

INTERACTIVE HEALTH

**The answer to the childhood obesity epidemic in
North Carolina Public Schools**

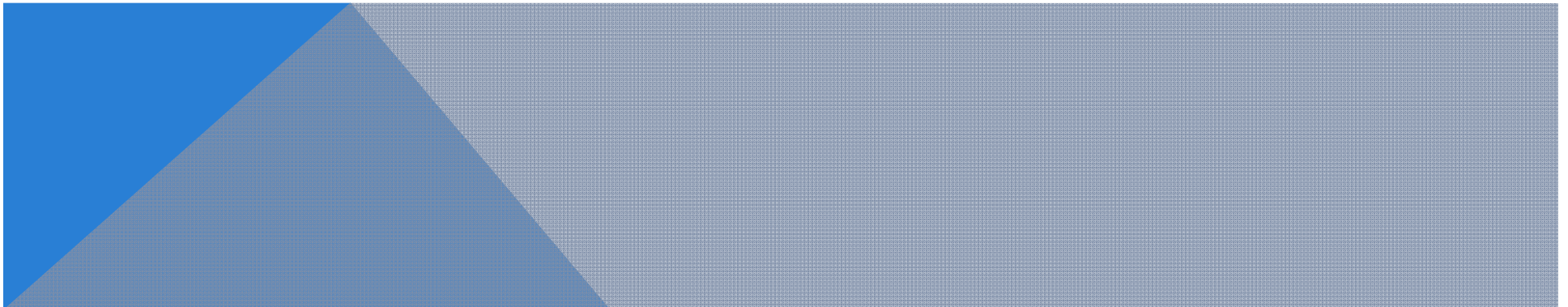


**The Interactive Health Program
Presented by:**

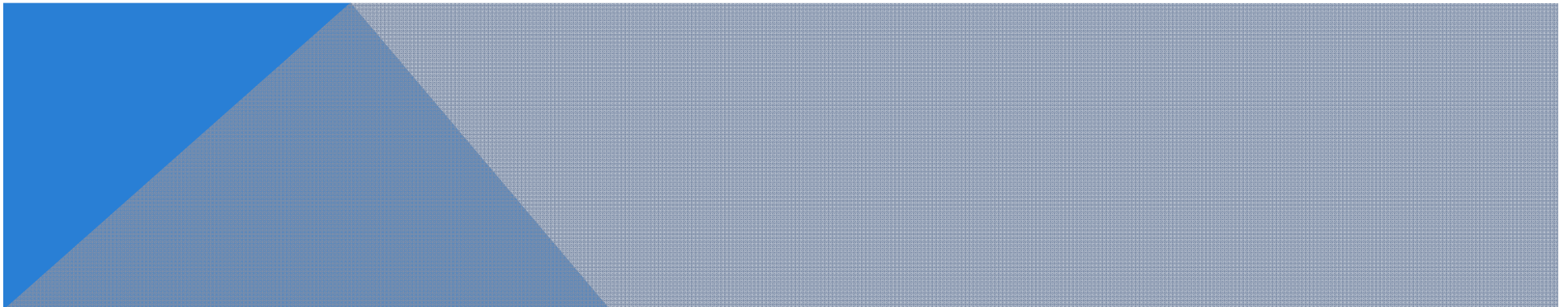
Laura Marino RN, BSN, NCSN, SNOY 2010

Dana Overcash, NCC, LPC


**Mary Shalvey, Physical Education Teacher
2012 - 2013 Teacher of the Year**



**What if we could take
our least fit children and
transform them
into life-long exercisers?**

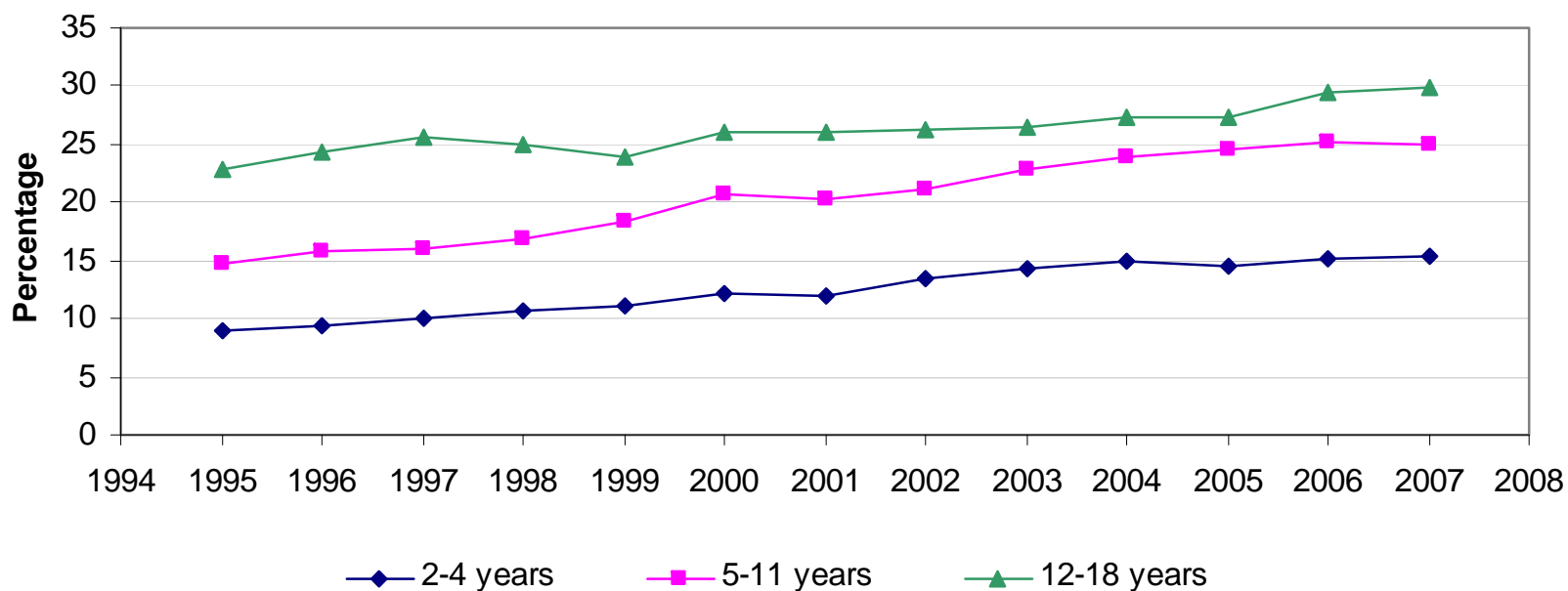


GOALS FOR TODAY

- ✓ Defining purpose of Interactive Health
 - ✓ Generating interest and obtaining approval from principal
 - ✓ Identifying students at risk
