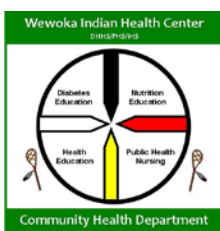




Best Practices for Physical Activity Programs



Scott Robison, M Ed
Health Educator, (A) Community Health Director
Wewoka Indian Health Center





10 years from now....

I picture a Wellness program that is still not dependent on facilities and the people coming to us. I picture us still out in the community with the people providing programs at churches, schools, community centers, and ceremonial grounds. I picture community members taking ownership of their health and the health of the community by leading program and teaching classes alongside health professionals. I see a stronger partnership between the Indian Health Facilities and schools. Schools have such an impact on the health of our children so I feel our tribes and health systems should invest in providing a healthier environment in the schools our kids attend. I do hope for exercise facilities in our area of Oklahoma some day in the future but community based programming is vital for Indian communities because that is how we have stayed healthy for ages, as a community.





Lifetime Fitness

Self Efficacy and Physical Activity

- Many Adults have never felt success with exercise.
- Build self-efficacy (a feeling that you can be successful)
 - Strongest predictor of lifetime adherence to PA
 - Important to build feelings of efficacy for PA early in life.

Only 5 percent of all Americans play a team sport regularly beyond age 25. The number is barely a fraction of that by the time people reach 45.

Dr. Robert Pangrazi, Arizona State University)

Provide opportunities for tribal member to make healthy choices





Community Programming

- Creating opportunities for Physical Activity
- We accommodate the community
- Listen to what the community wants, when they want it, and where they want it
- Keep them informed
 - Newsletters, mail-outs listing monthly classes/events, radio announcements
- Systems approach – take into account all the influences
 - Family
 - Ceremonial Grounds
 - Social Network
 - Public Policies
 - Church
 - School
 - Worksites
 - Cultural Values





Nine Principles of Effective Prevention Programs

- **Comprehensive:** Strategies should include multiple components and affect multiple settings to address a wide range of risk and protective factors of the target problem.
- **Varied Teaching Methods:** Strategies should include multiple teaching methods, including some type of active, skills-based component.
- **Sufficient Dosage:** Participants need to be exposed to enough of the activity for it to have an effect.
- **Theory Driven:** Preventive strategies should have a scientific justification or logical rationale.
- **Positive Relationships:** Programs should foster strong, stable, positive partnerships with community stakeholders.

Nation, M., Crusto, C., Wandersman, A., Kumpfer, K. L., Seybolt, D., Morrissey-Kane, E., & Davino, K. (2003). **What works in prevention: Principles of Effective Prevention Programs.** *American Psychologist*, 58, 449-456.



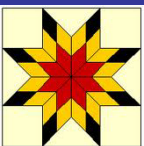


Nine Principles of Effective Prevention Programs

- **Appropriately Timed**: Program activities should happen at a time (developmentally) that can have maximal impact in a participant's life.
- **Socio-Culturally Relevant**: Programs should be tailored to fit within cultural beliefs and practices of specific groups as well as local community norms.
- **Outcome Evaluation**: A systematic outcome evaluation is necessary to determine whether a program or strategy worked.
- **Well-Trained Staff**: Programs need to be implemented by staff members who are sensitive, competent, and have received sufficient training, support, and supervision.

Nation, M., Crusto, C., Wandersman, A., Kumpfer, K. L., Seybolt, D., Morrissey-Kane, E., & Davino, K. (2003). **What works in prevention: Principles of Effective Prevention Programs.** *American Psychologist*, 58, 449-456.





