

School-based components of childhood obesity legislation (WV Healthy Lifestyles Act: HB2816): Evaluation and dissemination methodology

Carole V. Harris ¹; Andrew S. Bradlyn; ¹ Nancy O'Hara Tompkins ²;
Melanie Purkey ³; Don E. Chapman ³; Keri Kennedy ⁴; Kristy Blower ⁴

Support for this project
was provided by a grant
from the Robert Wood
Johnson Foundation®

1 Health Research Center, West Virginia University; 2 Prevention Research Center, West Virginia University;
3West Virginia Office of Healthy Schools; 4 West Virginia Office of Healthy Lifestyles

Presentation Objectives

- Describe the school-based components of the legislation
- Describe the evaluation methodologies employed, and
- Identify the strategies and groups targeted for dissemination of the findings

Background

- Largely rural - 1.8 million
- 64% communities < 2,500 residents
- 25-30 % of counties – economically distressed
- 85% of counties - wholly or partially identified as Medically Underserved Areas

Background

- Top five ranking for adult obesity
- Ranked 2nd for both (30.6%) adult and (20.9%) pediatric (ages 10-17) obesity
- \$588 million dollars (2003) – obesity related expenditures

Evolution of Healthy Lifestyles Act



WVDE's Office of Healthy Schools
& Office of Child Nutrition



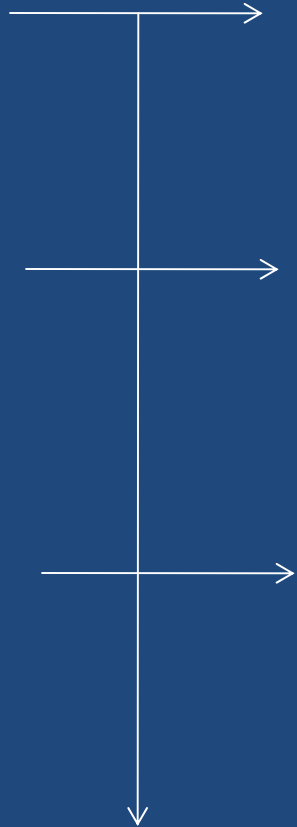
WV Medical Foundation



WVDHHR



WV Governor + Legislature



Public Education in WV

- Nine member State Board of Education (WVBE)
- 55 (county) school districts
- Largest = 65 schools; 28,465 students
- Smallest = 3 schools; 954 students
- Total preK-12 enrollment = 281,735 (2007-08 school year)
- Student population: 93% white, 5% African American, and 2% all other races (< 1% Hispanic)

School Policy in WV

- Set by the Legislature & WVBE
- State constitution → WVBE rule-making authority that carries the weight of law
- WVBE develops policy

School-based Components of HLA

- Healthy Beverages
- Physical Education
- Fitness Testing
- Body Mass Index (BMI) Measurement
- Health Education Instruction & Assessment

	HLA Requirements	WVDOE Implementation Guidance
<div data-bbox="92 364 311 1110" style="background-color: #4a86e8; color: white; padding: 10px; text-align: center; writing-mode: vertical-rl; transform: rotate(180deg);"> Healthy Beverages </div>	<p>Elem or MS : ∅ soft drinks sold during school day; only healthy beverages*</p> <p>HS: may sell soft drinks (∅ breakfast and lunch); if sell soft drinks, 50% of the beverages offered must be healthy beverages*</p> <p>*defined as water, 100% fruit and vegetable juice, low fat milk, and juice beverages with at least 20% juice</p>	<p>Recommended that schools sell only water, low fat milks, and 100% juices</p> <p>Prohibited the sale of other beverages in elementary and middle schools</p> <p>Encouraged county boards of education to prohibit the sale of soft drinks</p>

