

# ARE YOU SMARTER THAN A 10<sup>TH</sup> GRADER?

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## Overview

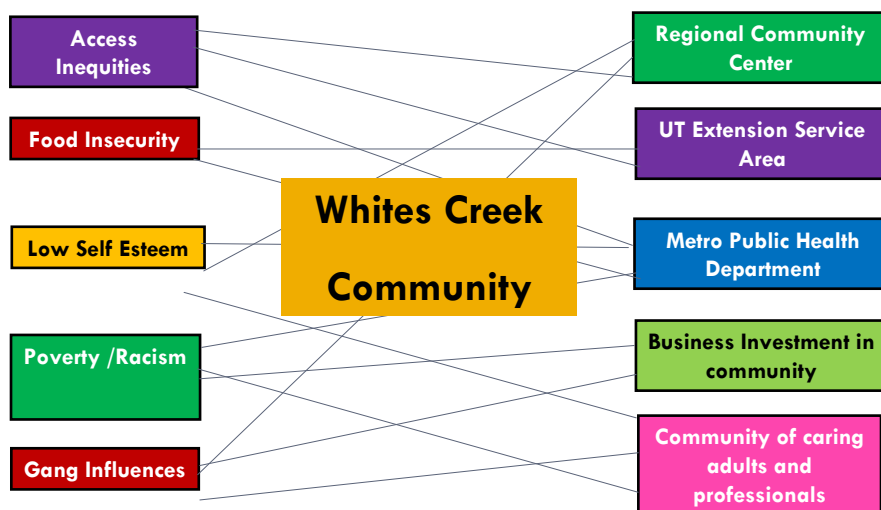
- Identify opportunities to forge non-traditional partnerships
- Opportunities to work strategically to overcome program barriers
- Dialogue about replication and best practice models

## Welcome to Whites Creek High School

- ▣ 975 students (grades 9-12)
- ▣ 85% AA; 14% Caucasian, 1% Hispanic
- ▣ 64% of students receive free or reduced-price lunch
- ▣ Over 50% of students live with non-biological parent (i.e. extended family, foster care)
- ▣ “On-time” graduation rates, 65.6%
- ▣ Few students engaged in extra curricula activities; most bused in from surrounding neighborhoods
- ▣ Few students follow through in activities

<http://www.mnps.org> (2008)

## Community Snap Shot



## TITANS (Teen InTo Athletics, Nutrition & Success) Fitness Project Overview

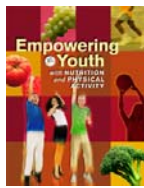
- 12 – week nutrition education and physical Fitness Project
  - 12 hours of nutrition education with Registered Dietitian; 12 hours of *reinforcement* education with Health Educator
  - 24 hours of supervised physical fitness activity with Certified Personal Trainer
- Program meets twice per week
  - Tuesday and Thursday afternoons, 3:00 -5:00 PM
- Community-based, after school collaborative
- Pre/post microfit assessment; pre/post knowledge & presumptive behavior change

## TITANS Fitness Project Resources

- Whites Creek High School
  - Principal, 6 teacher/mentors; paid tutoring opportunities
- Hartman Park Community Center
  - Donated facility and meeting space
  - Donated 6-month memberships to all participants and staff
  - Provided in-kind Personal Trainer and additional staff
- Metro Public Health Department
  - Provided in-kind health educators; Allocated grant monies to support additional educational activities and incentives
- University of Tennessee Extension
  - Provided in-kind Registered Dietitian to teach nutrition
  - Provided food, curricula & incentive items for participants

## TITANS Fitness Project Resources

- Existing MPHD grant funds/programs
- SNAP (formerly Food Stamp Program) education funds from UT Extension in Davidson County
- Freely available USDA and NIH nutrition curricula



*Empowering Youth with Nutrition and Physical Activity*  
(Team Nutrition, USDA)



*Media Smart Youth*  
(NIH)

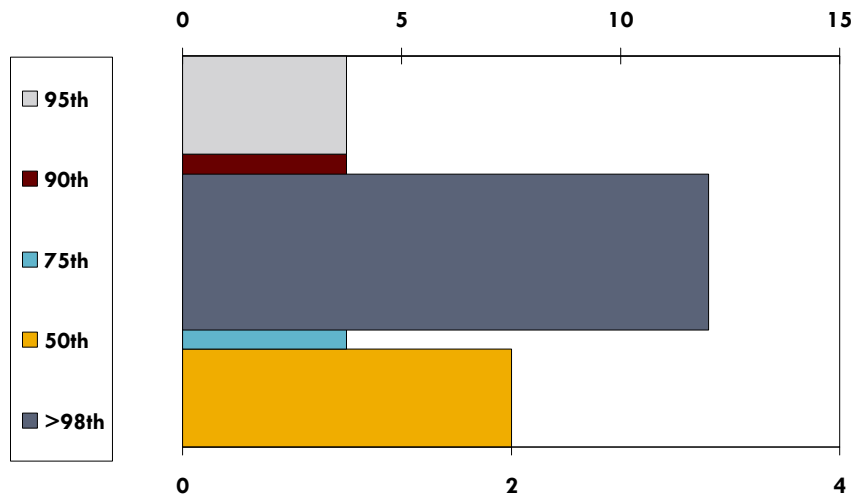


*Power of Choice: Helping Youth Make Healthy Eating and Fitness Decisions*  
(Team Nutrition, USDA)