Comprehensive Model

Multiple
Components



Wide Range
of Risk

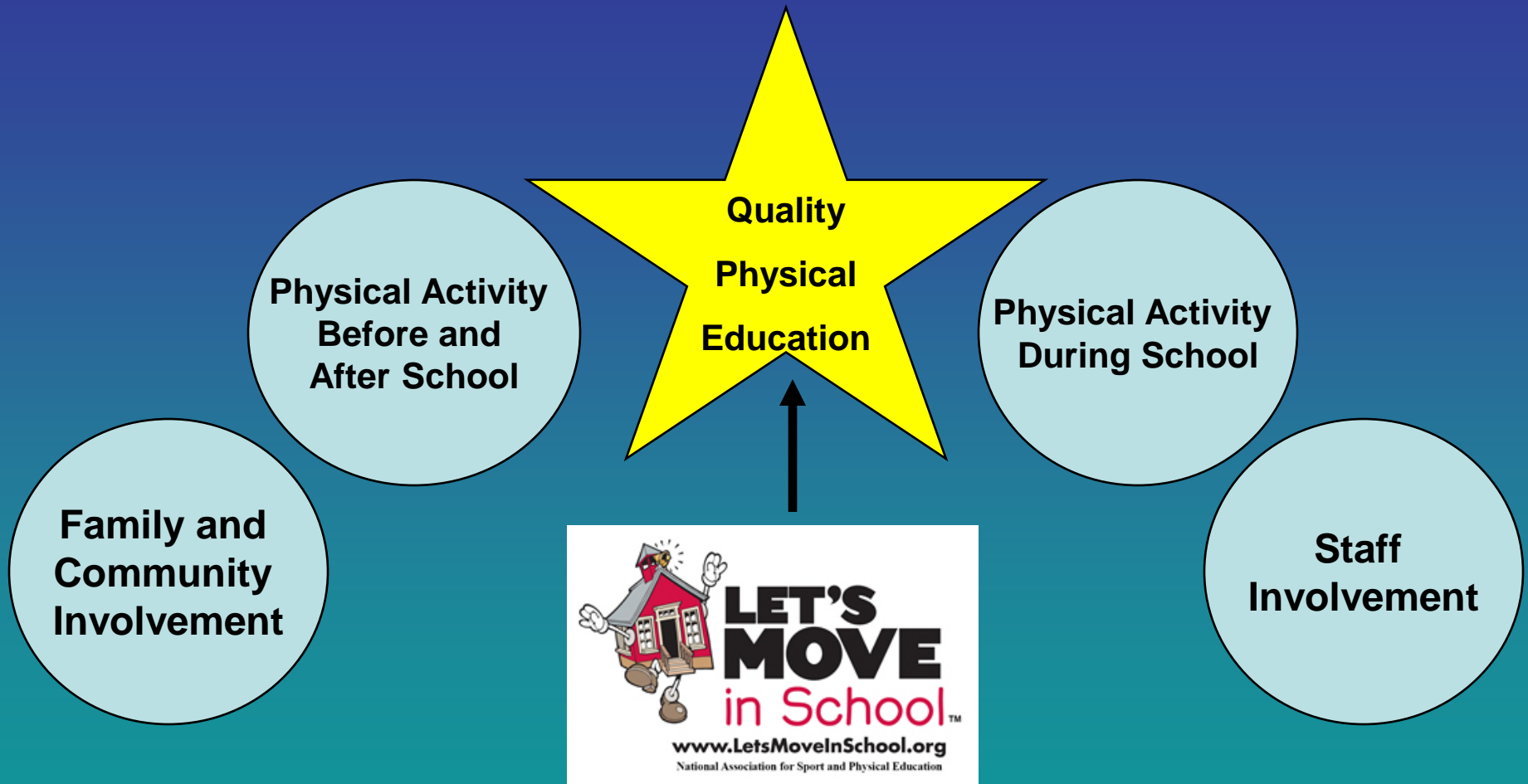
Multiple
Settings

Varied
Teaching
Methods



Comprehensive School Health







Wewoka Indian Health Center
Community Health Program

Move It!

And Prevent Diabetes

School-Based Prevention Program

- Schools with a higher percentage of American Indian Students
- Schools agree to change in PE and School Health environment
- 3 Year program with sustainability plan for continuing the program into the 4th year and beyond
- Comprehensive School Health Model Program





Move It! and Prevent Diabetes

- Changes in School PE instruction and content
 - Lifetime Fitness and MVPA
 - Developmentally Appropriate Practices
 - PE Teacher and After School staff training
- Addressing what the kids are doing outside of School
 - Exercising for Move It! Coupons
- School Wellness Policy
- Diabetes Prevention Education
 - What is Diabetes, Risk Factors, Warning Signs, Benefits of Exercise, How to Eat Healthy at Fast Food Places
 - Eagle Book Series – K-2
- School Staff Wellness
 - Weight Loss Competition
 - Pedometers
- Wellness Messages
 - Less Sedentary Activities
 - More Water/unsweetened beverages – Less sugary beverages
 - More Fruits and Veggies
- Fitness Testing
 - Fitnessgram
- Family Involvement
 - Family Fun Nights
 - More coupons for Family Exercise



