



KANSAS CITY UNIVERSITY

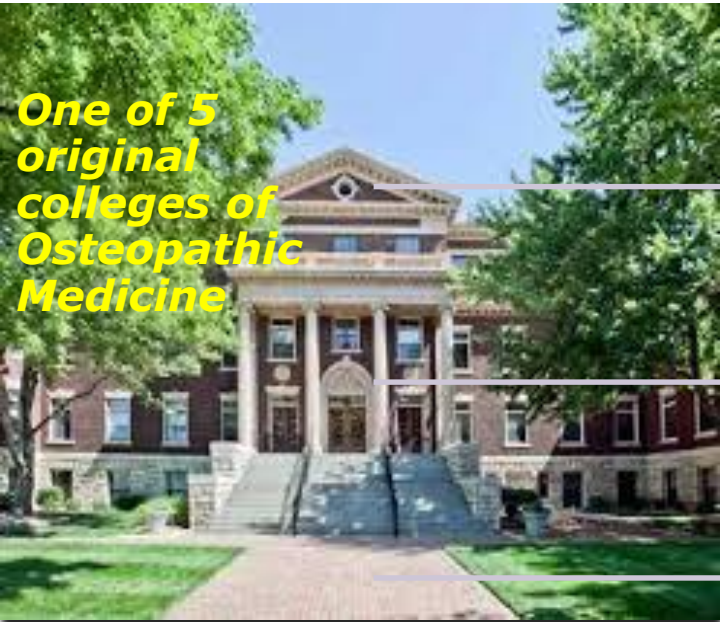
Score 1
FOR HEALTH

Improving Healthy Behaviors and Lifestyles through an Innovative University-Community Approach

Kansas City University of Medicine and Biosciences



Kansas City University of Medicine and Biosciences



**One of 5
original
colleges of
Osteopathic
Medicine**

Largest medical school in MO and KS and ~~14~~**12th**
largest in U.S.

2nd largest producer of physicians in KS and MO

72% of alumni in primary care specialties

Score 1 for Health

A community outreach program sponsored by KCU.

Free, comprehensive health assessments for 13,000 elementary-aged children and their families living in Kansas City's urban neighborhoods.

43 elementary schools annually.

Medical students, dental students, nursing students work together at schools.