 - ✓ Determining logistics of the class
 - ✓ Developing a strong curriculum that will foster results
 - ✓ Promoting mission of Interactive Health to community partners
- 

OBESITY IS ON THE RISE

**Percentage of NC Children and Youth who are Obese*
by Age Group (1995-2007)**

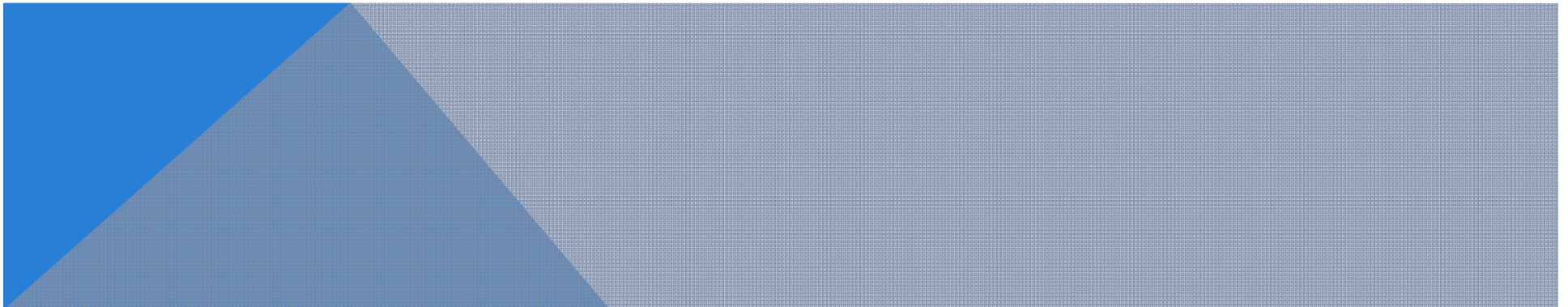


*BMI based on body mass index for age and gender. Source: North Carolina-Nutrition and Physical Activity Surveillance System (NC-NPASS) includes data on children seen in North Carolina Public Health Sponsored WIC and Child Health Clinics and some School Based Health Centers. (1995-2007).

Chris' Story:

He is 12 years old
5'4" and 305 lbs.

What are we supposed to do...
Give him a Pass?



