

TAKING ACTION: Moving Evidence into Practice with the Youth Health Survey

- South Eastman Health & Hanover School Division
- Windsor Park Collegiate- LRSD
- Winnipeg Regional Health Authority & St. James-
Assiniboia School Division



SOUTHEASTMAN HEALTH & HANOVER SCHOOL DIVISION



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OUTLINE

- PARTNERSHIP GOALS
- IMPLEMENTATION OF THE SURVEY
- SHARING THE DATA
- WHAT WE LEARNED
- MOVING FORWARD:
HOW THE YHS DATA IS BEING USED
- CONCLUSIONS
- WHERE DO WE GO FROM HERE?

PARTNERSHIP GOALS



- Continue to build understanding of the inter-dependence between South Eastman Health and HSD.
- Strengthen partnerships at local and provincial levels.
- Enhance the focus and continue to educate on the benefits of ACTIVE HEALTHY LIFESTYLES within the schools and the community.
- Empowering school communities to participate and become actively involved in creating specific programs to improve their health status.
- Develop many specific working environments that support good health within the school and the community.
- Bring about changes that positively influence health and learning.

HOW THE YHS WAS IMPLEMENTED IN THE SOUTH EAST

- The integral part of the implementation of the YHS was the already existing working relationship between South Eastman Health and Hanover School Division on previous projects (Early Childhood).
- The Superintendent assigned all schools to administer the survey to all Grade 9-12 students in HSD on the same day and at the same time. Surveys were then returned to South Eastman Health for data collection.



SHARING THE DATA

- In August 2009, South Eastman Health met with HSD Senior Administration and the HSD PE/HE Curriculum Support Teacher to present the data collected from the YHS.
- The approximately 30 page report included specific school data on tobacco, nutrition, physical activity, self-esteem and school connectedness.
- Subsequent presentations were made by SEH to School Board Trustees and Parent Advisory Councils. HSD engaged Principals, School Leadership Teams, Student Advisory Groups, and Addictions Foundation of Manitoba in discussion of the results.
- South Eastman Health integrated data into the 2008/09 Community Health Assessment and utilizes the data for health promotion program planning.

WHAT WE LEARNED

- The data collected from the YHS needed to be circulated to all community stakeholders.

- Each group brought different perspectives to the table, which only provided conversations more critical and valuable. These conversations generated from the YHS survey acted as a platform for many other health-related topics/issues.



- The **most thought-provoking discussions were those had with students.** HSD Superintendents engaged in discussions with a divisional Student Advisory group. Data was shared with the students. During these meetings with the Superintendents, students were able to openly discuss their thoughts and opinions about topics addressed within the YHS.

MOVING FORWARD

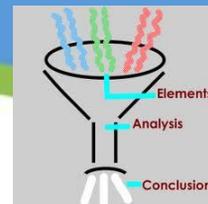
Based on data obtained from the YHS, the following initiatives have started or have already been established within HSD:



- Full time AFM worker hired by HSD.
- The RHA, community stakeholders and HSD have been working on MENTAL HEALTH presentations and programs that will be delivered in all HSD high schools.
- Being pro-active – increasing Nutrition education at the early years schools.
- Increasing student voice by incorporating “What Did You Learn in School Today?” surveys amongst students 7-12.

- Establishing STUDENTS WORKING AGAINST TOBACCO PROGRAM (SWAT Team). A teacher facilitator and a group of students travel to schools both in and out of the division presenting on the health risks associated with smoking.
- Teacher Guidance training occurring in conjunction with the Canadian Red Cross Respect Ed: Dating, Gender & Healthy Relationships.
- Divisional in-service was done by Joel Gervais from AFM, presenting the entire Back Off Tobacco program to Health/P.E. educators from HSD.
- Individual school initiatives have been established to create and build on stronger student and staff relationships (Monthly Advisory Periods, School-Wide Monthly Breakfast Celebrations, Mentorship programs, etc.).
- Increasing student physical activity levels and participation in school events by offering a wide variety of activities for students with various interests.

CONCLUSIONS



- Programs and partnerships are growing and changing based on the evidence collected from the YHS.
- Share and collaborate with as many stakeholders as possible. Do not get frustrated. This takes A LOT of time and effort.... The results are worth it.
- Do not ignore the data. The data is incredibly valuable for strategic planning at many different levels. By using the data, RHA's and school divisions can incorporate affective strategic goals/programs targeting specific areas.