Cardio Fitness


SUUNTO

HEART ZONES
EDUCATION 

Jill 147	Tommy 189	Jon 152	Lou 170	Scott 185	Steve 126
Chris 119	Tori 146	Gina 112	Sue 145	Tim 131	Dee 172
Fred 165	Jim 137	Randy 159	Erin 134	Jill 160	Rick 158
Evan 147	Wendy 132	Sarah 152	Joe 170	Kelly 189	Tracey 126
Vern 139	Paul 148	Bob 141	Diane 145	Gwen 146	Harry 135
John 134					
Gwen 146					





School Wellness Policy

- Physical Education time - Minimum of 120 min per week
- Quality Physical Education
- Classroom teachers will be encouraged to provide PA breaks throughout the school day.
- Minimum of 20 minutes per day for recess.
- Provide opportunities to be active before and after school.
- Discourage withholding physical activity opportunities and using physical activity as a reward.
- Provide health promotion programs for school staff.





Hop to Stop Diabetes!

- K – 8th Grade program
- Pre/Post skills and endurance test
- Weekly practices
- Jump rope performances
- Jump Rope for Heart
- Program is set up to be sustained by the school staff trained during the first 2 years.

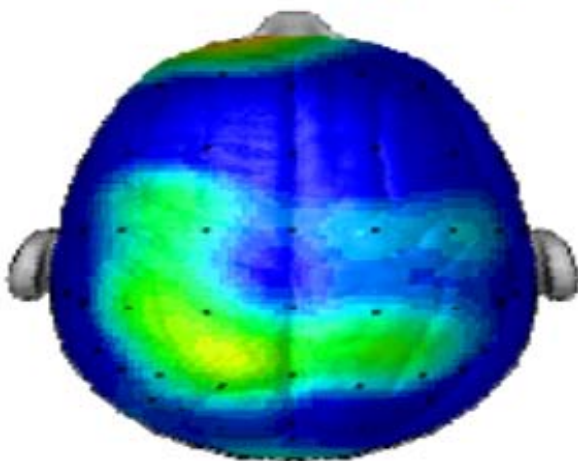




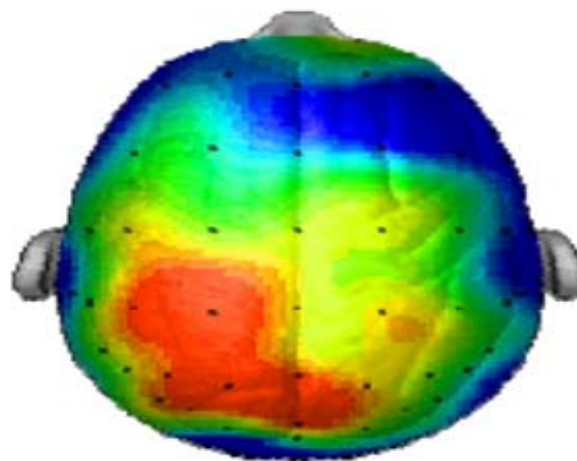
Exercise and the Brain

Average composite of 20 student
brains taking the same test

Brain after sitting quietly



Brain after 20 minute walk



Slide compliments of Dr. Chuck Hillman University of Illinois

" ... emerging research showing that physical activity sparks biological changes that encourage brain cells to bind to one another. For the brain to learn, these connections must be made."

" ... exercise provides an unparalleled stimulus, creating an environment in which the brain is ready, willing, and able to learn."

"Exercise is fertilizer for the brain."