	HLA Requirements	WVDOE Implementation Guidance
<div data-bbox="125 411 343 1222" style="background-color: #4a86e8; color: white; padding: 10px; text-align: center; writing-mode: vertical-rl; transform: rotate(180deg);">Physical Education</div>	<p>Elem: PE not less than 30 minutes at least 3 times per week*</p> <p>MS: PE not less than one full period each school day for one semester*</p> <p>HS: One PE course credit and offer a lifetime physical education class</p> <p>*Alternate plan provision</p>	<p>Elem: 90 minutes of PE per week</p> <p>MS: 2700 minutes of PE per year</p> <p>HS: one full course credit of PE and offer a lifetime physical education class</p> <p>Developed pre-approved alternate plans</p>

PE Alternate Plans

Elementary Schools

- action/movement based instructional strategies
- recess time added to PE instructional time
- track before and after school activities, and
- exercise/physical activity labs (upper elementary grades)

Middle Schools

- action/movement based instructional strategies,
- exercise/physical activity labs
- equivalent physical education days (90)
- intramurals coordinated with PE
- formally supervised before/after school activities

HLA Requirements

WVDOE Implementation Guidance

Fitness Testing

Fitness testing and reporting must be conducted in 4th through 8th grades and the required high school PE course

FITNESSGRAM[®] administered to PE students in 4th through 8th grades and the required high school PE course

	HLA Requirements	WVDOE Implementation Guidance
<div data-bbox="142 254 260 1206" style="background-color: #4F81BD; color: white; padding: 10px; writing-mode: vertical-rl; transform: rotate(180deg);"> BMI Measurement </div>	<p>BMI - collected on a scientifically drawn sample of students</p> <p>BMI data - reported to state agencies to use as an indicator of progress in promoting healthy lifestyles</p>	<p>Coronary Artery Risk Detection in Appalachian Communities project (CARDIAC) charged with collecting BMI data</p> <p>BMI data collected with parent permission in kindergarten, 2nd, and 5th grades with individual reports provided to parents and aggregate report provided to the state</p>

	HLA Requirements	WVDOE Implementation Guidance
<div data-bbox="158 301 278 1110" data-label="Section-Header"> <p>Health Education</p> </div>	<p>Schools must teach the importance of healthy eating and physical activity to maintain a healthy weight</p> <p>Health education assessments must be conducted to measure student health knowledge and program effectiveness</p>	<p>Health education courses continued to teach the importance of physical activity and healthy eating</p> <p>Health Education Assessment Program (HEAP) was required for health students in 6th and 8th grades and the required high school course</p>

Evaluation Overview

- Goal - evaluate the processes, outcomes, and impacts of the Act on West Virginia students, parents, school systems, and health care providers



To provide information that is relevant to various stakeholders across the state – specifically legislators and other policy makers

Evaluation Team

- WVU – Health Research Center & Prevention Research Center
- WVDHHR – Office of Healthy Lifestyles
- WVDE – Office of Healthy Schools