WHERE DO WE GO FROM HERE?

- We will continue to work together to implement best practices both at the RHA level and within the education sector, and continue to bring along all stakeholders when reviewing and establishing new programs.
- Build on the successes we incurred with the first YHS and apply these principles and practices to the 2012 YHS.



Windsor Park Collegiate

Marilyn Thorington
Troy Reinhardt

Context

- WPC has approximately 500 students
- Priorities in the school plan are:
 - Literacy
 - Culture and climate – social justice
 - Employability
 - AER and ITC Support
- Many specialized programs – SLP, Coop Ed, Employment Prep, Career Internship

Highlights of the Survey - Literacy

- Students most common response to how much time is spent reading (not related to school work, homework or paid work) and doing homework was less than 1 hour/week reading and less than 1 hour/week doing homework.

Highlights of Survey - School Connectedness

How strongly do you agree or disagree with the following statements?	Percentage of Students Responding	
	Agree/ Strongly Agree	Disagree/ Strongly Disagree
I feel close to people at this school	76%	21%
I feel I am part of this school	75%	22%
I am happy to be at this school	69%	28%
I feel safe in my school	75%	21%

Steps taken

- Survey occurred spring of 2008
- New administration fall of 2008
- Information shared with Administration, Phys. Ed. and Student Services teachers in spring of 2009
- Information shared with whole staff spring of 2010
- Highlights of survey shared with Parent Association Fall of 2010

Areas of concern identified

- Staff most concerned about the fact that 21% of students said that they didn't feel safe.
- Also very concerned about the lack of reading and homework being done.

Notable changes

- Changes to how we transition students into Windsor Park Collegiate
- Development of Student Social Justice League
- Literacy Committee became a driving force for professional development

Taking Action: Moving Evidence into Practice

Healthy Schools Conference
February 8th, 2011
Hilton Suites
Winnipeg, MB



St. James-Assiniboia School Division
Great Schools for Growing and Learning

Who sits at the table?

Original Committee	Current Committee
<ul style="list-style-type: none"> ▪Public Health Nursing ▪WIS Community Area Director ▪WRHA Team Manager ▪Administrator Educational Support Services ▪Coordinator Physical Education ▪ESS Coordinator ▪WRHA Community Facilitator ▪Community Resource Coordinator-City of Wpg ▪WRHA nutritionist 	<ul style="list-style-type: none"> ▪Public Health Nursing ▪WRHA Team Manager ▪Administrator Educational Support Services ▪Coordinator Physical Education and Health ▪ESS Coordinator ▪WRHA Community Facilitator ▪WRHA nutritionist ▪*Consultations with WRHA Community Area Nutritionist



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Vision and Goals

Vision:

- To work together to promote the wellbeing of children and families in St. James community area

Goals:

- To be proactive rather than reactive to emerging needs
- Partnership not contingent on funding



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Original Areas of Focus

- Nutrition and Healthy Eating
- Physical Activity
- Mental Health
- Balance between community and school division needs



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YHS Survey Data

YHS Focus Areas

- Physical Activity
- Healthy Eating
- Smoking, Alcohol, and Drug Use
- Well-being



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St. James-Assiniboia Findings:	Challenges:
<p>The response rate for St. James Assiniboia School Division was 71%. 48% female and 51% male;</p>	<p>*Be aware of other surveys that are being completed within a similar time frame. *Electronic Surveys increase response rate and provide information filters that can be used to sort the data. *Financial support for school-wide YHS Action Plans *The role of the PHN in supporting schools?</p>

SJSD Quick Facts-Physical Activity

YHS Finding:	Committee-Based Action Plan Examples:
57% of female students and 44% of male students DO NOT participate in the recommended amount of daily physical activity.	*Snow Trek 2011 (Living Prairie Museum)
35% of students use active transportation to get to school while 65% DO NOT.	*Active Transportation Routes **"Time To Make Friends" Soccer Event 
39% of Male and 56% of Female students NOT meeting the strength training requirements. Students spend 2.4 hours/day on sedentary activities.	* MB Cross Country, Ski At School Program
87% of Parents support their kids in participation in Physical Activities.	*Financial support for school-wide YHS Action Plans

