**PLAN**

1. **Getting Started**
   * Approximately 16% of Oklahoma’s youth ages 10-17 years were overweight/obese in 2007, ranking our state 17th in the nation.
   * Oklahoma ranked 50th in the nation for fruit and vegetable consumption.
   * Coordinated physical activity and nutrition were not considered a priority in after-school programs.
   * Attention on physical activity and nutrition became a focus of the agency through the Strong and Healthy Oklahoma initiative and a Strategic Map priority.
   * A 2007 state law requires healthier snack options in public school vending machines.
2. **Assemble the Team**
   * Area Health Educators (Collaborative Team)
   * Oklahoma State University Extension
   * State and County Health Departments
   * After-School Network
   * University of Texas
   * Oklahoma Department of Education
   * Oklahoma Department of Agriculture, Food and Forestry
   * School-based Social Workers and Nurses
   * YMCA
3. **Examine the Current Approach**
   * Occasional athletic activities such as dodge ball or kick ball, but no incentive to learn new physical activities.
   * Limited resources available to after-school programs.
   * No coordination of existing after-school programs.
   * Health Educators were not working in an evidence-based physical health and nutrition model for children.
   * Single approach efforts were being conducted with little measurable success.
   * Having strong partner involvement was recognized as key to success.
   * Most of the CKC sites would be entering into the 3rd year of implementation using the same curriculum, so returning children would be hearing repetitive information.
4. **Identify Potential Solutions**
   * Provide Geo Motion mats with instructional video at selected CKC sites.
   * Provide physical activity training video to each CKC site.
   * Replace unhealthy snacks with more favorable options.
   * Provide a list of lesson enhancement ideas to the CKC educators.
   * Modify physical activity and nutrition lessons for greater impact.
   * Place nutrition resources on the CKC website for public sharing.
   * Survey partners for improvement ideas on existing physical activity and nutrition lessons.
5. **Develop an Improvement Theory**
   * By enhancing physical activity and nutrition lessons, the CKC participants will improve knowledge and behavior of physical activity and nutrition.

**Aim:** By May 31, 2010, CKC participants will increase nutrition knowledge and physical activity behavior by 15%.

**DO**

**6. Test the Theory**

* Share new, easy, and fun snack recipes with Health Educators, partners, and parents.
* Develop new resources such as coloring book, newsletter, stickers, and sample MOU for partners.
* Introduce new videos for enhanced physical activity through games.



* Increase recognition and reinforcement of healthy behaviors by CKC participants.
* Conduct pre-and post-student surveys to measure knowledge and behavior changes as a result of CKC participation.

**CHECK**

1. **Check the Results**

* According to pre-and post-student surveys, there was a 44% increase in students who correctly responded to the majority of physical activity behavior/nutrition knowledge questions.
* During the final year of the pilot, a statistically significant decrease in CKC participants’ BMI occurred. However, as the nutrition knowledge and physical activity behavior survey data was not a matched study, a direct correlation cannot be demonstrated.
* Nine sites implemented recognition of healthy behaviors (e.g., CATCH® Kids of the Month and We Caught Your Kid.)
* The Hearty Heart Cookbook, including new and existing recipes, was developed and distributed to all CKC educators and partners. Five sites distributed cookbooks to parents.
* Eight physical activity lessons were included in the video; 72% of the sites implemented at least one lesson with an average of three lessons implemented.
* Eight new resources were developed, and all 17 sites implemented at least one of the resources with an average of three resources implemented.

|  |  |  |  |
| --- | --- | --- | --- |
| **RESOURCES IMPLEMENTED** | | | |
| Newsletter | Physical Activity at Home Card; Monthly Parent Calendar | Partner MOU | CATCH Kid of the Day Stickers |
| Nutrition Lesson Enhancements | CKC Activity Cards | Physical Activity Video | Cookbook |

**ACT**

1. **Standardize the Improvement or Develop New Theory**

* Maintain current strategic plan, standardize process, and update items as necessary.
* Share fun and easy snack recipes with CKC participants and their families.
* Develop new resources to support CKC program enhancements.
* Identify new ways to reinforce positive and healthy behaviors by CKC participants.
* Continue surveillance efforts twice per school year to measure changes in participant knowledge and behavior.
* Assure that newly developed resources continue to be made available on the CKC website for public information sharing.

1. **Establish Future Plans**

* Increase number of CKC sites statewide.
* Implement FitnessGram® measurements in selected CKC sites & develop parent report.
* Increase parent/guardian involvement.
* Increase partner participation by offering additional CKC training on nutrition and physical activities for consistency throughout the program.
* Provide annual booster training for educators and partners.
* Consider matching student survey data in the future.

*This project was funded by the Robert Wood Johnson Foundation Multistate Learning Collaborative-3*