Taking Action with Evidence:
Implementation Roadmap
National Performance Measure #8

For Assistance:
Please contact Temi Makinde
tmakinde@amchp.org

Brief Notes about Technology

Mute your line by using the mute function on your phone
or by using "6 to mute/un-mute"

Asking a Question
You can type your questions into the chat box
(shown right)
Raise your hand. Using the icon at the top of your screen (example shown right)

Active Participation = 😊

For technical problems, please contact Temi at
tmakinde@amchp.org

October 29, 2015

Brief Notes about Technology

Downloading Files

1. 
2. 
3. 
4.
Brief Notes about Technology

• Today’s webinar will be recorded

• The recording will be available on the AMCHP website at www.amchp.org

• Please complete the survey to be emailed at the conclusion of the webinar

Practice Poll

• What is your favorite part of Halloween?
  - Trick or Treating
  - Costume Parties
  - Pumpkin Patch
  - Haunted Houses
  - Scary Movies

Objectives

• Describe efforts to date by MCHB and its partners in compiling the existing knowledge base of evidence pertaining to NPM #8

• Identify resources and partners from which to select existing evidence-based strategies based on the alignment of the state/territory’s Title V needs assessment findings with the NPM

• Evaluate potential strategies through the lens of current issues and opportunities in the field related to the NPM

• Share feedback with MCHB and its partners on additional technical assistance needed to identify evidence based strategies and subsequently, define measures
Featuring

Moderators: Kate Taft, MPH, and Iliana White, MPH, AMCHP

- Michele Lawler, Acting Director, Division of State and Community Health, MCHB/HRSA
- Cynthia Minkovitz, MD, MPP, Professor, Johns Hopkins Bloomberg School of Public Health
- Emily Anne Vall, PhD, Obesity Project Manager (Georgia Shape), Georgia Department of Public Health
- Michelle Owens, Student Wellness and Policy Advisor, Alliance for a Healthier Generation
- Heidi Milby, MPH, School Program Manager, Action for Healthy Kids

Welcome & Opening Remarks

Michele Lawler, Acting Director
Division of State and Community Health
Maternal & Child Health Bureau
Health Resources & Services Administration
U.S. Department of Health & Human Services
MLawler@hrsa.gov

STRENGTHEN THE EVIDENCE BASE FOR MCH PROGRAMS

Cynthia Minkovitz, MD, MPP
October 29, 2015

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AMCHP
Goal

- To provide support and resources to assist State Title V Maternal and Child Health (MCH) programs in developing evidence-based or evidence-informed State Action Plans and in responding to the National Outcomes Measures, National Performance Measures, State Performance Measures and state-initiated Structural/Process Measures.

6 Objectives

1) Convene a Team of Experts with specialty background and experience related to the performance measures

2) Provide reports including a critical review of the evidence of effectiveness of possible strategies to address National Outcome Measures, National Performance Measures, State Performance Measures and state-initiated Structural/Process Measures via the Team of Experts

3) Provide ongoing consultation to State Title V MCH programs through the Team of Experts to support the State's development of evidence-based or evidence-informed State Action Plans

4) Develop web-based supports and resources for State Title V programs

5) Establish an online platform for sharing best practices via a "Community of Practice" and to facilitate communication and information sharing on topics about the emerging needs of Title V state and discretionary grantees for implementing the Title V MCH Block Grant Transformation Process

6) Maintain and enhance an MCH digital library including the historical collection

Environmental Scans

- Compilations of strategies to advance performance for each of the 15 National Performance Measures (NPMs)

- Environmental Scans include:
  - Reviews and Compilations: identifies existing compilations for strategies that intend to improve performance for each measure; these include both scholarly reviews and compilations that have been produced by key organizations in the field
  - Frameworks & Landmark Initiatives: includes conceptual models underlying strategy implementation, these may or may not be explicitly highlighted in the Reviews and Compilations section; landmark initiatives include seminal programs/policies related to each NPM
  - Data Sources: indicates sources (e.g. PubMed), as well as criteria (search terms, publication date), and link to search strategy; also selected organizational websites
  - Inclusion & Exclusion Criteria: denotes types of studies, setting, populations of interest that were included in our search, and exclusion criteria

- Reviewed 13 interventions  
- Findings  
  - Recess interventions (recess, materials on playground, playground markings, playground equipment, structured recess, allocating space for play, feedback on moderate to vigorous physical activity) can improve youth physical activity levels

Georgia Shape (Emerging Practice)  
- Statewide, multi-agency, multi-dimensional initiative that brings together governmental, philanthropic, academic and business communities to address childhood obesity in Georgia  
- Initiatives  
  - Power Up for 30: trains educators to effectively add 30 mins of physical activity for every student throughout the school day in addition to PE  
  - Georgia Safe Routes to School: expand implementation of safe routes to school

