

Community Health Needs Assessment Implementation Plan Progress Report

Advocate BroMenn Medical Center (ABMC)

December 2014

Priority Area: Childhood Obesity

Target Population: Low income, obese children, ages 7 – 14.

Goal: Reduce obesity among low income children.

Performance Measures:

- Show a 25% increase in physical activity for parents and children who complete the Y-Fi program.
- Show a 25% increase in nutrition and exercise knowledge for parents and children who complete the Y-Fi program.
- Decrease body mass index from value obtained at the start of the Y-Fi program by 6 month follow-up appointment.
- Decrease body mass index within one year of starting the Y-Fi program.
- Biometrics such as cholesterol, blood pressure and glucose will be within a normal range within one year of starting the Y-Fi program in results that were outside of the recommended range prior to starting the program.

Objective #1: By 2014, have 75 children and his/her parent(s) referred to the Y-Fi program.

Accomplishments:

- Since the inception of the Y-Fi program in September 2012, 153 children/parent(s) have been referred to the program by both Advocate Medical Group and other pediatric physicians in McLean County.
- Parents and children showed an 85% increase in physical activity according to the pre- and post-program survey results.
- Parents and children showed an 85% increase in nutrition and exercise knowledge according to the pre- and post-program survey results.

Objective #2: By 2014, have 50 children and his/her parent(s) participate in the 16-week Y-Fi program.

Accomplishments:

- Since the inception of the Y-Fi program in September 2012, 142 children and his/her parent(s) have participated in the 16-week Y-Fi program.
- Although individuals actively participated in the Y-Fi program, there was poor participation in the 6-month follow-up. It was therefore not possible to determine a decrease in participants' BMI. It was also not possible to determine whether the biometrics (cholesterol, blood pressure and glucose) of participants that tested outside the recommended range at the start of the program moved to within a normal range following the program due to participants' lack of post-program follow up.

Objective #3: By 2014, hold 3 quarterly health fairs with a health screening for Y-Fi children and their families at Advocate BroMenn Medical Center Community Wellness.

Accomplishments:

- Two health fairs with a health screening were held at the YMCA instead of at ABMC Community Wellness to make it more accessible for the Y-Fi participants to attend the event. The first event was held on May 29, 2014, and was very successful with participation of 29 parents and children. The second event held on August 7, 2014, had 0 people in attendance. The YMCA felt this might have been due to school registrations occurring during this time.

Next Steps:

- The ABMC and YMCA partnership will end in December 2014. This will allow ABMC to collaborate with a new partner to more broadly impact childhood obesity.
- ABMC will be partnering with Ridgeview Community Unit School District (CUSD) #19 in Colfax, Illinois, to implement the evidence-based physical education P.E. program, SPARK (Sports, Play and Active Recreation for Kids), which has been countering childhood obesity in schools since 1989. When implemented, the SPARK program will impact approximately one hundred 6th and 7th grade students, fostering environmental and behavioral change by providing a coordinated package of highly active curriculum, on-site teacher training, extensive follow-up support and content-matched equipment. (Ridgeview P.E. teachers received professional training, curriculum and equipment for SPARK through their partnership with the McLean County Health Department and the Illinois Department of Public Health's We Choose Health Initiative, made possible by the Centers for Disease Control and Prevention. Two Ridgeview P.E. teachers received hands-on training for SPARK and began implementing the curriculum in the elementary and junior high school P.E. classes at the beginning of the 2014 – 2015 school year. ABMC will assist in the continuation of the collection of body mass index (BMI) values which began for Ridgeview last year (2013 – 2014 school year) as a part of the We Choose Health Initiative. The We Choose Health grant officially ended on September 29, 2014. Population trend BMI data will be tracked at the 6th and 7th grade level.)
- ABMC will also assist with SPARK educational events for the children and their families. In addition, ABMC will donate funds to Ridgeview CUSD #19 toward the purchase of heart rate monitors for students to measure the intensity of cardiovascular activity during P.E. classes. This will assist students in receiving immediate feedback on exercise and the health benefits of exercising in different heart rate zones.
- ABMC staff will continue to participate in the McLean County Wellness Coalition whose primary purpose is to support and promote policies, systems and/or environmental changes focused on increasing regular physical activity and decreasing obesity.

Date Range of Data: September 2012 – October 2014