

Cornerstones of a Healthy Lifestyle: Blueprint for Nutrition & Physical Activity
Association of State and Territorial Public Health Nutrition Directors
Seed Grant 2007 Final Report
Ohio Department of Health
Office of Healthy Ohio, Bureau of Health Promotion and Risk Reduction

The office of Healthy Ohio (HO), Bureau of Health Promotion and Risk Reduction (BHPRR) was pleased to be awarded the Seed Grant from the Association of State and Territorial Public Health Nutrition Directors (ASTPHND). The BHPRR worked with the Division of Family, Bureau of Community Health Services and Systems Development (BCHSSD), School and Adolescent Health section to carry out the activities of this grant.

The Ohio Department of Health (ODH) focused on Cornerstone #2 – Collaboration; Promoting healthy lifestyles by maximizing collaboration and partnerships. The existing partnerships throughout the state were used and a new relationship was built with the Ohio Dietetic Association.

ODH developed a power point presentation, complete with talking points, that was used by the Blueprint grant staff. This presentation was also suitable for others to use, as several of the presentations were of the “train the trainer” mode. Presentations were made to several organizations, including nutrition and physical activity professionals, school health teams, community partners, and advocacy organizations. The Blueprint presentation was included as part of the agenda for CATCH (Coordinated Approach to Child Health) trainings. The school wellness teams attending these workshops included the school physical education teacher, the food service director and at least one other administrator, nurse or teacher. A listing of the presentations and number of persons in attendance is attached.

The culminating project for the grant was hosting a Physical Best Gets FITT workshop for junior and senior high school physical education teachers. This workshop was very well received. As a part of this workshop, the teachers were given the Blueprint presentation and ideas on how to work together with their nutrition staff to address the issues of good nutrition, physical activity and obesity. The Ohio Association of Health, Physical Education, Recreation and Dance (OAHPERD), played a key role in the conducting this workshop and plan to provide information concerning the Blueprint at their annual conference. The workshop evaluation summary is attached.

Participants seemed interested in the Blueprint and the information contained within. Although it was not a large document, the contents were presented in a manner that was easy for users to access the information needed. Depending on the setting and situation, participants would focus on a Cornerstone and corresponding strategy to for their goals. Having a copy of the document available for everyone was important, as they could follow along with the presentation and see how easy it was to use. It was also important to include the information about the Blueprint in the other workshops and training opportunities that were scheduled. Doing so made it a seamless presentation, and

demonstrated how readily the concepts of the Blueprint fit into the participants' daily work related activities.

The funds received for the Blueprint grant were used mainly for the Physical Best Gets FITT workshop, printing of copies of the Blueprint, and travel to trainings to present the Blueprint. Other funds that were used provided staff time for the presentations and in-office work related to the dissemination plan. These were General Revenue Funds from the ODH. The final budget is attached.

In summary, ODH was pleased to have the opportunity to work with ASTPHND in disseminating the Blueprint. We were able to reach a large population of professionals who would be able to use the information and suggestions described in the document to foster collaboration among nutrition and physical activity professionals.

Summary of Blueprint Activities

Coordinated Approach to Child Health (CATCH) workshops:

5 trainings around the state; 112 coordinated school health team members in attendance

Coordinated School Health Conferences:

Salt Fork; 200 coordinated school health team members in attendance

Deer Creek: 147 coordinated school health team members in attendance

Ohio Dietetic Association:

Information presented to executive board members; 15 RD/LDs

Action for Healthy Kids (AFHK) Steering Committee:

Presentation to committee members; 18 members

AFHK Zone Meeting:

Presentation to committee; 16 members

Nutrition and Breastfeeding Advisory Committee – WIC

Presentation to representatives from all regions of state and state WIC Nutrition Consultants; 22 health professionals

WIC Regional Meetings:

Presentation to WIC health professionals; 18

Other presentations are being done by the WIC staff trained as noted above, and are on-going.

Bureau of Health Promotion and Risk Reduction:

Presentation to staff members, 30 in attendance

Physical Best Gets FITT Training:

Presentation to physical education teachers and parks and recreation staff members, 35 in attendance

Ohio State University Cooperative Extension:

Blueprint presentation sent to supervisor, disseminated to all 88 county agents for presentations to local meetings

All presentations above included handout of a copy of the Blueprint to those in attendance.

Total number of people reached with Blueprint presentations: **638**
(this does not include the people from OSU Cooperative Extension)

Blueprint Fiscal Report

Physical Best Gets FITT workshop speaker	\$1500.00
Supplies for workshop:	458.00
Other supplies:	23.00
Printing:	167.00
Travel:	352.00
TOTAL:	\$2500.00