Reviews and Compilations: Sample Entry

<table>
<thead>
<tr>
<th>Review/Compilation</th>
<th>Summary</th>
<th>Web Link</th>
</tr>
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<tbody>
<tr>
<td>Erwin et al. (2014)</td>
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</table>
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    - Georgia Safe Routes to School: expand implementation of safe routes to school | [Web Link](http://dx.doi.org/10.4278/ajhp.120926-LIT-470) | [Web Link](http://www.amchp.org/programsandtopics/BestPractices/InnovationStation/ISDocs/Georgia-SHAPE.pdf) |

Highlights from the Review for NPM #8

- Reviews and Compilations include:  
  - 22 systematic reviews  
  - 15 compilations of strategies  
  - 2 organizational websites

- Frameworks and Landmark Initiatives include:  
  - 4 reports outlining recommendations of strategies to increase the level of physical activity in children  
  - 3 conceptual frameworks or theoretical models  
  - 1 guide of school health policies and practices
Examples of Strategies for NPM #8

- Schools
  - Encourage physical activity in before- and after-school programs
  - Promote recess interventions (e.g. fitness breaks)
  - Develop walk and bike to school initiatives
- Consumers/Families
  - Provide computer- and web-based interventions (e.g. active video games)
  - Offer family/social support interventions to promote physical activity
- Healthcare Professionals
  - Help schools encourage appropriate use of safety equipment
- Other
  - Enhance urban design (e.g. create/renovate playgrounds, improve walking/biking infrastructure and sidewalk quality)

Technical Assistance

- Complement ongoing HRSA investments and expertise among discretionary grantees
- Strengthen the Evidence team focused on TA related to evidence to inform strategies to achieve progress on state identified priorities
  - Varying levels of TA intensity
  - Recognize continuum of available evidence
  - Individual vs. groupings of states depending on needs
- Types of TA requests
  - Identifying possible strategies
  - Evaluating a selected strategy
  - Providing evidence relating to specific strategies
  - Adapting strategies for a specific population
  - Developing evidence-based or evidence-informed strategy measures
- Sample activities: In depth evidence reviews, connect states with MCH consultants, work collaboratively to provide communities of practice

Contact Us

- Technical Assistance Requests
  http://www.semch.org/technical-assistance.html
- Project Coordinator, Stephanie Garcia
garc22@jhu.edu

THANK YOU!!!

www.semch.org
OPPORTUNITIES AND EXAMPLES IN THE TITLE V FIELD

Previous efforts and activities

- **Promoting Healthy Weight: The Role of Title V (2013)**
  - Environmental scan of 2011 Title V MCH Block Grant state narratives contained in the Title V Information System (TVIS) online database.

- Common strategies across states:
  - Health promotion, education, and training
  - Data monitoring, surveillance, and evaluation
  - Collaboration and partnerships
  - Developing and implementing policies and guidelines
  - Capacity and systems building

Current and Future Efforts

How do states plan to address physical activity for children and adolescents?

- Common themes ➔ schools are **golden**
  - Increasing physical activity during the school day, not just through P.E. classes
  - Encourage the local health dept. staff to participate in school wellness committees within their school district
  - Increase school-community collaborations to promote health
  - Collaborate with DOE to conduct outreach to districts to develop and implement obesity prevention activities
  - Identify community partners to work with their local schools to incorporate recess and physical activity into their school wellness policies
Poll

- Do these strategies/themes resonate with your state action plans?
  - Yes
  - No
  - Unsure

Innovation Station Spotlight:
Georgia SHAPE

- Statewide, multi-agency, multi-dimensional initiative launched in 2012 with ecological lens
  - Encourage healthy behaviors and promote individual health through coordinated statewide policy and school/community efforts
  - Offer resources to families and individuals
- School-based efforts
  - FITNESSGRAM assessments
  - Power Up for 30
  - TA around wellness policy and programming
  - Promotion of joint-use agreements, Safe Routes to School, Healthy Schools Program, Farm to School
Statewide Fitness Assessment: The S.H.A.P.E Act

  - Georgia DPH and partners pilot implementation
  - Best Practices disseminated statewide
- 2011: Law requires annual fitness assessment to begin statewide
- 2012: Governor launches the GA Shape Statewide Initiative
- 2012: Georgia Public Health Commissioner recruits expert staff and Committee to plan, organize and implement a statewide child wellness initiative

Power Up for 30: Increasing Physical Activity Statewide

- 30 Additional Minutes of Physical Activity
  - Before, During and After School
  - In ADDITION to MVPA PE Classes
- Free Training, Resources and Educator CEU’s
- Learning Connection Offers Stakeholders Concrete Research (National and Georgia)
  - Classroom Teacher Buy In: Academics
  - Administrator Buy In: Absenteeism & Discipline
  - Physical Educator Buy In: Physical Health & Wellness
- Intervention Improves Statewide AC Measure
One Year PU30 Pilot: 5 Counties

- 63.7% Improved Aerobic Capacity
- 57.2% Improved BMI Percentile
- Before School PA Time
- Classroom PA Time
- Moderate to Vigorous PA in PE Class

