

A Collaborative Model for Healthy Lifestyles in Elementary School Children?

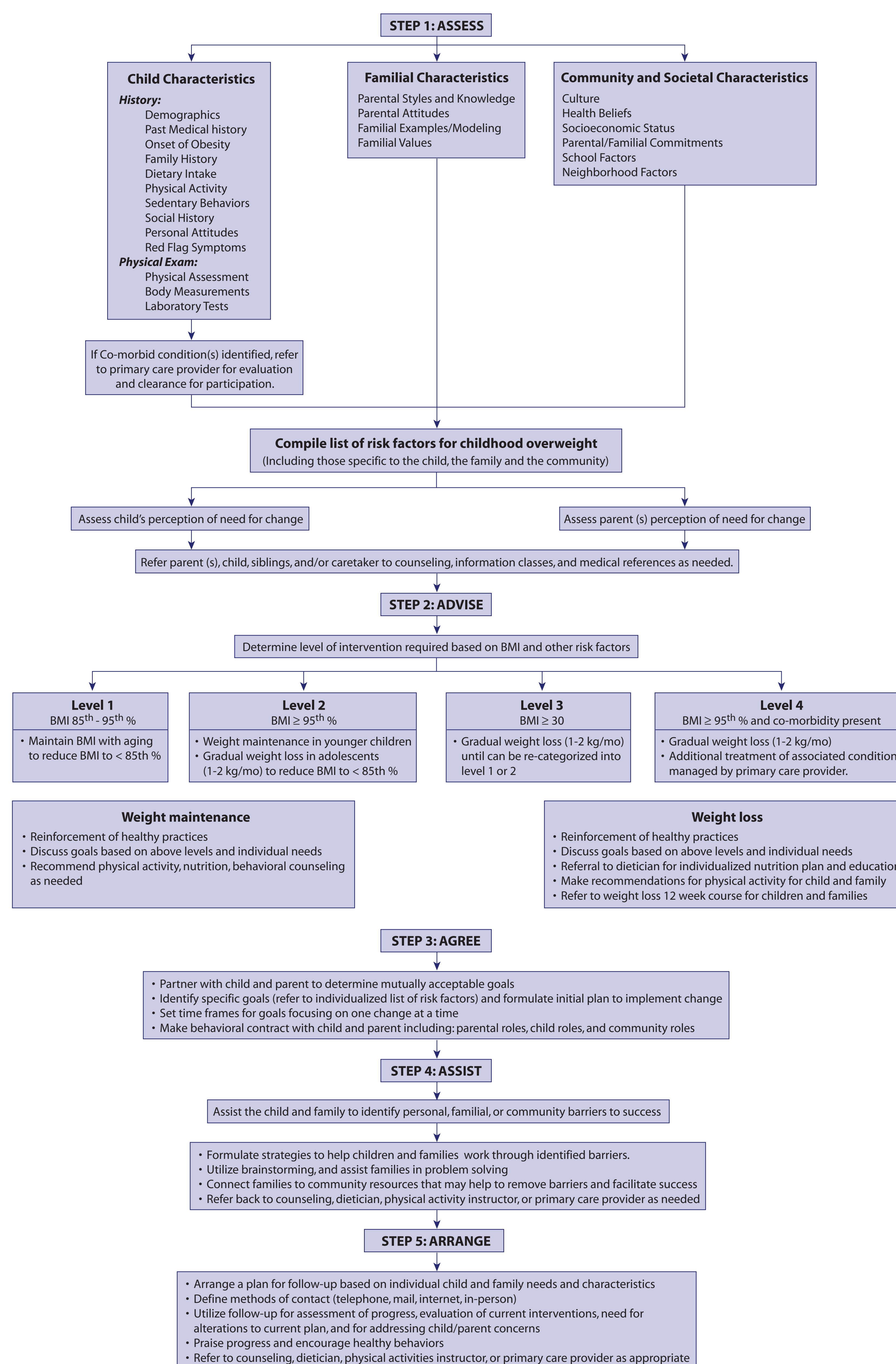
California State University, Fullerton
Cindy Greenberg, DNSc, RN, CPNP
Elaine Rutkowski, MSN, RN, CNS, PHN

This project has three components, all focused on the Valencia community in south Fullerton.

#1 Objective: to develop a referral center for children who are at risk of, or already identified as overweight. This center, based at St. Jude's new fixed site clinic, will work with children and parents to gain strategies to make healthy food choices and increase physical activity. An algorithm will guide the tract that children and families take upon referral. A 12-week curriculum is being developed to increase knowledge of positive health behaviors and alter targeted behaviors toward positive change. Parents and children will attend separate, complementary classes.

#2 Objective: to evaluate the relationship between academic performance and health and fitness measures in elementary school children. Public access databases will be used to obtain grouped data on demographics (ethnicity), academic information (API scores) and fitness levels (fitnessgram scores) from all fifth grades in the FSD.

#3 Objective: to complete a community assessment of health resources assets (e.g. health centers, health programs, physical activity programs, parks, markets) to identify assets and gaps. The results will be used by the resource center to direct children and families to community resources for healthy lifestyles. GIS mapping has been done to identify selected resources within the target area. Community members will be queried to validate GIS mapping. The asset map will also be used for the Community Advocacy: Fresh Ideas on Food and Fitness for Orange County's Kids (The Valencia Neighborhood Healthy Communities Project) in partnership with the Fullerton Collaborative and the Health Funders Partnership of Orange County grant on childhood obesity and system change. The results of the community health resources assessment project will be used to identify potential areas to target in order to effect one sustainable change in the built environment and one policy change in the local school or city that will improve access to physical activity and good nutrition.



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