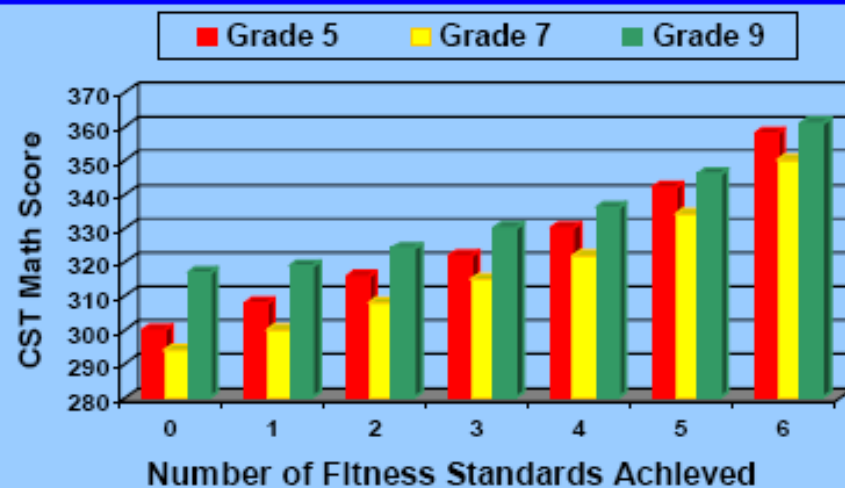
www.sparkinglife.org



Exercise and the Brain

2004 CST* Scores in Math by Number of Fitness Standards

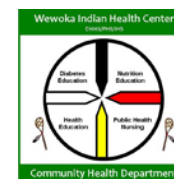
Grade 5 – 371,198 Students
Grade 7 – 366,278 Students
Grade 9 – 63,028 Students**



*California Standards Test

** Grade 9 Students who took CST geometry

Source: California Physical Fitness Test, 2004 Results, Calif. Dept. of Ed., April 2006

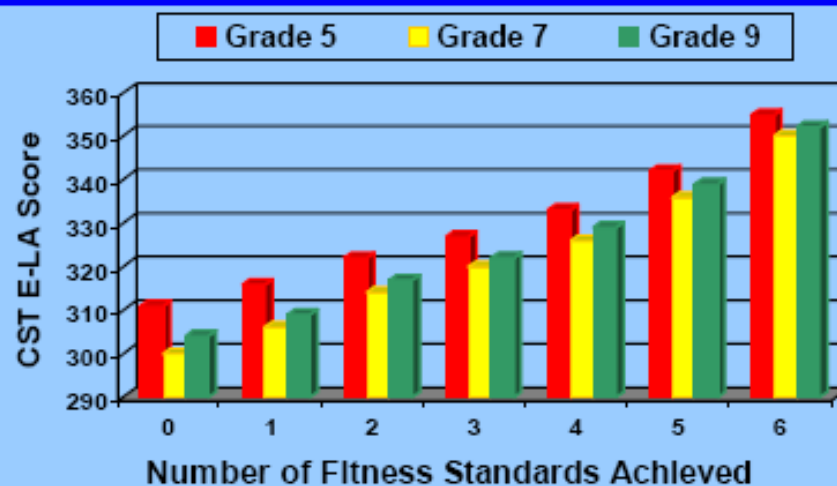




Exercise and the Brain

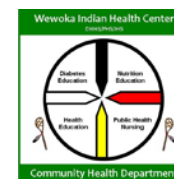
2004 CST* Scores in English-Language Arts by Number of Fitness Standards

Grade 5 – 371,198 Students
Grade 7 – 366,278 Students
Grade 9 – 298,910 Students



*California Standards Test

Source: California Physical Fitness Test, 2004 Results, Calif. Dept. of Ed., April 2006



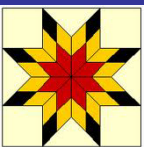


Community Walking Program

“Every Step Counts”

- Community Teams
- Community Sign-ups and pre-program measurements
- Pedometer walking program
- Participants use log sheets to track steps, walking time, or walking/running distance
- Excel program for tracking exercise data and daily points
- Monthly points turn into “Wellness Bucks” to purchase monthly incentives
- Post Program achievement recognition and prizes
- Monthly “Fun Day” events including education and fun activity
- End of the year 5k running/walking event





Community Walking Program

“Every Step Counts”

Steps	Jog/ Walk Miles	Walk/ Exercise Minutes	Points Per Day
1000			1
2000			2
3000			3
4000			4
5000	½ mile	10	5
6000	1	20	10
7000	1.5	30	15
8000	2	40	20
9000	2.5	50	25
10,000	3.0	60	30

Points per month	Wellness Bucks
140	\$2.00
280	\$4.00
420	\$6.00
560	\$9.00
700	\$10.00
840	\$12.00





Community Walking Program

“Every Step Counts”

Levels of Achievement	Yearly Points required to meet this Level	End of the Year Incentives
Lifestyle Walkers	2000 to 3999	Printed T-Shirt and 1 ticket year-end raffle
High Steppers	4000 to 5499	Printed T Shirt, Nike Shoes and 2 tickets for year-end raffle
Super Striders	5500 and above	Printed T Shirt, NIKE Shoes, NIKE Wind Suit and 3 tickets for year-end raffle





Community Walking Program

“Every Step Counts”