DEFINING PURPOSE OF INTERACTIVE HEALTH

Non-traditional Physical Education program

Addresses needs of students with health risks

Purpose: provide early intervention and promote healthy lifestyle

Emphasize proper nutrition and lifetime fitness

DISCOVERING ALTERNATIVE WAYS TO ENJOY EXERCISE

Path created by the
Boy Scouts of America



SPINNING CLASS AT THE YMCA

Non Traditional

Ways to get physical



HOW CAN I IMPLEMENT THIS AT MY SCHOOL?

Supportive,
open-minded
Staff &
Administration

Schedule
Considerations

Room for Extra PE
& Willing PE
Teacher

Grant Writer
Funding

Educating the
Parents

Supportive
Community
Partners



GENERATING INTEREST AND OBTAINING APPROVAL FROM PRINCIPAL

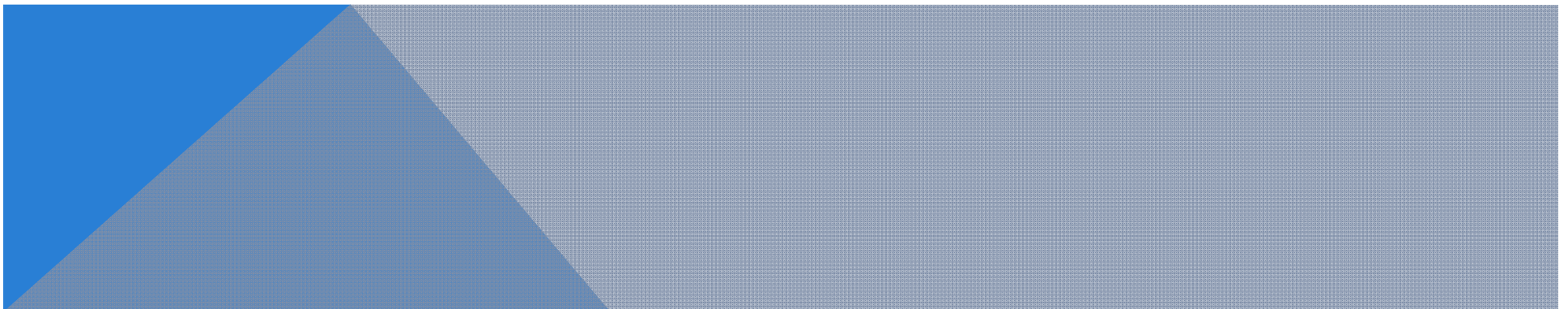
Share positive correlations between improved fitness level and:

- ✓ Increase in EOG scores
- ✓ Higher grades
- ✓ Improved attendance
- ✓ Decrease in disciplinary referrals



IDENTIFYING STUDENTS AT RISK USING...

- A. BMI measurements
- B. Cooper Institute Fitnessgram Results
- C. School Nurse Referrals
- D. School Counselor Referrals



PROMOTING MISSION OF IH TO LOCAL COMMUNITY PARTNERS

contacts



Local YMCA
& Fitness
Centers

Area
Hospitals

Surrounding
Restaurants

Amanda Hester RD, LDN, SNS
School Account Program Manager
Southeast United Dairy Industry Association

“The innovative Interactive Health program at BMS worked closely with FUTP 60 last school year, and they were awesome! The leaders are very self motivated and creative in finding means to promote a healthy school environment for students. This program would be great anywhere!!”



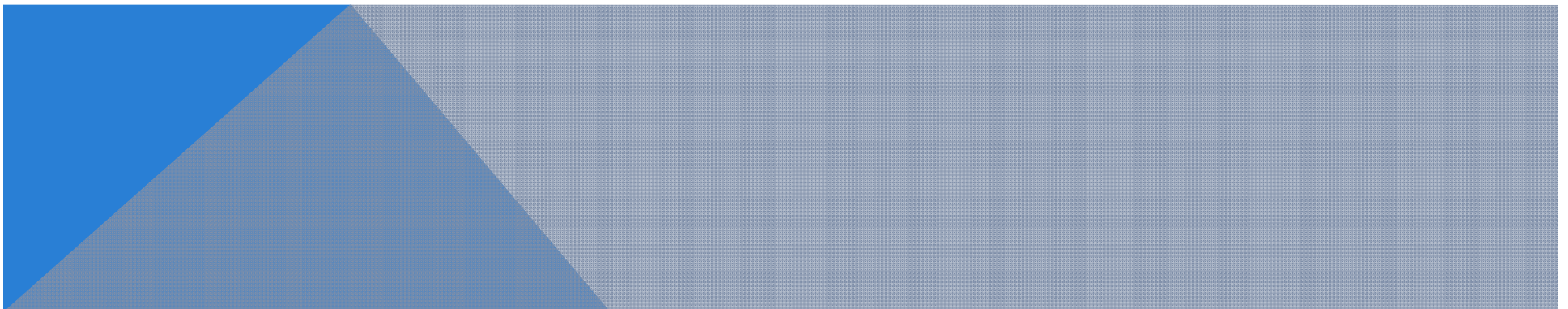
**Misty Kerr - Wellness Director
Iredell Memorial Hospital**