SJSD Quick Facts-Physical Activity

YHS Findings:	School-Based Action Plan Examples:
57% of female students and 44% of male students DO NOT participate in the recommended amount of daily physical activity.	<ul style="list-style-type: none"> *Female Fitness Classes *Variety in the delivery of fitness options *Exposure to non-traditional options; for example: zumba, yoga, omnikin ball
35% of students use active transportation to get to school while 65% DO NOT.	<ul style="list-style-type: none"> *More bike enclosures *Active Transportation Routes
39% of Male and 56% of Female students NOT meeting the strength training requirements. Students spend 2.4 hours/day on sedentary activities.	<ul style="list-style-type: none"> *Human Performance Course *Fitness classes offered outside of the traditional school day. *Partnerships with PSO's: MTTA, Tennis MB. *Indoor Tennis Program-“Progressive Tennis
87% of Parents support their kids in participation in Physical Activities.	<ul style="list-style-type: none"> *Role model and celebrate Healthy Lifestyle choices *Develop the student leadership capacity through Leadership courses.



SJSD Quick Facts- Healthy Eating

YHS Findings:	Committee-Based Action Plan Examples:
97% NOT eating recommended fruits and vegetables per day.	<ul style="list-style-type: none"> * Launch of the nutrition policy: Community Dinner *Division-Wide Nutrition policy *Developed Nutrition-kits
69% of males and 85% of females fall within the recommended healthy weight category.	
14% of students consider themselves underweight, 29% overweight and 55% healthy weight.	<ul style="list-style-type: none"> *Consultations with WRHA Community Area Nutritionist *Committee representation at Nutrition Conference.

SJSD Quick Facts-*Healthy Eating*

YHS Findings:	School-Based Action Plan Examples:
97% NOT eating recommended fruits and vegetables per day.	<ul style="list-style-type: none"> * Division-Wide Nutrition policy *Schools involved students and parents in Nutrition Committees *Community Kitchen Cooking * New Partnership Agreement with Coke
69% of males and 85% of females fall within the recommended healthy weight category.	*Presentations to students and parents about Healthy Lifestyle choices and body image.
14% of students consider themselves underweight, 29% overweight and 55% healthy weight.	*Consultations with WRHA Community Area Nutritionist

SJSD Quick Facts-*Smoking, Alcohol & Drug Use*

YHS Findings:	School-Based Action Plan Examples:
<p>21% of males and 19% of females report being current smokers</p> <p>41% of male smokers and 50% of female smokers have plans to quit smoking</p>	<ul style="list-style-type: none"> *train staff to deliver smoking cessation information *Not on Tobacco Program
70% of students indicated that their school had a clear set of rules about smoking for students.	* Healthy Schools Committee provides a consultative role to schools if needed.
24% of students have used illegal drugs in the past 30 days.	<ul style="list-style-type: none"> *AFM counselor available at every High School. *School presentations *Community presentations



SJSD Quick Facts-Well-Being

YHS Findings:	Committee Based- Action Plan Examples:
76% of students feel a connection to their school	<ul style="list-style-type: none"> *Carriage Road Community Group *Multi-Cultural Event *IRCOM Fundraiser *Resiliency For Life 
79% feel safe while at school.	<ul style="list-style-type: none"> *Safe Teen Program *RespectEd
36% of students felt a strong enough sense of sadness or hopelessness that stopped them from doing their regular activities.	<ul style="list-style-type: none"> *Friends for Life Program *"Coaching For Confidence" Program *Kids In the Know *Healthy Living Symposium

SJSD Quick Facts-Well-Being

YHS Findings:	School-Based Action Plan Examples:
76% of students feel a connection to their school	<ul style="list-style-type: none"> *Peer Mentorship *Safe Schools Survey *Student Voice Committee
79% feel safe while at school.	<ul style="list-style-type: none"> *Safe School Committees *Peer Support Groups *Gay Straight Alliance
36% of students felt a strong enough sense of sadness or hopelessness that stopped them from doing their regular activities.	<ul style="list-style-type: none"> *Student Services Supports *School presentations * Divisional presentations



SJSD SAFE SCHOOLS COMMUNITY FORUM

- Date: Wednesday, March 16th, 2011
- Location: Westwood Collegiate-360 Rouge Road

Information Booths
 Student presentations
 Child Find ID Clinic
 Community Safety Net
 Kidproof Canada - I Wanna Walk!
 Mary Hall -Safe Schools Manitoba
 Kids in the Know - Interactive session about personal safety.
 Addictions Foundation Manitoba
 Safeteen -Violence Prevention & Youth Empowerment



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Questions and Dialogue



Thank-you for your interest
 and participation



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