Keeping Kids Moving: Physical Activity Opportunities During and After-School

Kaiser Permanente Southern California HEAL Initiative
Virtual Brown Bag Learning Series
September 25, 2013

Please make sure you have connected with the telephone using the number and conference ID provided in your confirmation email.

Also please mute your phone.
Practice Getting Started

PHONE
- Connect with Phone
- Mute Your Phone

PARTICIPATORY FORMAT
- Active Dialogue
- Chat Box
What is a “Virtual Brown Bag”?

- **Purpose:** To generate discussion and peer learning between Southern California HEAL grantees and partners.

- **Expected Outcomes:** Accelerated learning, inspiration, dissemination of best practices, and enhanced likelihood of successful community transformation.

- **Schedule:** Monthly web/phone convening every fourth Thursday from Noon – 1:30 pm.
Today’s Learning Objectives

- Physical activity strategies through parent, teacher, student and CBO led efforts
- Effectiveness of physical activity strategies and the role of evaluation
- Trainings and funding for sustainability of strategies
Agenda

- **Introductions:** Who’s in the Room?
- **Invited “Instigators”** Launch Discussion
- **Active Dialogue** with All Participants
- **Ideas** for Replication, Adaptation or Inspiration!
Who’s in the Room?

- Northern California
  - HEAL Communities

- Southern California
  - HEAL Communities
  - School Administrators
  - After School Administrators
  - Parks and Recreation
  - CBO’s Leading School PA Strategies
## Cross Site Strategies

<table>
<thead>
<tr>
<th>Community</th>
<th>Strategies</th>
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<tbody>
<tr>
<td>Anaheim</td>
<td>Implement active recess in elementary schools and build physical activity routines in after-school and Anaheim Achieves programs.</td>
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<td>HHS</td>
<td>Increase opportunities for physical activity both on and off campus and during advisory period.</td>
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<tr>
<td>Lancaster</td>
<td>Implement structured play during recess in at least 2 schools. Train recess duty aides on implementing physical activity strategies.</td>
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<td>Lemon Grove</td>
<td>Develop and put into practice regular before- and after-school physical activities such as running/walking clubs, exercise challenges, etc.</td>
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<td>Long Beach</td>
<td>Pilot Power Play curriculum at HEAL school site WRAP afterschool programs. Train all LBUSD WRAP Program Site Directors (55) on healthy eating and physical activity curriculum.</td>
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<td>Ontario</td>
<td>Implement lunch time SPARK curriculum or Sport skill building during lunch at elementary school and at the YMCA THINK Together afterschool program.</td>
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<td>Riverside</td>
<td>Increase physical activity during recess through environmental changes and Game Day program during the HEARTS afterschool program.</td>
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<tr>
<td>Whittier</td>
<td>Increase physical activity in elementary and middle school and class using CATCH curriculum. Increase physical activity in high school through opportunities for extracurricular physical activity.</td>
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Discussion “Instigators”

Linda Luna-Franks
Kid Healthy
Program Director
Anaheim, CA

Dianne Wilson-Graham
Antelope Valley Partners for Health
Physical Education Consultant
Lancaster, CA
Anaheim Padres en Accion: Active Recess

Linda Luna-Franks  
Kid Healthy Program Director  
Anaheim, CA
Group Discussion

How are parents, teachers, CBOs and students implementing physical activity opportunities during and after school?

What are some of the successes and challenges in working with these diverse groups when implementing PA programs during and after school?

How have you used evaluation and data to assess the effectiveness of the PA programs and to inform changes for future programs?

What are opportunities to build capacity of school administrators, teachers, parents, and students to sustain physical activity programs beyond grant period?
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Lancaster, CA
AVPH School Physical Activity

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Resources

Thriving Schools

- The Thriving Schools website offers ready-to-use tools and resources at no cost. Wellness champions across the country can tap into these resources to generate positive change in their school communities. The site provides a place to share ideas and success stories, as well as spark creative innovation and change-making that can strengthen the health and well-being of schools.

  - [http://thrivingschools.kaiserpermanente.org/](http://thrivingschools.kaiserpermanente.org/)

Fire Up Your Feet

- Fire Up Your Feet encourages families, students and schools to work together and create active lifestyles which inspire all children to be healthy and physically active. Centered around the school day, this website provides a full range of age-appropriate resources and educational materials to encourage physical activity to, from and at school. Any school or PTA group in the country can utilize these resources.

  - [http://fireupyourfeet.org/](http://fireupyourfeet.org/)

Active Living Research: Moving More at School

- The resources for a variety of school-based strategies for promoting physical activity. They highlight health and policy implications to make changes that will help children be active before, during and after school.

Replication, Adaptation, or Inspiration!
Thank You for Participating!

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Please complete the survey prompted in your chat box.