

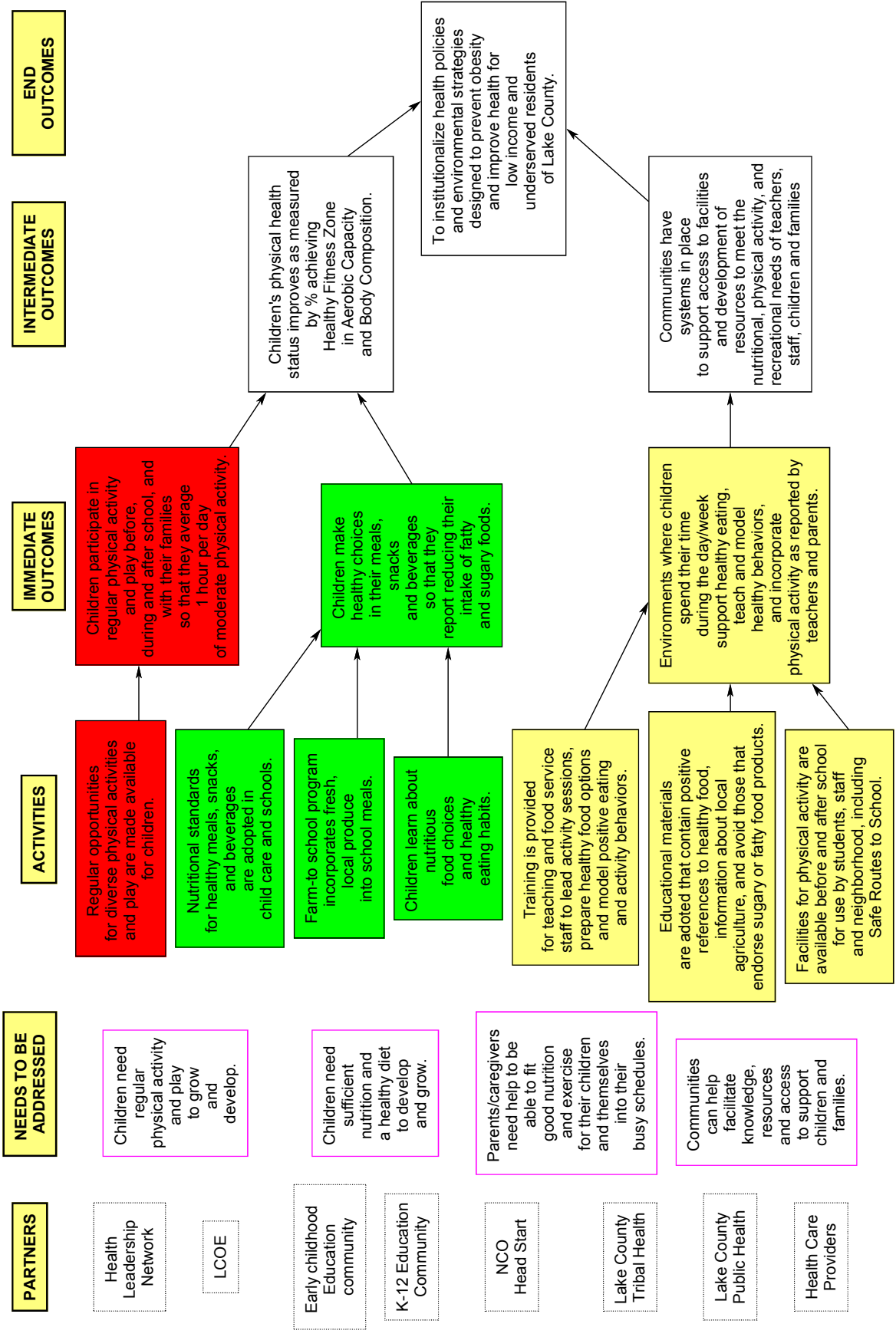
HLN Data Work Group  
April 13, 2010 Meeting Notes

Present: Dr. Karen Tait, Jackie Armstrong and Joan Reynolds

By Phone: Susan Jen and Cathy Ferron

- Overall, the work group discussion focused on two areas:
  - Developing a focus for measuring impact on improving nutrition and physical activity in schools/community; and
  - Developing indicators to include in “data repository” for HLN and its membership to use in writing grants and doing planning.
- Cathy Ferron presented draft visual logic model developed for nutrition and physical fitness activities (CATCH, Food service). Linked to the ENACT spreadsheet. See attached. Logic model provides three areas of focus: Physical activities; Nutrition; and Systems changes. Proposed measures the logic model included:
  - Children participate in 1 hour per day of moderate physical activity (might be measured by summaries of time being put to recess, after school programs, and CATCH activities for children attending elementary schools in the county);
  - Children report making healthier food choices and reducing intake of sugary and fatty foods (might be measured by short student survey of 5<sup>th</sup> graders, Susan has previously suggested using a one page survey with about 10 questions designed for 5<sup>th</sup> graders);
  - Systems changes including food service using/ordering more vegetables, putting out oatmeal for breakfast/snack?
  - Potential overall questions that might be addressed in these three areas are attached.
- Comments that visual logic model provided a good focus for our discussion about outcomes for this part of HLN’s work. Suggested using a limited number of short-term measures that are directly related to this work to quantify outcomes from the project.
- On the data repository, to meet the scope of work with TCE, comments were made that should focus on a broader list of data that would be of interest to HLN members in general. Dr. Tait provided a list she has been creating with publically available websites with health related data. Comments included concerns about budget and staffing (or Intern?) to develop an actual database that could be updated and accessed for use by HLN.
- Next Steps
  - Cathy F. will work on expanding the list of data sources to include data of potential interest to the broad membership of HLN.
  - Cathy F. will continue to work with Tammy A. on developing school profiles (including gardens, food service/nutrition changes, recess time/PE, teachers doing CATCH, etc.) as well as work on documenting the time children are involved in CATCH and other physical fitness activities.
  - Susan Jen will contact staff at Sutter to discuss availability of adult BMI data.

# Health Leadership Network Nutrition and Physical Fitness DRAFT Logic Model 4/12/10



# DRAFT

Questions to Address Achievement of Outcomes:  
For HLN's work in Nutrition and Physical Activity

## **Overall: System-level Factors**

- What resources (fiscal, other?) have been put to improving children's physical health as result of HLN's work?
- What cross-agency collaboration has been initiated?
- What policy changes have occurred?
- What technical expertise/assistance has been utilized?
- What incentives have been put in place?
- How are these changes being made sustainable?
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## **School/Community Level Factors**

- What partnerships have been created?
- How have stakeholders been involved?
- What has changed in school staffing (quality, training, hiring, and organization)?
- What internal school/district policies have been initiated or changed?
- How has school food service changed to incorporate more healthy foods?
- How are these changes being made sustainable?
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## **Individual-level factors: Nutritional, Physical, Emotional**

- Are children participating in more physical activity?
- Are teachers and parents reporting more physical activity in children's daily lives?
- Are children reporting making healthier food choices?
- Are children reducing their intake of fatty and sugary foods?
- Are children increasing their aerobic capacity?
- Are children increasing their healthy body composition?
- Have there been behavioral improvements in the classroom?
- How are these changes being made sustainable?
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