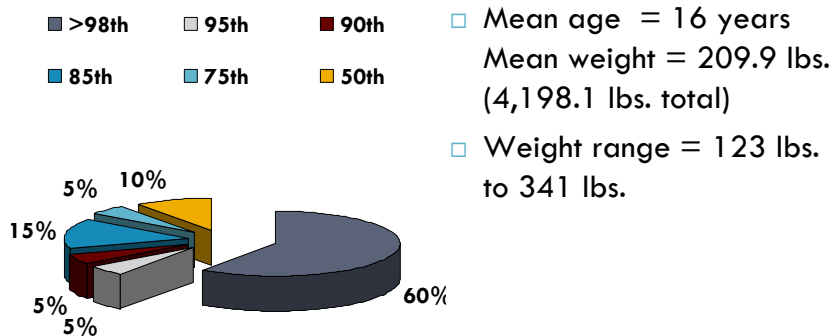
## TITANS Fitness Project Demographics

- Program enrollment
  - 20 participants
  - 6 teachers
- 100% high school (10<sup>th</sup> – 12<sup>th</sup> grade)
- 100% self-identified African/African American
- 16% male; 84% female
- Microfit™ baseline
  - Height, Weight, BMI, Skin-Fold Test
  - Blood Pressure
  - Back Flexibility
  - Biceps strength test
  - Stationary Bike Aerobic Fitness Test
- Written baseline
  - Knowledge
  - Behavior

## Pre-microfit BMI Distribution



## TITANS Fitness Project Data



## TITANS Fitness Project Data

	Indicators		
	Baseline Mean (n = 20)	12 weeks (n = 10)	Mean Change
<b>Weight (lbs)</b>	209.5 lbs	200 lbs	- 8 lbs
<b>Resting Heart Rate (bpm)</b>	88.4	84	- 4 bpm
<b>Back Flexibility (cm)</b> <ul style="list-style-type: none"> <li>Needs Work (20 – 45)</li> <li>Fair (45 – 50)</li> <li>Fit (50 – 55)</li> </ul>	75% 20% 5%	Incremental increase	+ 2 to 3 cm
<b>Aerobic Fitness (ml/kg/min)</b> <ul style="list-style-type: none"> <li>Needs Work (20.0 – 35.0)</li> <li>Fair (– 39.2)</li> <li>Fit (- 44.7 )</li> </ul>	100%	Incremental increase	+ 0.8

## TITANS Survey

- Pre- and Post-Program survey developed by UT Extension Evaluation Specialist
  - ▣ Assessed attitudes, behaviors, beliefs
  - ▣ Qualitative data (comments, suggestions, etc.)

Pre-Program (self-reported)	Post-Program (self-reported)
31% read food labels “almost always”	69% read food labels “almost always”
65% were physically active 3 or more days per week	92% were physically active 3 or more days per week
43% “almost always” ate breakfast every day	62% “almost always” ate breakfast every day
86% knew where to find nutrition information on a food label	100% knew where to find nutrition information on a food label

*Data not statistically significant due to small sample size.*

## Topics Identified as Most Beneficial

- ❑ Reading nutrition labels (#1)
- ❑ Preparing healthy snacks/meals
- ❑ Calcium
- ❑ Whole grains
- ❑ Different types of fats
- ❑ Grocery shopping (with grocery store tour)



Nutrition Quiz Bowl

## TITANS Fitness Project Extras

- ❑ \$10 Kroger gift cards, Supermarket tour
- ❑ Photovoice project on food choice and access @ school
- ❑ Small group dialogue on eating triggers and response to emotional stress
- ❑ Discussion of Life “issues” that affect goals
- ❑ Exposure to new activities



Super Market Tour



Yoga Day

## TITANS Untold Story

- Participant # 18
- 16 year old female
- 337.2 lbs; RHR 125 bpm
- Low self confidence; anger as a defense mechanism
- Couldn't complete 1 lap around indoor track
- "I [now] have a fitness family, I'm learning new ways to be and stay healthy, and I've felt much better when I run (don't get tired as easily.)"
- "[Participating in the fitness club] informed me of the small yet big changes I can make each day that can benefit my future."

## General Comments from Teachers

- "I noticed that my students were more aware of the foods that they were eating. I also noticed their desire to eat nutritious snacks. "
- "The students have been engaging in more dialogue about foods they should and shouldn't eat and how they can improve their diets. They have also been checking themselves when choosing foods by reading labels. "
- "I have noticed that students are making healthier choices and they are encouraging each other to stay with the program."

## Lessons Learned and Opportunities

- Microfit analysis; tool to measure incremental changes
- Mentoring Model (Student + teacher)
- High attrition rate; may need to include more weekly incentives and small celebrations
- Need to measure longitudinal changes (6 and 12 month intervals)
- Partnership with local Extension, Parks and Health Department
- Cost per participant = \$32.00 (incentives & food)

## Questions?

- Contact:

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