

Cedar County Health Department
1317 S. Hwy 32
El Dorado Springs, MO 64744

Core Public Health Functions Contract
Report for FY 2007 – June 15, 2007
Contract Number AOC06380119

Health issues addressed by plan.

Obesity, especially Childhood Obesity.

Identification of a key health issue and the community impact.

Cedar County Health Department's Community Health Assessment review of health status indicators for the year 2005 listed Childhood Obesity as the number one problem. Also, according to "2003 Wealth and Preventive Practices Status Report" for Cedar County, the prevalence rates for Physical Inactivity and Overweight (BMI 25-29.9) are considerably higher than for the Southwest Region of the State.

	Cedar Co.	State
Physical Inactivity	26.5	23.0
Overweight (BMI 25-29.9)	43.3	35.3

The most common causes of being overweight both for children and adults are lack of physical activity and unhealthy eating habits. The impact of being overweight or obese on any community is great and will only increase in the future if preventive measures are not started and encouraged by health department personnel, physicians, teachers, parents, and other key individuals who have the opportunity to impact children's lives.

Overweight children along with overweight adults are at a higher risk of experiencing or developing the following health conditions:

- Inhibited emotional and social well being
- Long term health risks
- Impaired immune system resulting in more frequent colds and other illnesses
- Impaired cognitive development
- Sleep apnea
- Dental problems
- Asthma & other respiratory problems
- Type 2 diabetes
- Heart disease

- Cancer
- Bone, joint & muscle problems
- Metabolic syndrome
- High blood pressure
- Liver disease
- Early puberty or menarche
- Eating disorders
- Skin infections

Evidence of key community organizations involved in implementation of the Health Improvement Initiative/Action Plan and their roles.

Cedar County Health Department collaborated with 4 other counties in Southwest Missouri to implement a Childhood Obesity Prevention Program with a Missouri Foundation of Wealth's Healthy & Active Communities Grant (HAC). Funding for the WAC portion was provided in whole by the Missouri Foundation for Wealth. The Missouri Foundation for Health is a philanthropic organization whose vision is to improve the health of the people in the communities it serves. This project has two goals. The first is to create environments and policies that support healthy eating and participation in physical activity. The second is to conduct a nutrition and physical activity campaign that will help educate people how to eat healthier and become more active on a daily basis. The anticipated long-term outcome of the project is to reduce the rates of obesity among children and adults in our communities.

The principal intervention planned for implementation was to increase community access to physical activity opportunities and healthier foods. We accomplished this by the following:

- Assessment of community to determine the availability of healthy foods and physical activity sites in our two major communities, El Dorado Springs and Stockton.
- Community groups met and based on information gathered determined what gap most needed to be filled to meet the above goal.
- Stockton community created a community environment that provides access for physical activity by building a walking trail. Located on the Stockton School grounds, the walking trail will be used by students during school hours. When school is not in session, the walking trail will be open to the public. The design of the trail encourages parents to exercise with their children as the schools playground equipment is in plain view of the trail. This will allow children not only to walk with parents but also play on the equipment while parents use the trail.

The El Dorado Springs community enhanced their community environment by purchasing exercise equipment for the Community Center. Cedar County residents can sign up for an access code to use the facilities' equipment, walking

area, etc. 24 hours per day 7 days per week. There is no charge to join or use equipment.

Project coordinator attended training to learn what issues should be included in a wellness policy in order to assist both school systems in developing wellness policies to promote healthy food choices. Information learned and educational tools including suggestions on what should be included in a wellness policy were shared with both school systems.

- The health department worked with two schools to implement a 9-week physical activity and healthy eating campaign targeting students in grades K-8 and their families. This involved students with their parent's help tracking the number of fruits and vegetables eaten daily and the number of minutes of physical activity participated in daily on a weekly tracking card. Every student returning a tracking card received an incentive each week. Incentives ranged from stickers and pencils to water bottles and jumping ropes. The class from each school with the best participation won a Playstation 2 and Dance, Dance, Revolution game. The winning students were really excited. Pictures were taken of the winning classes and put in the local newspapers.