“The interactive health class has provided a wonderful outreach to impact the health of children, teens and their families through health screenings and health education. Our healthcare system is honored to partner with the Iredell Statesville School System”



**Tracy Morgan -
Sales and Marketing
Coordinator for Subway**

“I think the Interactive Health class at Brawley Middle is a great way to instill positive attitudes and build self-esteem. It has proven it’s self each time I see the children becoming more outgoing. It is a positive way to encourage children to make better choices that can impact the rest of their lives.”



A CURRICULUM THAT FOSTERS RESULTS

8 COMPONENTS



COMPONENT 1

Baseline/Mid-Year/End-of-Year Testing

*Accountability is A MUST

- Fitness-gram scores
- BMI, body composition analysis
- Blood work
- Physicals
- Height, weight & measurements



COMPONENT 2

Life long fitness activities:

- Jogging
- Biking
- Swimming
- Hiking
- Golf
- Racquetball



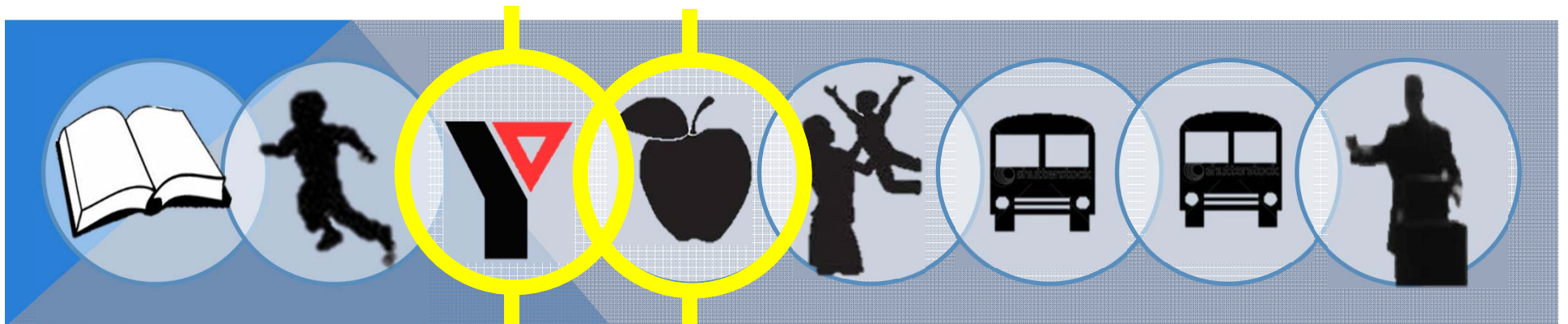
COMPONENTS 3 & 4

Weekly trips to YMCA

- Exercise classes
- Aerobics & zumba
- Water aerobics
- Weight training
- Cardio training

Nutrition Education

- Worked into every aspect of the program



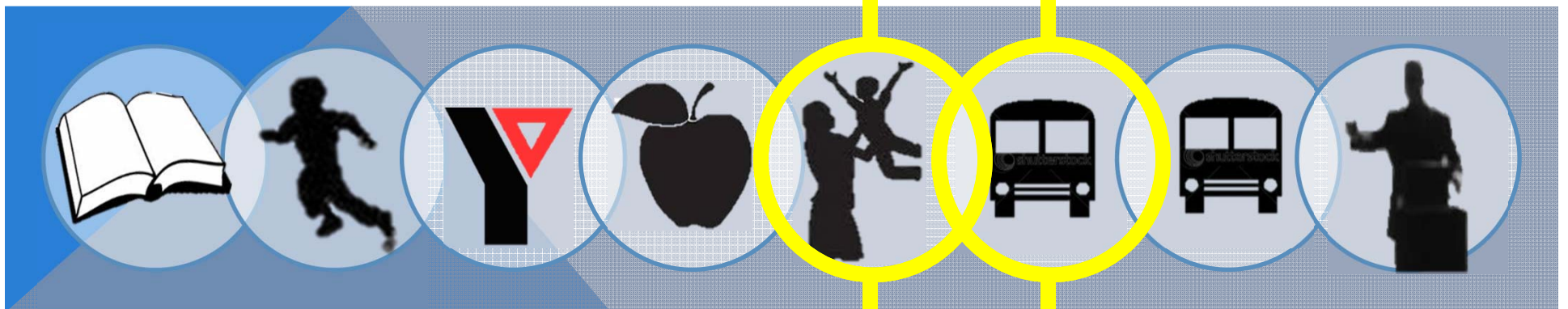
COMPONENTS 5 & 6

Parent Involvement:

