Priority Area: Childhood Obesity

Target Population: School age kids Kindergarten—Fifth grade.

Goal: Advocate Good Shepherd Hospital will partner with area schools to reduce the rate of childhood obesity and teach students the importance of a healthy diet and regular physical activity.

Performance Measures:

- By August 2014, increase by 5% from 2010 baseline data the percentage of Lake County and McHenry County percentage of children who eat vegetables 2 times or more per day.
- By August 2014, increase by 5% from 2010 baseline data the percentage of Lake and McHenry County percentage of children who eat fruit 2 times or more per day.
- By August 2014, increase by 5% from 2010 baseline data the percentage of Lake and McHenry county residents who meet or exceed the regular sustained physical activity guidelines (30 minutes per day). Behavioral Risk Factor Surveillance System (BRFSS), (baseline 62.4%).

Objective #1: Implement three new CATCH (Coordinated Approach to Child Health) schools by October 2014.

Accomplishments:
- By August 2014, implemented at least one environmental change at 50% of CATCH schools.
- Implemented 44 environmental changes in partnering schools in 2013 – 2014.
- Obesity measured in conjunction with Illinois Youth Survey data (collected every three years; August 2017).

Objective #2: By August 2014, implement Fitness Gram in at least three new CATCH schools. Increase the number of students that test in the Fitness Zone by 5% from baseline as measured by the Fitness Gram tool.

Accomplishments:
- Increase the percentage of kids in the Healthy Zone as measured by Fitness Gram by 5%.
  - Improved percentage of kids in Healthy Zone by 4% (actual results).
- Note that there was some concern about the methods used for measurement and the consistency among P.E. teachers to record accurate data. AGSHP will re-evaluate this measure during the next cycle.
- 13,983 students
- 40 school-based activities (health lectures, health events, fitness events).
- The nutrition results were unusable due to data collection errors.

Next Steps:
- Offer booster training to CATCH schools for sustainability.
- Re-evaluate performance measurements—data collection challenges.
- Work with health departments to align performance measures where appropriate.

Date Range of Data: September 2013 – June 2014