

HIP Success Stories



Project Healthy Schools

All School "Beach" Volleyball Tournament

Welcome to the inaugural issue of **HIP Success Stories**, a resource featuring how HIP Partners translate data, partnerships, and strategies into initiatives, policies, and services that improve the health of the community. HIP Success Stories are published by the **Washtenaw County Public Health Department** as part of the Health Improvement Plan initiative.

Does your organization utilize or benefit from HIP data, partnerships, or strategies? If so, your organization's health improvement efforts can be featured in an upcoming edition of **HIP Success Stories**! See below for contact information.

What's HIP?

Since 1995, the Washtenaw County Public Health Department has led HIP, a county-wide partnership whose purpose is to facilitate the design and implementation of community-based disease prevention and health protection strategies through local health assessment, data analyses, objective setting, coalition-building, and promotion of evidence-based strategies.

The 2005 HIP Survey was funded by:

- University of Michigan Health System
- Chelsea Community Hospital
- Saint Joseph Mercy Health System
- Pfizer, Inc.
- United Way of Washtenaw County

To learn more about HIP, access HIP data electronically, or become a partner, please go to <http://hip.ewashtenaw.org>.

Project Healthy Schools: A Collaboration Committed to School-based Health Improvement

Project Healthy Schools (PHS) is a community-university collaborative that provides school-based programming to reduce childhood obesity and its long-term health risks. In 2004, the University of Michigan's Cardiovascular Center and the MFit Health Promotion Division formed a partnership with several agencies and organizations to implement PHS in local Ann Arbor middle schools. PHS integrates sociocognitive and ecological approaches to changing health-risk behaviors and generates data on both medical and behavioral indicators.

PHS staff work with middle-school students to create fun, interactive activities that incorporate five simple project goals:

- Eat more fruits and vegetables
- Make better beverage choices, reducing high-sugar items
- Perform at least 150 minutes of exercise each week
- Eat less fast and fatty food
- Spend less mindless time in front of the TV and computer



Washtenaw County Risk Profile

- 25% of all children ages 6-17 years are overweight
- 19% of children ages 2-17 years spend two or more hours per day viewing a screen
- 86% of all school-aged children do not walk or bike to school

Bump, Set, Spike!



From March through May 2009, PHS helped Clague Middle School students and staff plan and hold an "All School 'Beach' Volleyball Tournament". The goal, to engage most students regardless of skill level in a fun and competitive tournament that increases physical activity and promotes school spirit, was achieved. Students played 117 games and got nearly 3,000 minutes of activity! The school Wellness Team (formed from results of the "Healthy School Action Tool"), suggested the event, which was then organized by a very creative PE teacher with assistance from the PHS Wellness Coordinator.

All-School Beach Volleyball Highlights:

- A “Final Four” tournament bracket allowed each team to play multiple games
- A fruit smoothie party in the cafeteria kicked off the event
- Students decorated the gym with beach towels and paper waves; Tiki birds; and Hawaiian shirts, hats, and leis. Beach music set the tone
- Each advisory class chose a theme, designed T-shirts, and wore colorful bandanas
- The event culminated with staff members playing grade winning students as the entire grade cheered from the stands

Collaboration is Key

Multi-sector partnerships are important to any community health improvement initiative. PHS values its partners :

- Ann Arbor Public Schools
- Washtenaw County Public Health
- Ann Arbor Department of Recreation and Education,
- Mott Children’s Hospital
- UM School of Public Health

PHS funders and in kind supporters include the Ann Arbor Area Community Foundation; the Community Foundation of Southeastern Michigan; Pfizer; Borders, Inc.; NuStep; Coca Cola, Inc.; and private donors.

HIP Helps!

Project Healthy Schools Translates HIP Partnerships, Data, and Strategies into Successful Programs and Services... You Can Too!

- They align their programs with HIP 2020 objectives related to physical activity and obesity prevention which provide long-term indicators for program success
- They identify new partners and funders through the Community Health Committee coalition



Relevant 2020 HIP Objectives

HEALTHY KIDS

- Increase the proportion of children 6-17 years who attain at least 60 minutes of physical activity five days per week from 72% to 80%.
- Decrease the rate of overweight children 6 - 17 years from 12% to 8%.

HEALTHY COMMUNITIES

- Increase the proportion of residents with pedestrian sidewalks, paths, or trails in or near their neighborhood from 78% to 86%.

Successes:

- Most students increased their physical activity level including those with special needs
- The event generated palpable energy and school spirit
- Students and teachers bonded in a new way
- Teachers and staff were dedicated to making the event a success

Challenges:

- Finding time to hold planning meetings that did not conflict with other activities
- Initially engaging teachers was hard, but as planning continued, they became committed

Thanks!

Special thanks to Susan Aaronson, MS, RD, Wellness Coordinator for Ann Arbor Project Healthy Schools M-Fit Community Health Promotion, who offered to pilot the Success Story data collection tool!

