

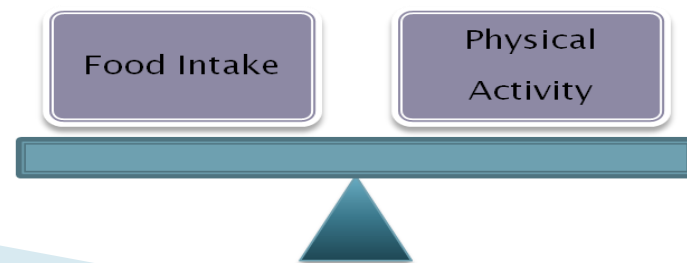
The Home for Little Wanderers

Physical Activity Plan for Residential School Programs

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Project Background

- ▶ The Home for Little Wanderers serves at risk children and families through a range of community-based and residential programs. This project is focusing specifically on the 3 residential schools serving approximately 100 youth.
- ▶ 2010 –2011 The Home implemented major changes to nutrition and foods services.
- ▶ This project addresses the other side of the scale improving the physical activity component of services.
- ▶ As Project Manger for Wellness I will develop and oversees implementation and evaluation of the Physical Activity Plan.




Aims & Target Population

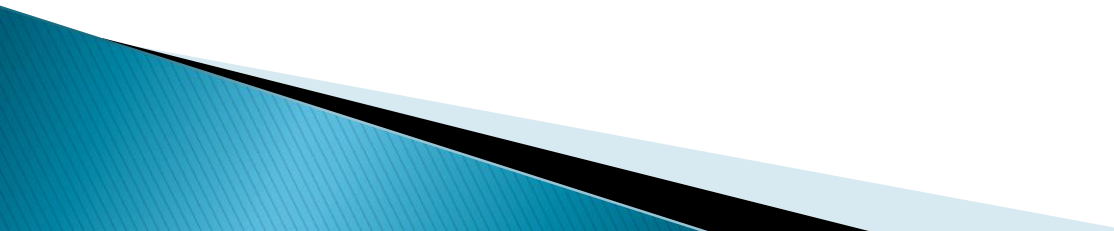
- ▶ Two schools serve adolescent boys ages 11–18 with behavioral, emotional, and mental health challenges. The third school serves both boys and girls 5– 12 years of age.
- ▶ 50% of the youth score in the overweight or obese category.
- ▶ Social determinants of our population:
 - Urban environment
 - Poverty and economics
 - Educational deficits
 - Instability of caretakers
- ▶ The project aims to **provide youth with increased opportunities for Physical Activity to manage their weight and improve overall health.**



Key Activities & Outcomes

- ▶ Health Class
 - Outcome: Individualized goals and tracking progress
 - ▶ After School Program
 - Outcome: Varied Opportunities
 - ▶ Free Time
 - Outcome: Inviting Environment for Physical Activity
 - ▶ Family Events
 - Outcome: Opportunities with families that involve physical activity
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Initiative 1 – Health Class

- ▶ The Social Ecology Framework
 - Looking at the Intrapersonal level
 - Wanting to impact knowledge, skills, and self assessment of youth – identifying their own motivation and goals
 - ▶ Measures and Evaluation
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Key Strategies and Short Term Action Steps

Initiative	Key Strategies	Action Steps
<p>1. Ensure Health Education PA curriculum is being followed, includes best practices, and meets recommended PA guidelines for youth.</p>	<p>Educate and Communicate</p> <p>Participant Involvement</p> <p>Facilitate and Support</p> <p>Negotiate</p>	<p>Step 1: Review DESE requirements , PA recommendations, and best practices – write summary document</p> <p>Step 2: Present requirements and best practices to 3 PDs. (Link with Wellness Initiative)</p> <p>Recommend 2 focus areas:</p> <ol style="list-style-type: none"> 1) Individual goal oriented plans 2) Fitness measures <p>Step 4: Organize meeting with principals and health teachers to share their ideas and practices regarding the two focus areas.</p> <p>Step 5: Write action plan to ensure implementation of 2 focus areas: identify resources and barriers</p>

Key Strategies and Long Term Action Steps

Initiative	Key Strategies	Action Steps
<p>1. Ensure Health Education PA curriculum is being followed, includes best practices, and meets recommended PA guidelines for youth.</p>	<p>Educate and Communicate</p> <p>Participant Involvement</p> <p>Facilitate and Support</p> <p>Negotiate</p>	<p>Step 1: Research measuring tools, instruments to document : Individual goal oriented plans Fitness measures</p> <p>Step 2: Present recommended tools to Principals and PDs and decide upon instruments to use.</p> <p>Step 4: Organize meeting with principals and health teachers to train on tools and identify systems of recording and reporting.</p> <p>Step 5: identify resources and barriers to implementing tools and brainstorm plans to overcome barriers.</p> <p>Step 6: Review and analyze results of measures reporting back to programs and leadership.</p>

Future Initiatives and Leaders In Health Concepts

- ▶ Initiative 2 – After School Program
 - LIH concept → CBRP
- ▶ Initiative 3 – Free Time
 - LIH concept → PA and the built environment
- ▶ Initiative 4 – Family Events
 - LIH concept → social ecological model, CBPR engaging the families

Conclusion

- ▶ Youth will have a variety of opportunities to increase their Physical Activity. Further they will be able to set individual goals to improve their weight and health.