

Kansas Health Foundation Status Report

Healthy Out-of-School Places (KHF Grant # 200201018-54)

by: David Dzewaltowski, Director, Community Health Institute K-State Research and Extension for the grant period January 1, 2003 - February 13, 2004 (with time extension)

The **mission** of the Healthy Out-of-School Places project is

- To develop sustainable healthy out-of-school places that foster personal and social assets in youth in order for them to make healthy behavioral choices and avoid problem behaviors.

The Healthy Out-of-School Places project **strategies** are to

- Develop a locally owned decentralized dissemination system for the development of healthy out-of-school places by connecting and building the capacity of a cadre of county, area, state level community health extension agents.
- Mobilize and coordinate the county leaders to develop innovative partnerships at the local level to build multi-agency structured out-of-school program partnerships and to build healthy out-of-school places.
- Implement pilots of sustainable healthy place-based social marketing and development in four pilot communities.
- Evaluate the effectiveness of the pilot healthy out-of-school places project.

A) How well was the Project mission achieved?

The Healthy Out-of-School Places project mission was undertaken and achieved. Local Research and Extension professionals were recruited, trained and supported as they established coordinating “hubs” (local focal points for technical assistance, coordination, dissemination and evaluation) to manage sustained efforts that developed community-based healthy out-of-school places. The seven hubs established and/or expanded local partnerships to address healthy eating, physical activity, civic engagement, and availability of quality after school programs for school-age youth.

The Healthy Out-of-School Places hubs now continue their work with the support of the K-State Community Health Institute (CHI) and local partners from various agencies (e.g., health departments, schools, coalitions, SRS offices, law enforcement, after school networks.)

B) The extent to which each of the Project’s strategies and objectives have been met:

The Healthy Out-of-School Places project strategies and objectives have been met. Each of the local Healthy Out-of-School Places projects have positioned themselves to be a sustained “hub” in partnership with other organizations addressing youth health behaviors. The hubs are working toward the successful translation of research to practice by regularly planning with their local partners and by collecting baseline and post test information using valid methods. Participant data and resource information is collected locally at the out-of-school project site and is analyzed by CHI’s information capture/scanning system. Participation in the Healthy Out-of-School Places grant has also resulted in the submission of new grant proposals from hubs to national and state resources (e.g., General Mills, Active for Life, Sunflower Foundation, Kansas Health Foundation, Kauffman Foundation, National 4-H Council).

Indicators and benchmarks of achievement of the Healthy Out-of-School Places project objectives and strategies include

- Purchase and testing of information capture system/scanner (February – March, 2003)

- Health Outcomes Cadre training (February 18-19, 2003) on strategic planning and marketing for 23 local Research and Extension professionals
- The Healthy Out-of-School Places project Request for Proposals was developed and marketed (February 19, 2003; see attached). Two proposal conference calls were held for prospective applicants (February 28 and March 1, 2003). Applications were accepted (March 30, 2003), screened and mini-grant awards to seven local Research and Extension offices announced (May, 2003).
- Completion of the Health Outcomes Cadre training (April 24-25, 2003) which featured evaluation strategies and outcomes-based planning techniques from other content areas.
- Summer pilot of scanning system for healthy eating behavioral data collected at FNP programming sites. Ninety-nine students from four summer programs for school-age youth participated in data collection.
- Subawards for the first phase of the Healthy Out-of-School Places project executed (September 13, 2003).
- The local Healthy Out-of-School Places project hubs have met together quarterly for face-to-face meetings. At these meetings content (e.g., research-based physical activity promotion, recommended health programs from CDC), and process (e.g., quality improvement cycle, planning) training has been provided. Selection of suitable evaluation components has also been addressed (e.g., RE-AIM, human subjects issues, process vs outcome evaluation, etc.). Group and individual goal setting was completed during the meetings. Meetings for the first phase of the project were held on August 26, 2003; November 12, 2003; February, 2004. There will be two additional face-to-face meetings to complete the project (May, 2004 and August, 2004).
- The Healthy Out-of-School Places hub members have also participated in monthly conference calls to share successes, challenges and update individual goals. Written "Goal Setting to Action" worksheets were used for reporting purposes between quarterly meetings.
- As the first phase of the KHF-funded Healthy Out-of-School Places ended in February, local hubs were required to submit a written plan for ongoing community-based work addressing their targeted health-related behavior. The acceptance of those plans led to the second phase of the Healthy Out-of-School Places project with support from the Community Health Institute. The regular meetings and conference calls, data collection and analysis continue until the Healthy Out-of-School Places project is completed in August, 2004.