Physical Activity and Academic Performance

Academic Scores in Cobb County by Aerobic Fitness HFZ

Math and Reading scores by HFZ, NI-Some Risk, NI-High Risk

Physical Activity and Discipline Referrals

Percentage of Discipline Referrals in Cobb County by Aerobic Fitness HFZ

Discipline referrals by HFZ, NI-Some Risk, NI-High Risk
Physical Activity and Average Daily Attendance

Average Daily Attendance in Cobb County by Aerobic Fitness HFZ

ADA

96.50%
96.40%
96.30%
96.20%
96.10%
96.00%
95.90%
95.80%

HFZ
Ni-Some Risk
Ni-High Risk

Power Up for 30 Pledge Status

753 Schools Pledged
541 Schools Trained

Questions?
EmilyAnne.Vall@dph.ga.gov
Representative
Diverse

SWC

Take
Action

Buy-In,
Involvement

Support
Priorities

Advise,
Advocate

- Policy
- Health Education
- Physical Education & Physical Activity
- Nutrition Services
- Health Promotion for Staff
- Family & Community Involvement

Commit2Ten.Org

#Commit2Ten More Minutes and get your personalized 30-day activity calendar
Staff Fitness Breaks

SEATED Run
- Stand up slowly with feet shoulder width apart.
- Push down on chair with back foot and lift your foot off the ground.
- Swing your other leg out to one side of chair without falling, then swing it back to the starting position.
- Repeat 20 times.

Bicep CURLS
- Stand with your legs hip width apart.
- Hold the chair arms with your hands and perform the curl.
- Slowly lower yourself and then lift yourself back up to the starting position.
- Repeat 20 times.

Resource Database

PLAYWORKS Game Guide

Let's Move! Active Schools
Physical Activity & Physical Education
Alliance's Physical Activity Webpage

HealthierGeneration.org/PhysicalActivity

On Demands & Connect Communities

LEARNING TOGETHER

Hear from national experts and connect with like-minded healthy change makers.

10/29/2015

Michelle.Owens@HealthierGeneration.org

HealthierGeneration.org
Physical Activity Strategies for Schools

Heidi Milby, MPH
School Program Manager
Action for Healthy Kids

Who Are We?

Action for Healthy Kids® (AFHK) fights childhood obesity, undernourishment and physical inactivity by helping schools become healthier places so kids can live healthier lives.

Physical Activity in Schools

The Centers for Disease Control and Prevention (CDC) recommends that kids get 60 minutes of physical activity daily.
The five components of a CSPAP are:
1. High-quality physical education.
2. Physical activity during school.
3. Physical activity before and after school.
4. Staff involvement.
5. Family and community engagement.

Before and After School
- Out-of-school time programs
- Intramural sports and activity clubs
- Walk and bike to school programs
- Joint use agreements

During School
- Recess before lunch
- Brain breaks
- Content learning that incorporates movement
- Yoga breaks
- Active indoor & outdoor recess
Special Events (Family Engagement)

- Family fitness nights
- Screen-Free Week
- Family activity points
- Health & wellness fairs
- PE for parents
- Active fundraising
- Healthy & active classroom parties

AFHK Resources

- AFHK Tip Sheets: [www.ActionForHealthyKids.org/ParentToolkit](http://www.ActionForHealthyKids.org/ParentToolkit)
AFHK Resources

Connect with AFHK State Coordinators!

http://www.actionforhealthykids.org/about-us/our-team/state-coordinators

Contact Information

For more information, contact:
Heidi Milby, MPH
School Program Manager
Action for Healthy Kids
312-878-2712
HMilby@ActionforHealthyKids.org

Poll

• Do you think you can apply any of the strategies or resources presented to your state action plans?
  – Yes
  – No
  – Unsure
Q&A

- Mute your line by using the mute function on your phone or by using *6 to mute/un-mute
- Raise your hand. Using the icon at the top of your screen (example shown right)
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AMCHP Communities of Practice

- In partnership with Johns Hopkins, AMCHP will host four Communities of Practice around the MCH Population Domains:
  - Child Health – Launching today, 10/29
  - Children and Youth with Special Health Needs (CYSHCN)
  - Cross-cutting / Life Course
  - Women’s / Maternal Health
- Purpose is to provide a space for peer sharing of:
  - Strategies related to the NPMs within the domain
  - Development of ESMs for strategies
  - Issues for group discussion and/or expert consultation
  - Updates on new resources and materials related to the development of ESMs

AMCHP Communities of Practice

- Who will benefit from joining:
  - State Title V staff engaged in the state action plan & developing ESMs
- Participant Involvement:
  - Participation in online discussion boards, interact with peers
  - Identify topics that require further TA
  - CoPs are participant-driven
- To learn more, visit our Communities of Practice Page: http://www.amchp.org/AboutTitleV/Resources/Pages/MCHPopulationCommunitiesofPractice.aspx
- To sign up, go directly to our Registration Page: https://www.surveymonkey.com/r/CoP_MCHPop_Reg
- Questions? Contact Caroline Stampfel at cstampfel@amchp.org
Webinar Evaluation

Please take a few moments to provide feedback:

https://www.surveymonkey.com/r/AMCHPNPM8

Thank you!