

# THE HEALTHY CLASS OF 2010

## Engaging an Urban School District in Research: Challenges and Opportunities

James Butler, DrPH  
Diversity in Practice Speaker Series Lecture  
February 17, 2010



# Outline

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- Adolescence
- Urban School Districts
- Building Relationships and Engaging Partners
- The Healthy Class of 2010

# What is adolescence?

*"Adolescence is just one big walking pimple."*  
Carol Burnett



*"Adolescence is a period of rapid changes. Between the ages of 12 and 17, for example, a parent ages as much as 20 years."*  
Author Unknown



# Adolescence

- Critical time for developing lifestyle practices, attitudes, beliefs
- A cause for concern
  - Can their life expectancy at birth and at older ages level off or even decline?
  - What will be their future health status as adults?

# Adolescence

- Rising prevalence of risk factors – CVD, hypertension, type 2 diabetes
  - Are they receiving/implementing health promotion messages for optimal health throughout the lifespan?
  - Do communities have the resources to maintain areas and facilities to promote physical activity?
  - Can they access healthy foods in their neighborhoods?

# Urban School Districts

- Most public schools provide nutrition and physical activity programs
- Student health challenges
  - Transfer of school food services to outside vendors
  - Reliance on vending machine resources for extracurricular activities
  - Elimination of physical education activities

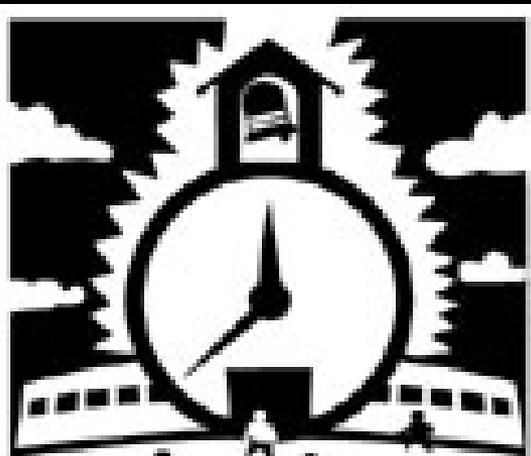
# Urban School Districts

- Schools remain ideal environments for health promotion activities
- School-based programs (healthy eating/exercise) significantly can impact adolescent health
  - Especially relevant in ethnically diverse and socio-economically less advantaged school districts and communities



# Building Relationships and Engaging Partners: The Center for Minority Health

- 2001
  - Led city-wide initiative to address suspension of >12,000 children
  - Non-compliance of new PA law: 2<sup>nd</sup> measles, mumps, rubella vaccination
  - Partnered with Pittsburgh BOE and Pitt's Chancellor to lead the public health campaign: Booster-Booster



# BOOSTER BOOSTER

GREATER PITTSBURGH MEASLES IMMUNIZATION TASK FORCE



**Booster-Booster Campaign a Victory for City of Pittsburgh**

May 21, 2001

Pitt Campaign Chronicle

# The Healthy Class of 2010



# HC 2010

- 2003
  - Established as a demonstration project
  - Engaged >2,000 6<sup>th</sup> graders
  - Students introduced to HC 2010 via
    - Kick-Off event
    - Pedometers
    - Tips for building physical activity into daily routines
    - Healthy eating demonstrations
    - Art and essay contests