- Family activity events
- Tailgate party
- Family Meal
- Meeting with Dietician
- YMCA Sponsored 5k
 - End-of-Year Party

Activity based field trips:

- Outdoor Education Center
- Horse Farm
- State Park Hike
- Whitewater Training Center



COMPONENTS 7 & 8

Nutrition-focused field trips

- Grocery store tour
- Restaurants for lunches

Guest speakers from community

- Registered Dietician
- Heart/Diabetes patients
- Personal Trainer



GRANT OPPORTUNITIES AND FUNDING

Investigate
Opportunities
(Fuel Up to Play 60,
SPARK)

Enlist Grant Writers
in School System

Speak to Local Non-
Profit Agencies
(Horse Farm, OEC)

Involve Local Eagle
Scouts
(Hiking Trails, Exercise
Paths)

**Resources are available, you just have to
look for them😊**

Results you can use to write grants and appeal to your administration and staff

Height	82% Grew
Weight	29% Lost weight
BMI	29% Lowered their BMI
Mile Time	85% Improved their time

Blood Work Results

HDL	42% Raised their HDL 😊
LDL	54% Lowered their LDL
Total Cholesterol	46% Lowered total Cholesterol
Triglycerides	35% Lowered Triglycerides
Ratios	85% Improved their Ratios
Glucose	12% Lowered their Blood Glucose

General: School related Improvements:

Attendance	57% improved attendance
Discipline	67% fewer discipline issues
GPA	55% Raised their GPA
Math EOG Scores	82% improved scores from the previous year
Reading EOG	86% improved scores from the previous year

TESTIMONIALS
FROM
STUDENTS

Friends Forever!



"I LOVE INTERACTIVE HEALTH BECAUSE OF THE FREE MEMBERSHIPS TO THE YMCA AND I'VE LOST 7 LBS. IN THE FIRST QUARTER! I WISH IT WOULD CONTINUE IN HIGH SCHOOL!"

Dean



"INTERACTIVE HEATH ALLOWS ME
TO BE WHO I AM WITH OUT BEING
JUDGED"
Cherí



Thank You for your time:

Questions??



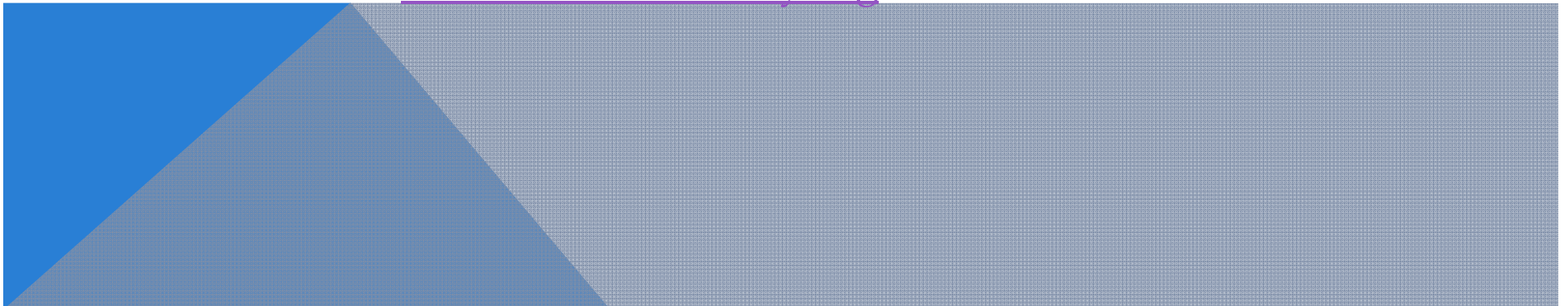
Community Partners Contact Information

Richard Reinholz – MS YMCA Community Senior Health and Wellness
Director for the YMCA of the Greater Charlotte Region
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Misty Kerr – Wellness Director for Iredell Memorial Hospital
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Tracy Morgan – Sales and Marketing Coordinator for Subway
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Amanda Hester RD, LDN, SNS School Account Program Manager
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Southeast United Dairy Industry Association
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Iredell Statesville School Staff

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Donna Robertson – Interactive Health/PE teacher

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Carrie Booth - Triple Cross Ranch
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Boy Scouts Of America

Travis Beam - Live it Xtreme Sports & Fitness
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