

Mih521 - health
program evaluation
mod 4 slp



**ASSIGN
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TUI Tanya C. Messner-Black MIH 521--Health Program Evaluation Module 4--
SLP Measureable Outcomes The Fit Kids program is a program set up to improve the health of children. Realizing that childhood obesity is a major problem in the US, the objective is to stop obesity before it happens by improving the diet and exercise that children are getting on a daily basis. Many of these children have developed type 2 diabetes, coronary artery disease and arthritic joints because of the weight that is placed on them. This paper will discuss the overall measurable goals of this problem as well as who the stakeholders involved in those goals are.

We have listed the major problems contributing to this population. There is an added problem and that is that these children are bound for poverty based on the illnesses that they develop because of the obesity. There are several measureable goals and they come from different sides of what is happening. For instance, the primary goal is to improve the overall health of the children but there is also the goal to improve the health of those that are already obese. These goals are meant to be accomplished through activity (see appendix A) (fitkids. gov).

The goals that are measurable for this program include the following:

BMI- Reduction in overall BMI with children who are obese or overweight

Reduce the incidence of Type 2 diabetes in elementary school children

Improve cardiovascular endurance in children of elementary school age in US

Improve the health of all children of elementary school age in the US.

All of these goals are measureable and are being measured. Those schools that have adopted this program at this time have done overall BMI of all elementary school children for school records. Children are screened for type

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2 diabetes and cardiovascular disease yearly as part of the school physical. Schools are monitored by independent organizations assuring that the grant money is spent well as far as assuring that exercise and dietary programs are carried out (Glasgow, 1999).

They are accomplishing many of these goals and the following are being used to do that:

All soda pop machines have been removed from the schools (This was a suggestion from the kids)

All those schools that were using fast food vendors have cancelled contracts and are serving well rounded lunches with recipes to go home with kids.

All schools that are involved in the program provide at least one vigorous 30 minutes exercise daily (appendix), preferably involving staff also.

At least one afterschool program for activity is provided.

All schools involved have a garden providing fresh vegetables to be used at the school and maintained by the children and staff.

As can be seen by the things listed here this is really a program about prevention and not treatment though certainly a side effect of the prevention is treatment. It is believed that a full evaluation of this program will yield excellent results.

In conclusion, this program has some very difficult goals to meet as it is easy to leave the healthy lifestyle at school and go home and watch TV but the hope is that learning this lifestyle and feeling better because of it will encourage children to remain activity and to eat well even after they leave school.

Resources

Glasgow, R., Vogt T., Boles S. E (1999). Evaluating the public health impact
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of health promotion interventions: American Journal of Public Health. 89 (9).

<http://www.fitkids.gov>

Appendix

Retrieved from <http://www.fitkids.gov>

Name of Activity:

Activity Review:

Print this Activity

Watch the Video:

Windows Media Player: Small / Large

QuickTime: Small / Large

Add Activity to Favorites

To bookmark an activity, click here to create an account.

Have an account already? Click here to log in.

Review this Activity

California Dreamin

Length of Activity

10 minutes.

Formation:

Students may stand by their desks.

Equipment / Materials

None

Instructions / Rules

Teacher leads the class on a virtual tour of California. Students move according to the actions listed below.

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March across the Golden Gate Bridge

Surf in the Pacific Ocean

Climb up a Redwood Tree

Pretend you are an actor and wave to all your fans

Flex your muscles like Arnold Schwarzenegger, the governor

Stomp the grapes

Pick oranges

In line skate on the boardwalk

Ski on the Sierra Nevadas

Climb Mount Whitney, the highest peak in the continental US

Crawl through the Death Valley Desert

Hit a homerun at Pac-Bell Park

Shoot a foul shot at the Staples Center

Goal(s):

Adaptations (for students / teachers with physical limitations):

Classroom Tips:

Teacher can use a wall map to point out specific landmarks or areas.

Variations:

Teacher may use same concept with any state.

Source:

The Elementary Energizers were developed by East Carolina University, Physical Activity Laboratory in partnership with the NC Department of Public Instruction (Healthful Living and Healthy Schools Sections) and Be Active North Carolina.

Original / Adapted:

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Original

Resources (used to create lesson):

Attachment(s):