Navajo Coordinated Approaches to School Health

Health Promotion Disease Prevention Program
Navajo Area Indian health service
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Welcome and Introduction

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Navajo Area Wide
HPDP Program Service

Geographical Area

• Located in the Southwest Region
• Navajo Area spans 3 states of Arizona, New Mexico and Utah
• Provide services in 5 counties of 3 states
• Rural, remote and culturally distinct

Population

• Primarily Navajo Population
• On Navajo 300,000+
• Off Navajo (Border Towns, Major Cities)
Navajo Area wide Schools

Various Types of Schools
• Bureau Of Indian Education
• Public Schools
• Community/Grant Schools/
• Private
• Parochial
Navajo Coordinated Approaches to School Health

Initiated in 1997 as Coordinated Approaches to School Health (CASH) using Special Diabetes Program for Indians (SDPI) Funds

In 2010, CASH was revised based upon an assessment and new SDPI key measures

Since 2010, the Navajo Coordinated Approaches to School Health (NCASH) Project began with following key measures:
Project Background

- 7th year of implementation of the new approaches developed under the NCASH Project
- 64 schools participated in the NCASH Project from SY 2010-2011 to 2015-2016

<table>
<thead>
<tr>
<th></th>
<th>SY 2010-11 Year 1</th>
<th>SY 2011-12 Year 2</th>
<th>SY 2012-13 Year 3</th>
<th>SY 2013-14 Year 4</th>
<th>SY 2014-15 Year 5</th>
<th>SY 2015-16 Year 6</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total number of schools</td>
<td>24</td>
<td>21</td>
<td>31</td>
<td>31</td>
<td>19</td>
<td>19</td>
</tr>
<tr>
<td>Total number of students</td>
<td>6,433</td>
<td>5,923</td>
<td>8,834</td>
<td>7,217</td>
<td>4,444</td>
<td>3,995</td>
</tr>
</tbody>
</table>

SY=School Year
Key Measures

• Capacity: Schools will increase their capacity to implement and evaluate evidence-based programs that have been shown to reduce the risk of diabetes.

• Physical Activity: Schools will increase the number of students who participate in at least 150 minutes per week of physical activity.

• Diabetes Education: Schools will increase the number of students receiving culturally specific diabetes prevention education.
Key Measures (cont’d)

• School Environment and Policy: Schools will improve policies and environment supportive of healthy eating and physical activity behaviors using the School Health Index, Local School Wellness Policy and School Improvement Plan.

• Family and Community Involvement: Schools will increase the number of diabetes prevention activities to students, their families and community members to improve healthy eating and increase physical activity.

• Sustainability: Diabetes prevention activities will be sustained by the schools to improve healthy eating and physical activity behaviors for students.
NCASH at work against obesity

<table>
<thead>
<tr>
<th></th>
<th>SY 2010-11 (Year 1)</th>
<th>SY 2011-12 (Year 2)</th>
<th>SY 2012-13 (Year 3)</th>
<th>SY 2013-14 (Year 4)</th>
<th>SY 2014-15 (Year 5)</th>
<th>SY 2015-16 (Year 6)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Underweight</td>
<td>2%</td>
<td>3%</td>
<td>3%</td>
<td>2%</td>
<td>2%</td>
<td>5%</td>
</tr>
<tr>
<td>Normal Weight</td>
<td>53%</td>
<td>55%</td>
<td>51%</td>
<td>51%</td>
<td>51%</td>
<td>51%</td>
</tr>
<tr>
<td>Overweight</td>
<td>23%</td>
<td>18%</td>
<td>24%</td>
<td>29%</td>
<td>23%</td>
<td>25%</td>
</tr>
<tr>
<td>Obese</td>
<td>25%</td>
<td>25%</td>
<td>23%</td>
<td>21%</td>
<td>24%</td>
<td>19%</td>
</tr>
</tbody>
</table>
The Core of NCASH

- Capacity Building
- Systemic Changes
- Setting Cultural Standard in Educational Institutions
- Policies
- Aligned with Diné Philosophy