

# Schools for Healthy Lifestyles

## Program Evaluation Fact Sheet

Fall 2015 – Spring 2016

The Schools for Healthy Lifestyles (SHL) program has been in existence and implemented across Oklahoma since 1997. During the 2015-2016 school year the program was implemented in 66 school sites. Schools for Healthy Lifestyles programmatically addresses five areas: (1) Promotion of Physical Activity and Fitness; (2) Nutrition Education and Awareness; (3) Tobacco Use Prevention; (4) Safety and Injury Prevention; and (5) Oral Health Education. Comprehensive student outcome evaluation is conducted each year using the Cooper Fitnessgram® and the Priority Health Concern Survey (PHCS).

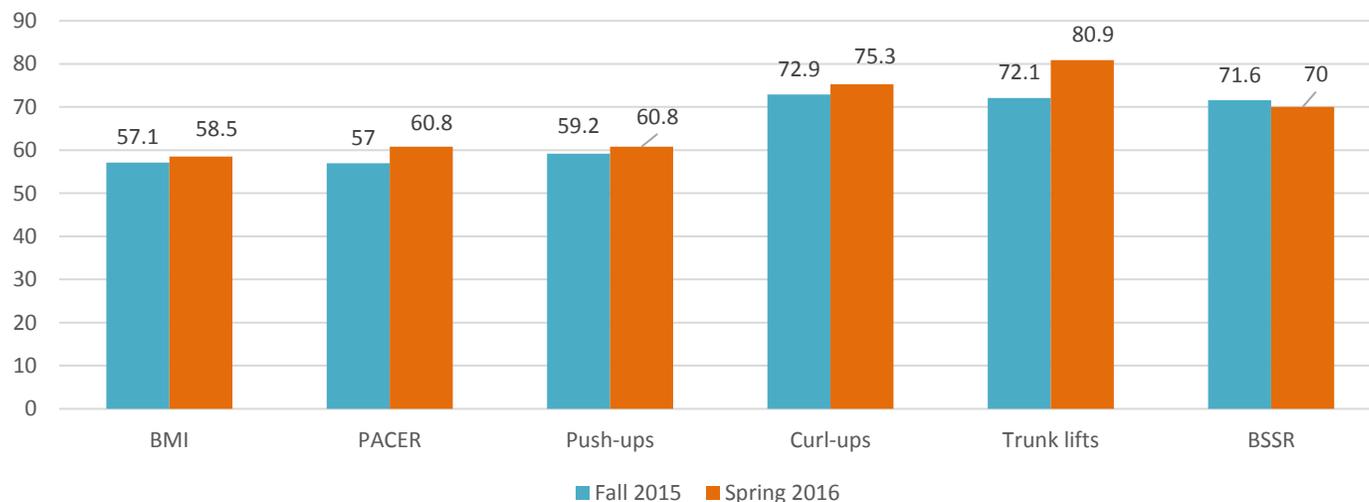
### Fitnessgram®

The Fitnessgram® was developed by the Cooper Institute to evaluate fitness levels among school age youth on five measures: body composition reported as body mass index (BMI), cardiovascular measured by aerobic capacity (PACER test), strength and endurance (push-ups, curl-ups, trunk lifts), flexibility (back saver sit and reach BSSR). Criterion referenced standards are used to identify Healthy Fitness Zones (HFZ) by age and gender for each measure.

Data was collected from 63 SHL schools in Fall 2015 and Spring 2016. The test series was completed with 13,328 students in the fall and 13,004 students in the spring. Of these 11,124 cases were matched. In keeping with recommendations from the Cooper Institute, data were extracted for ten year old students and older for the purpose of this report. McNemar's Chi-Square Test for Repeated Measures Design was used to test for significant changes from fall to spring in the proportion of students achieving HFZs.

Overall, there were *statistically significant increases in students who reached a HFZ for BMI, aerobic capacity, push-ups, trunk lift, and curl-ups*. In contrast, there was a statistically significant decrease in the proportion of students in the HFZ for the *back saver sit-and-reach (BSSR)*. Data is presented in Figure 1.

Figure 1: Percentage of students in Fitnessgram® Healthy Fitness Zones



## Priority Health Concerns Survey

The PCHS is a 40-item questionnaire used to assess health-related attitudes, knowledge and behaviors of 3<sup>rd</sup> through 6<sup>th</sup> grade students enrolled in SHL schools. It was administered in Fall 2015 and Spring 2016.

Data was received from 63 school sites. The Qualtrics Software System registered approximately 12,436 and 12,487 students completing the survey in fall and spring, respectively. Of these 9,686 cases were matched and analyzed using a McNemar's Chi-Square Test for Repeated Measures.

### Safety and Injury Prevention

- ✓ Across grade groups students were more likely to know to check water depth and look for hazards before diving into water in the spring (68.7%) compared to fall (61.4%).

### Oral Health

- ✓ A larger proportion of students demonstrated improved knowledge related to dental hygiene at the end of the program (ranging from 58-73%) compared to the beginning of the program (ranging from 34-63%).
  - Knowledge areas included purpose of fluoride, plaque, cause of cavities and function of tooth enamel.
- ✓ Eighty-seven percent of students reported brushing their teeth at least one time per day in both the fall and spring.

### Tobacco Behaviors

- ✓ Across grade groups students were more likely in the spring (89.8%) to report no intent to use tobacco in the future compared to the fall (86.3%).

### Nutrition Knowledge and Behaviors

- ✓ A larger proportion of students in the spring (70.5%) demonstrated using the Nutrition Facts Label to identify a healthy food compared to the fall (62.5%).
- ✓ Approximately 47% of students reported eating 2 servings of fruit on all 3 days prior to the survey (*fall*: 46.5%; *spring*: 46.9%).
- ✓ About one-third of students reported eating 3 servings of vegetable on all 3 days prior to the survey (*fall*: 36.4%; *spring*: 35.6%).
- ✓ Slightly more than half of students reported consuming at least 3 servings of milk, cheese and/or yogurt on all 3 days prior to the survey (*fall*: 53.5%; *spring*: 53.9%).
- ✓ Approximately 1 of 3 students reported *not consuming sugar-sweetened beverages* on the three days previous to the survey (*fall*: 34.4%; *spring*: 33.2%).

### Physical Activity Behaviors

- ✓ A larger proportion of students reported being physically active (PA) *before, during and after school* on 1 or more days in the spring compared to the fall. Proportions are summarized in Figure 2.
- ✓ Approximately 2 in 3 students reported meeting recommendations for daily screen time (*less than 2 hours*) (*fall*: 69.1%, *spring*: 68.8%).

Figure 2: Percentage of students reporting PA before, during and after school