- Monthly Bonus Points
 - Every education or exercise class offered is 50 bonus points
 - Weekly Wellness Challenge bonus points
 - No Caffeine 5 of 7 Days
 - No Fried food 5 of 7 Days
 - 200 bonus points for participating in a community walk/run – 5K
 - 500 bonus points for losing weight





Community Walking Program

“Every Step Counts”

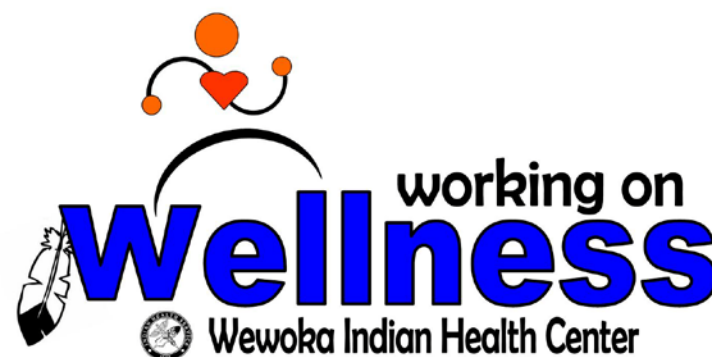
- Monthly Fun Day
 - Used to education and exercise opportunity and to purchase Nike Incentives
- Email, Fax, Drop boxes and Phone call in for program log sheets
- Excel Tracking sheet for each participant
 - Calculates points, bonus points, levels of achievement, monthly program participation, and much more.
- End of the year 5K walk/run and program recognition luncheon





Employee Wellness

- Promote Wellness in the Clinic – role modeling for patients
- Hired Contract Community Fitness Specialist for providing employee classes
- Administration supports incentive purchasing and “awarded time off” for achievement
- Program works within the Community Walking Program with added employee teams.
- Bi-weekly behavior challenges & monthly education sessions
- Clinic Garden





Community Prevention

Camps and Events

- **LEADer** Adult Diabetes Camp
Leading the Effort
Against Diabetes
- Heart 2 Heart – Community Education
event during February Heart Month
- Tickled Pink – Breast Cancer Awareness
Health Fair during October.
- Summer Youth Prevention Camps -
GO PRO
Preventing and Reducing Obesity
- Empowerment Day – Fall Event





Vculvke P.R.I.D.E

- Elder Nutrition sites
- Two educational and Exercise sessions per month
- Provide opportunity for elder leaders to provide exercise opportunities
- Incentives for participation
- Senior Olympics
- Exercise Bingo
- Tai Chi – Fall Prevention Program
- Elder Garden Program
- Strength building exercise
- Flexibility Exercises
- Chair Exercises



Evaluation

- Senior Functional Fitness Test
- Participation
- BMI
- Pre/Post Knowledge





Sustainability and Capacity Building

Is it a Program or an Event?

Muscogee (Creek) Nation
Community Prevention Program



- Tribal Council
 - Funding for “Move It!”
School based
Prevention program
 - Funding for MCN
Walking Program
Mvskohe Nene Hvkoce
(Trails)





Sustainability and Capacity Building

Is it a Program or an Event?

- Move It! Program
 - Three Year program
 - 1st year Diabetes Staff implements program
 - 2nd year PE teacher training
 - 3rd year PE teacher prepares to take over the program
 - Teacher Training
 - Let's P.L.A.Y. workshops
 - PE Equipment each year
 - School Health Policy
 - Staff Wellness
- Hop To Stop Diabetes
 - School teacher trained the first year
 - Jump Ropes
- Staff is trained to cover all programs
 - Learn from each other
- Tribal support and Funding of community programs
- Community Leadership in the Walking Program
- Elder Gardens – Elder take over planting and caring for gardens
- Partnering with other programs
- Documentation of prevention activities in RPMS

When we move on, will the program continue?





The Future

- Start prevention efforts earlier in life or before life begins
- Continue working with the Tribal Government for program funding
- Wellness Policy Development with tribe, clinics, communities
- Expand efforts in the Schools – Tribal Fitness Charter Schools
- Environment – PA opportunities more available – walking trails, bike friendly roads, wellness centers, pools
- See some of the results of prevention efforts

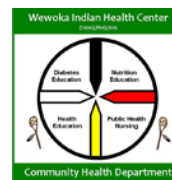




Creating Opportunities for Choosing Health

You can lead a horse to water but you can't
make him drink.....

But you can make him thirsty!







Contact Information

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