years
- Identify Top 5 health concerns in hospital catchment area.
 - Heart disease, Cancer, Diabetes, Obesity, Falls

Identify community partners - develop pilot projects that will be sustainable and able to be duplicated

- Can we have an impact? Can we be successful? Do we have solid partnerships? Is it financially feasible?

Where do you start?

- What are you looking for? Why do you need a partner? What problem are you seeking to address: social, health issues, education, policy etc.
- How would the hospital benefit, how would the community benefit?
- Contact local hospital or health department.. Ask if you can have a copy of their needs assessment data.

■ Take idea to hospital:

- Identify hospital community liaison, community benefit dept. M&P.
- Be clear of your vision, the role you see the hospital taking, the benefit to the hospital & community.
- Does the project align with the hospitals core values and the community needs assessment?
- What other CBO do you bring to the table? Or do you think would be good partners.
- If your goal is financial support only- your success will be limited. The well is drying up.
 - Look to the hospital to partner, not solely for financial support, Hospitals have great resources, pulling community resources- increases your chance of success.

Questions

- ❑ Do you know who your local hospitals, local health agency and community based organization are?
- ❑ Do you have someone from your organization that sits on the board or committee?
- ❑ Do you know if your local health agency has a community benefits committee or has a department that works with the community?
- ❑ Have you spoken to your superintendent, CEO or Program Director about the relationship they may already have with your local health agency?