Key community organizations that were involved in plan implementation were administrators of the 4 other health departments and the Cedar County Health Department including project coordinator, public health nurse and WIC nutritionist, Cedar County Memorial Hospital, Stockton and El Dorado Springs School Health Advisory Councils, CHART Group including many organizations, and a group of individuals from the El Dorado Springs School, including President of the Student Council, school nurse, principals, teachers, and snack bar coordinator. Other community leaders included the city manager and manager of the community center. These key individuals were involved in decision-making on how to effectively use the money available to our communities to benefit the greatest number of children and adults.

The teachers of both school districts helped by promoting the advantages of exercise and healthy eating to their students along with encouraging them to return tracking cards. The school nurses supported the campaign by coordinating delivery and pickup of tracking cards along with exercising tips and games, recipes for healthy snacks and other nutritional information.

The health department provided free height, weight, and BMIs for several local businesses during their wellness/health fairs. Some of the area businesses we provided the free screenings to this year are: El Dorado Springs School teachers, MO Department of Conservation employees, Sac Osage Electric Coop employees, Cedar County Memorial Hospital's Fall Health Fair and Stockton Spring Health Fair. The health department provides a nutritionist or registered nurse to provide the screenings and consultations.

A live cooking demonstration on KESM radio station promoted healthy eating in our community. The health department's nutritionist with the assistance of her daughter who is a well-known and recognized auctioneer and realtor in the State of Missouri presented

the program. It was taped and replayed over the Stockton radio station. Another county notified residents as to when the live broadcast would be so that their residents could listen in also. The cooking demonstration showcased roasting vegetables as a tasty and quick way for individuals to increase daily consumption of vegetables while keeping their calorie content low. Included in their demonstration was information on what the health department was doing to promote healthy eating, encouraging exercise and the benefits to an individual's health when they practice these obesity-preventions.

Our nutritionist was able to attend the Missouri Takes Action On Obesity Conference held in Jefferson City on June 29,2006. She was able to bring ideas from the conference back to the health department and incorporate them into nutritional education classes for WIC clients and other community projects such as story time at the local library to promote healthy eating and exercising. She also does speaking presentations when asked at the local school, senior center, etc.

In addition to the above activities, Cedar County Health Department has been providing height and weight screenings for the two public schools in our county for the past two years in Stockton and three years in El Dorado Springs. This year we provided screenings for the El Dorado Springs School. We were scheduled for the Stockton School but the screenings were cancelled due to conflict of schedules and we were not able to reschedule due to end of school year activities. Plans are to provide screenings next school year in the Fall to prevent this from occurring again.

Evidence of a completed and/or ongoing quality improvement evaluation plan that measures achievement and plan outcomes. Evaluation should contain identification of how progress was measured and data collected.

Parents of students in both schools, grades K-8, were asked to fill out and return pre and post surveys. These were used by Dr. LaVonne Berg, MD, FACE, to evaluate our nine-week physical activity and nutrition campaign. Dr. Berg is an endocrinologist with experience in helping children and families address the issue of obesity. See Attachment A for the preliminary results.

The health department's registered nurse has been using the heights and weights data from our school screenings to figure BMI's since the 2004-2005 school year. The information in the reports (attachment B – 8 pages) details the percentage of children who fall within four categories of weight:

1. Underweight (below the 10th%)
2. Within the normal limits (11th% to 84th%)
3. At risk of becoming overweight (85th% to 94th%)
4. Overweight (95th% and above)

The ranges for the "at risk for overweight" category and the "overweight" category were obtained from the guidelines used in the National Health and Nutrition Examination

Survey (NHANES) 1999-2002. Each child's BMI percentage was obtained according to age and gender from the WIC guidelines, developed by the National Center for Health and Statistics in collaboration with the National Center for Chronic Disease Prevention and Health Promotion (2000). We have used this information in order to evaluate and obtain a baseline of data for future yearly comparisons. This will ideally assist us in our attempts to prevent or at least minimize obesity in our children, as we continue to initiate measures to address this health concern and to educate the citizens of our county.

Evidence that the general public and specific population groups were informed regarding community health priorities, with supporting health data.

Information on our activities has been presented at monthly CHART meetings and school meetings. Articles have been put in the newspaper and hospital newsletter. Our cooking demonstration was aired on both radio stations in our county with information presented on our health improvement activities. A full report is available on our website page.