# HC 2010 KICK-OFF



CENTER FOR MINORITY HEALTH



## KICK-OFF

### HEALTHY CLASS OF 2010

# I WALKED

**"ELIZA FURNACE TRAIL"**  
OCTOBER 18, 2003

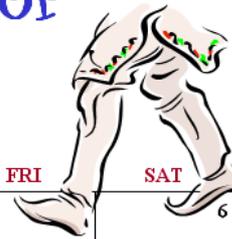
ONE  
BILLION  
FREEDOM  
STEPS FOR  
HEALTH  
PROMOTION

**COLLABORATIVE PARTNER:**  
PITTSBURGH PUBLIC SCHOOLS

Graduate School of Public Health, University of Pittsburgh

# Pedometer Activity Log

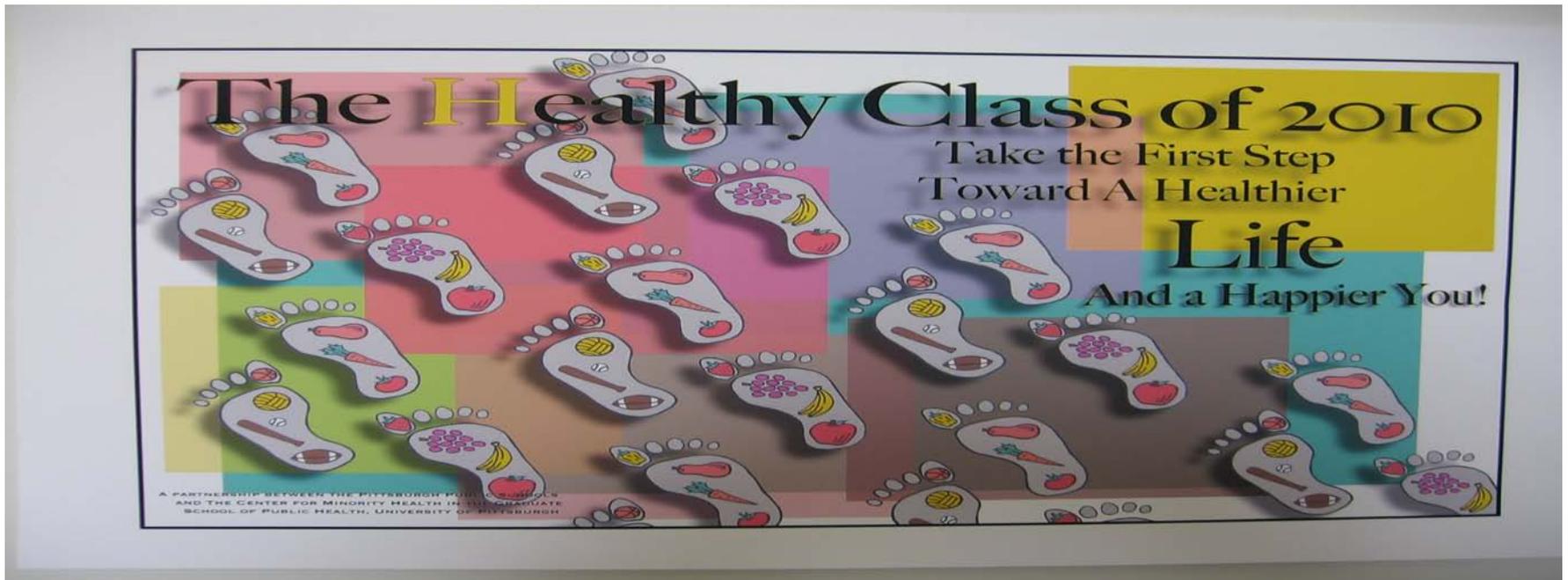
Name \_\_\_\_\_ **Activity Log for**  
 \_\_\_\_\_  
 (Month)



SUN	MON	TUE	WED	THU	FRI	SAT	Weekly Total
	1	2	3	4		6	
	# of steps _____	Steps _____					
7	8	9	10	11	12	13	
# of steps _____	Steps _____						
14	15	16	17	18	19	20	
# of steps _____	Steps _____						
24	24	24	24	25	26	27	
# of steps _____	Steps _____						
28	29	30	31				
# of steps _____				Steps _____			