Methodology

- New information via surveys
- Existing information collected by the WVDE

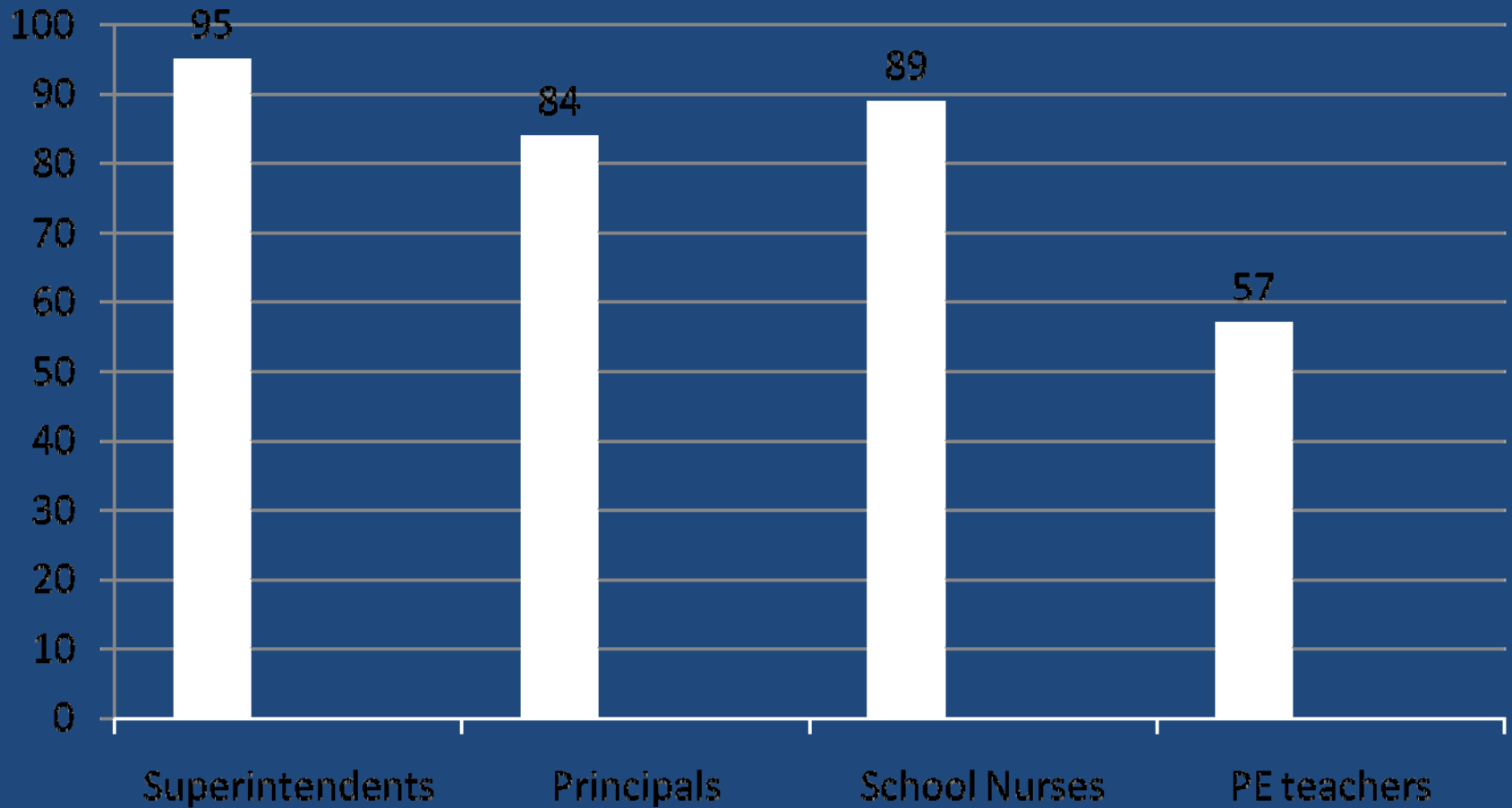
Principals and Superintendents

- On-line surveys
- All superintendents and principals in WV
- Impressions
- Practices
- Impact

PE Teachers and School Nurses

- Mailed surveys
- One PE teacher/school; all school nurses
- Impressions
- Practices
- Impact