NINE-WEEK PHYSICAL ACTIVITY AND NUTRITION CAMPAIGN
September 18,2006 – November 20,2006

Prior to our nine-week physical activity and nutrition campaign, we conducted a pre-survey to determine the number of students who ate five servings of **fruits** and vegetables a day and who participated in physical activity for 20-60 minutes a day. From the surveys returned, our results showed that 72% of the students ate 2-5 servings of **fruits** daily and 75% of the students ate 2-5 servings of vegetables daily. The results of the **pre-survey** also showed that 82% of the students participated in 20-60 minutes of physical activity a day.

At the end of the nine-week campaign, we conducted a post-survey to determine if there had been an increase in student consumption of **fruits** and vegetables and participation in physical activity. From the surveys returned, our results showed that 82% of the students ate 2-5 servings of **fruits** daily and 84% of the students ate 2-5 servings of vegetables a day, an increase of **10%**. The results of the post-survey also showed that 81% of the students participated in 20-60 minutes of physical activity a day. We attribute the 1% decrease to a higher than normal participation rate to start and a change in climate to colder weather and less opportunity to participate in physical activity outdoors along with no space in the classrooms indoors for physical activity.

Attachment B



Attachment B



Attachment B

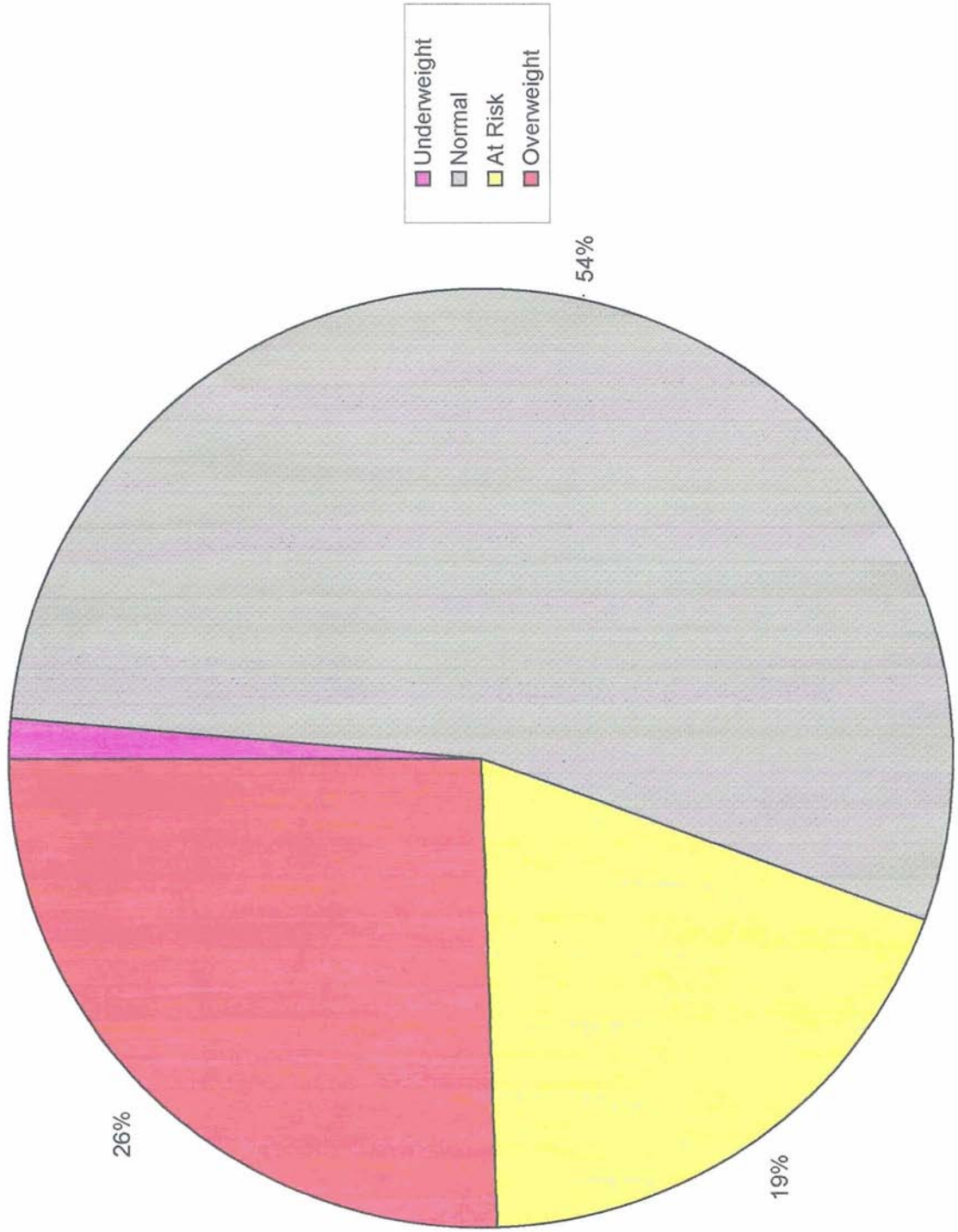


Attachment B



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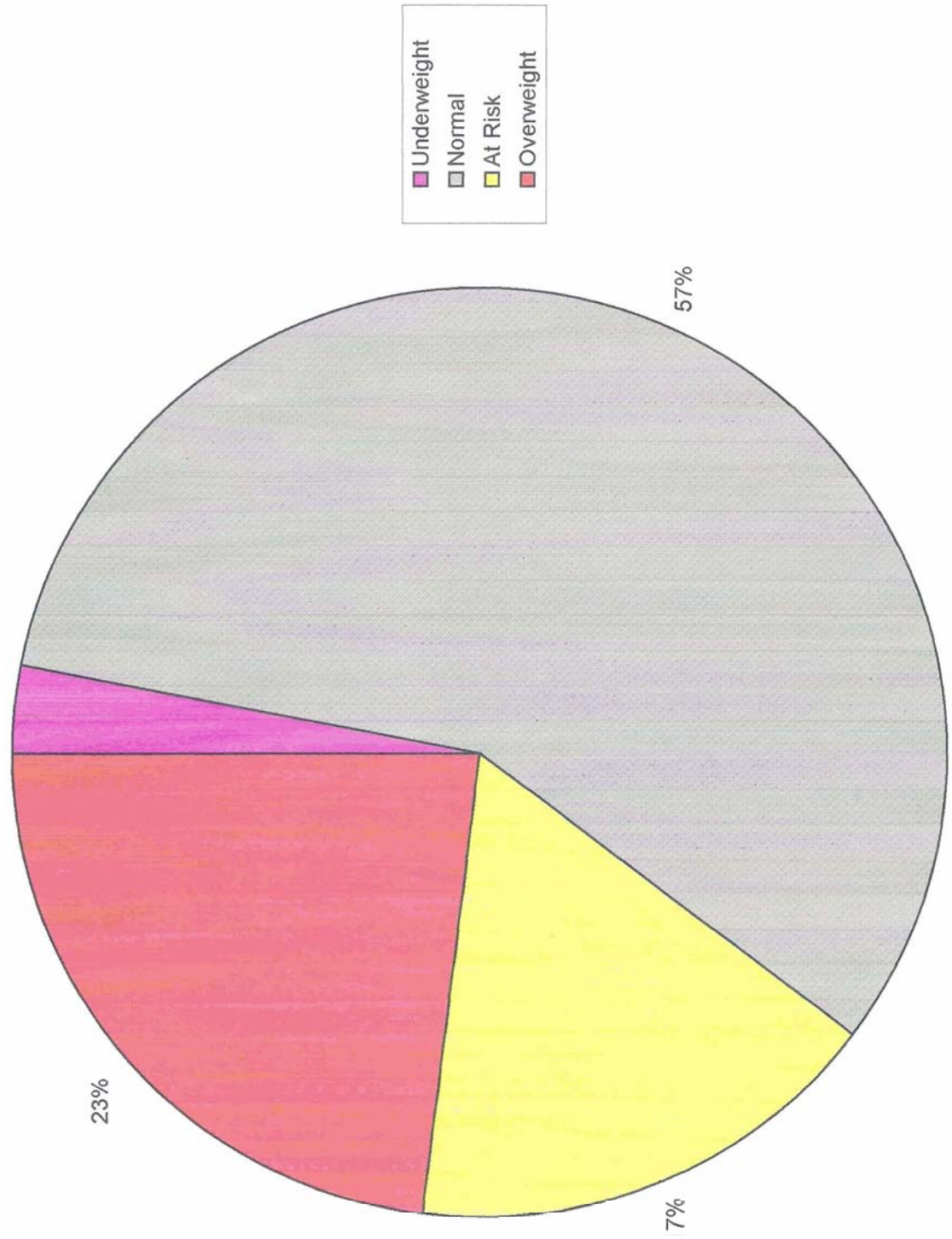
El Dorado Springs School Overall Standings