**Total Steps for This Month** \_\_\_\_\_

# Art Contest Winner

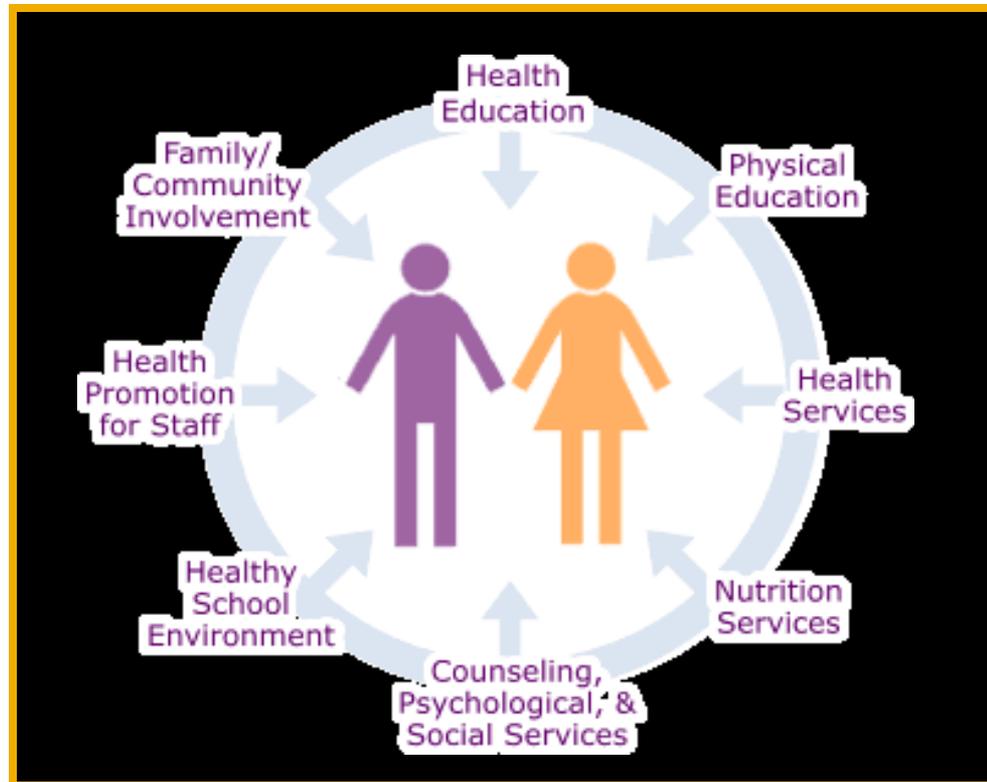


Shira Rascoe, Pittsburgh Creative & Performing Arts High School; Art Teacher Mrs. Valerie Westcott; Mr. Dennis Childers  
Billboard location: Jumbo screen at CAPA High School

# The Healthy Class of 2010

- Aimed to
  - Increase knowledge through the students' high school graduation of 2010
  - Transform physical and psychosocial climate and culture of the school
  - Engage researchers, school district administrators and teachers in a collaborative process to create healthier students and schools by completing the 8 School Health Index self-assessment modules

# Eight Components of a Coordinated School Health Program Model



# School Health Index

- To help schools assess and improve their health programs and policies and begin collaboration with the researchers
- Special attention was paid to the Physical Education and Nutrition Services modules
- Completion of the SHI provided the framework for creating school health teams and identifying student role models for leadership development

# First Peer Health Council Leadership Workshop

- 83 Peer Council Members
- Joint Educational Presentations (physical activity, nutrition, mentoring)
- Introduction of Health Messages



**The Healthy Class of 2010  
Student Leadership Workshop**

Promoting the Health of Pittsburgh School Students

**Physical Activity and Healthy Eating**

Date: February 18, 2005  
Time: 9:30 am -2:00 pm  
Location: G23 Parran Hall , 130 Desoto Street  
Graduate School of Public Health, University of Pittsburgh

Sponsored by : Pittsburgh Public Schools and Center for Minority Health,  
Graduate School of Public Health, University of Pittsburgh

Designed by Center for Minority Health For more information : 412.624.5665

**LUNCH  
WILL BE PROVIDED**



# HC 2010 Activities

- The SHI recommends establishing school-level advisory boards – parents, teachers, students, administrators
- Boards promote life-long wellness by supporting healthy learning environments
- HC 2010 is guided by 3 advisory boards
  1. A Planning and Advisory Committee
  2. 10 School Health Teams
  3. A Peer Health Council

# HC 2010 Activities

- Mini-grant funding opportunities for schools to create health goals and objectives
- Workshops/fieldtrips to promote healthy lifestyles
- School-wide assemblies to reinforce the goals of the Healthy Class of 2010
- Parental involvement to promote good nutrition in the home



# HC 2010 Today

- 2006
- Became a prospective cohort study to follow the students until their high school graduation in 2010
- Designed to track changes in behaviors and attitudes related to healthy lifestyles among the students via the annual HC 2010 Survey

# The HC 2010 Survey

- 63-item, self-administered survey
- 7 key areas
  - Demographics
  - HC 2010 Activities
  - Body Weight
  - Nutrition
  - Physical Activity and Exercise
  - Health-Related Topics
  - Tobacco Use

# Unanticipated Events and Project Challenges

- IRB submission
- Consent form
- Proof of Guardianship
- Gatekeepers
- Confidentiality Agreement
- New HC 2010 facilitators
- New Project Director

# HC 2010 After 2010

- Other urban districts can use the lessons learned and results from HC 2010 to promote healthy schools using limited resources
- Sustainability after 2010
  - Follow the students after high school into adulthood
  - Did they continue with healthy lifestyles?
  - What works for them? What does not work?
  - Barriers to and facilitators of maintaining a healthy lifestyle