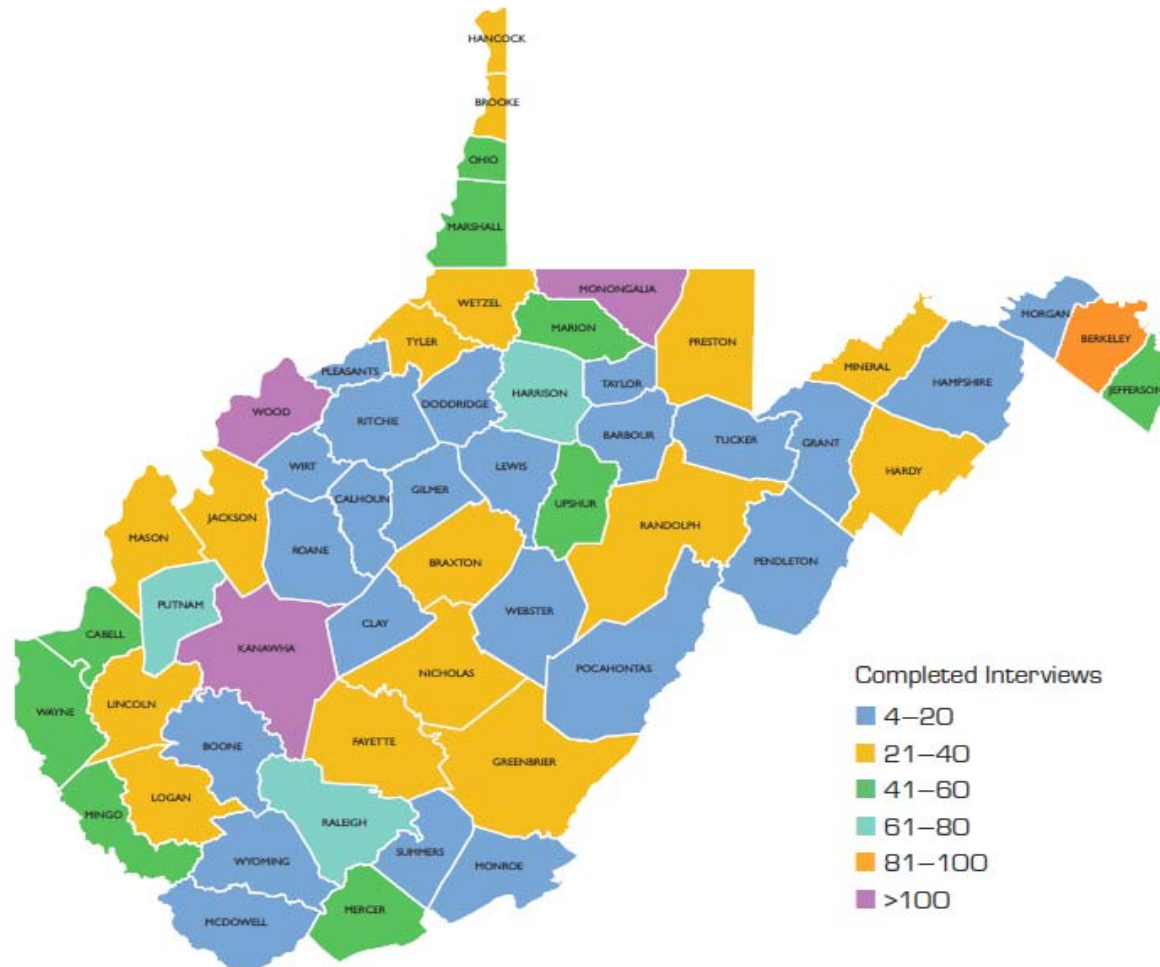
Response Rates (%)



Parent & Child Telephone Interviews

- Parents (n=1500) of students in grades K, 2, 4, 5, 7, 9
- Students (n=420) in grades 5, 7, 9
- Knowledge
- Attitudes
- Behaviors

Map of County/Interviews



Health Care Provider Survey

- General or specialty care to children and adolescents
- Random sample > 600 health care providers
- Mailed & electronic surveys
- Impact
- Practice
- Surveys were received from ~ 22% of the providers

Existing State Data

- PE plans
- Health education assessments
- Fitness testing results
- Local Wellness Policies

Dissemination

- Executive Summary presented to Governor, Legislature, State Board of Education (2/10/09)
- Exec. Summary & full report available at: <http://www.hsc.wvu.edu/som/hrc/ecocwv/2816.asp>
- Presentations to various groups in WV
- Abstracts accepted/submitted at national conferences, e.g., ALR, SBM, PM, APHA, ASHA

Summary

- State level legislative action - deemed critical for prevention of childhood epidemic
- WV – innovator/early adopter

Spectrum of Prevention

- Level 1: Strengthening individual knowledge and skills
- Level 2: Promoting community education
- Level 3: Educating service providers
- Level 4: Fostering coalitions and networks
- *Level 5: Changing organizational practice*
- *Level 6: Influencing policy and legislation*