2005/2006 School Year

Attachment B

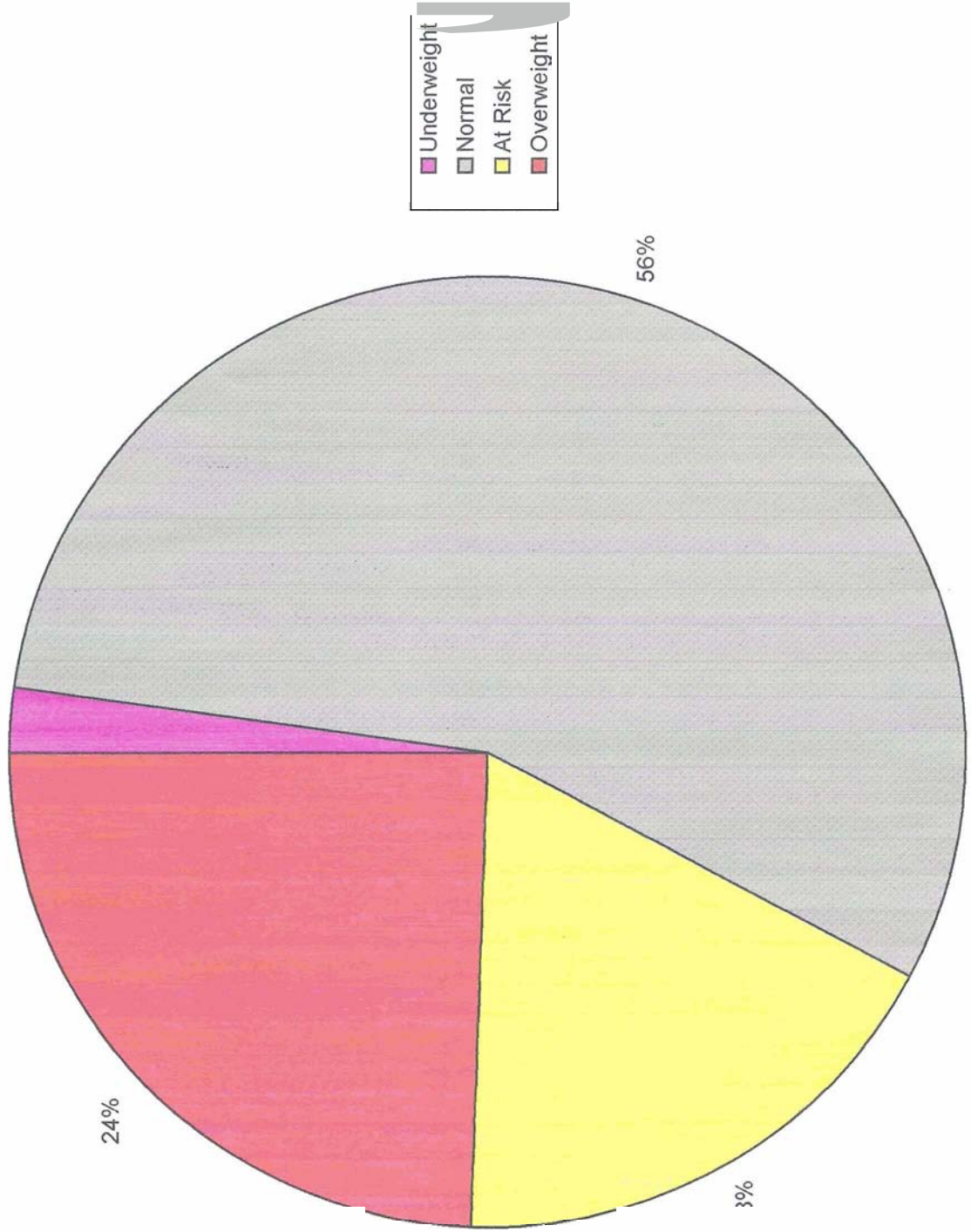
Stockton School Overall Standings



2005/2006 School Year

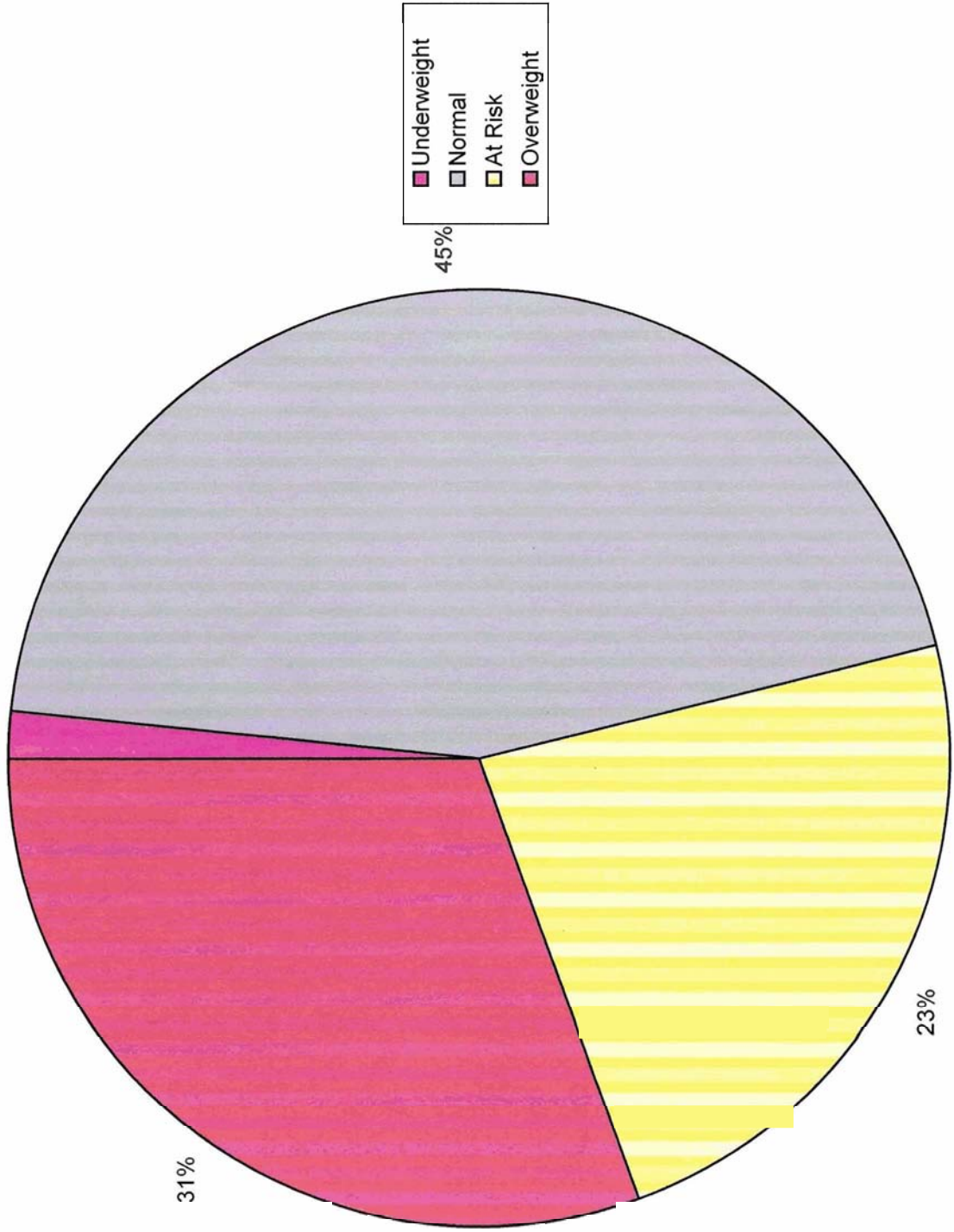
Attachment B

Both Schools Overall Standings



Attachment B

El Dorado Springs School Overall Standings



2006/2007 School Year