Score 1 for Health

2008 COMMUNITY REPORT



SCORE 1
FOR HEALTH



2008-2012 Community Report

for Health

REPORT

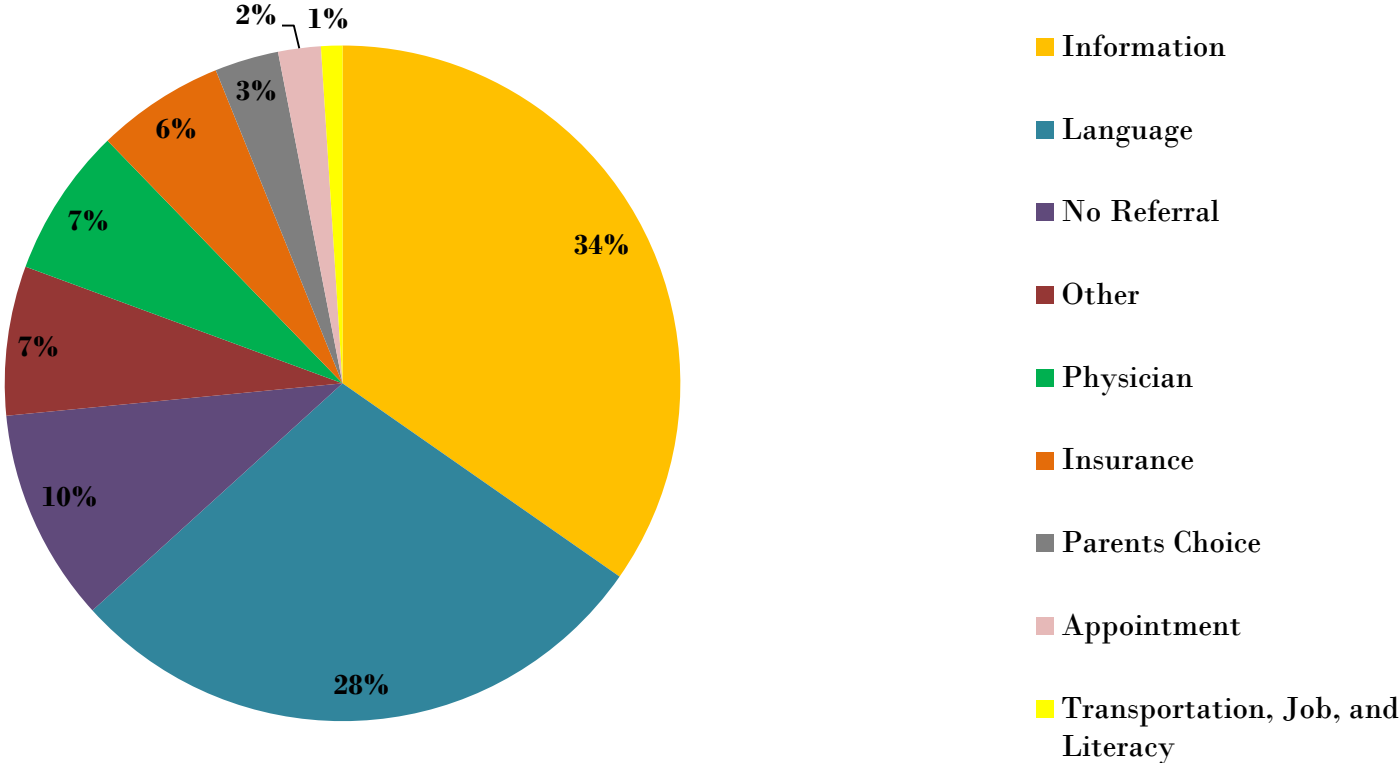


Score 1 Outreach

- Score 1 nurses follow up with parents regarding abnormal screenings
- Over 2,000 parents contacted in 2015-16
- In 2015 – a Community Health Worker was added with grant support - connected with 510 families to date to help access health care



Obstacles Reported by Families (2008-2012)




Consistent Messaging is Important!





CHOOSE HEALTHY HABITS FOR A HEALTHY FUTURE!

HEALTHY HABIT	BENEFITS	TIPS
 1 HOUR <small>PER WEEK</small> OF PHYSICAL ACTIVITY	<p>Be active 60 minutes or more each day. Staying active can help you keep your energy up and reach or stay at a healthy weight.</p>	<ul style="list-style-type: none"> You don't have to get 60 minutes in all at once. Break it up into shorter chunks throughout the day. Anything that makes you breathe harder and your heart beat faster is a good activity. Plan active family time like going to the park or the zoo. Be active with a friend.
 2 HOURS <small>MAXIMUM</small> OF SCREEN TIME	<p>Less time spent watching TV, playing video games or texting means more time being active. Keep screen time to less than two hours a day.</p>	<ul style="list-style-type: none"> Start by cutting out 15 minutes a day each week to get down to less than 2 hours. Come up with fun activities to do as a family instead of screen time. Start a family game night or go to a nearby park or playground. Make screen time a reward, not a daily routine.
 3 SERVINGS <small>PER DAY</small> OF MILK OR YOGURT	<p>Drinking milk helps make bones and teeth strong. Serve low or nonfat milk or yogurt to have with meals. Include three servings each day.</p>	<ul style="list-style-type: none"> Serve milk to drink at each meal. Keep milk ice cold. Kids are more likely to drink it. Use nonfat fruit flavored yogurt as dip for fruit. Make your own smoothies by blending your favorite frozen fruit with yogurt and nonfat milk. Layer fruit and yogurt in a tall glass to make your own parfait! Top with a sprinkle of whole grain cereal.
 4 SERVINGS <small>PER DAY</small> OF WATER <small>NOT SUGARY DRINKS</small>	<p>Water is best to keep your body running well and for when you are thirsty. Drink at least four glasses of water a day.</p> <p>Be sure to check the label on flavored waters. Many are full of added sugars.</p>	<ul style="list-style-type: none"> Serve water between meals instead of sugary drinks. Fill reusable water bottles to bring in the car or on the go. Drink a cup when you brush your teeth in the morning. Keep a pitcher of water in the fridge. Put in a slice of orange, lemon or lime to add flavor.
 5 SERVINGS <small>PER DAY</small> OF FRUITS & VEGETABLES	<p>Fresh, frozen or canned fruits and vegetables are full of important vitamins, minerals, water and fiber that help keep your body healthy! Be sure to include five or more servings each day.</p>	<ul style="list-style-type: none"> Keep fruits and vegetables in sight in the refrigerator or on the counter. Plan your meals to include fruits and vegetables. Use them to fill half your plate. Wash and cut fruits and vegetables ahead of time for a quick snack. Keep canned, frozen, and dried fruit on hand.

CHOOSE HEALTHY HABITS FOR A HEALTHY FUTURE!

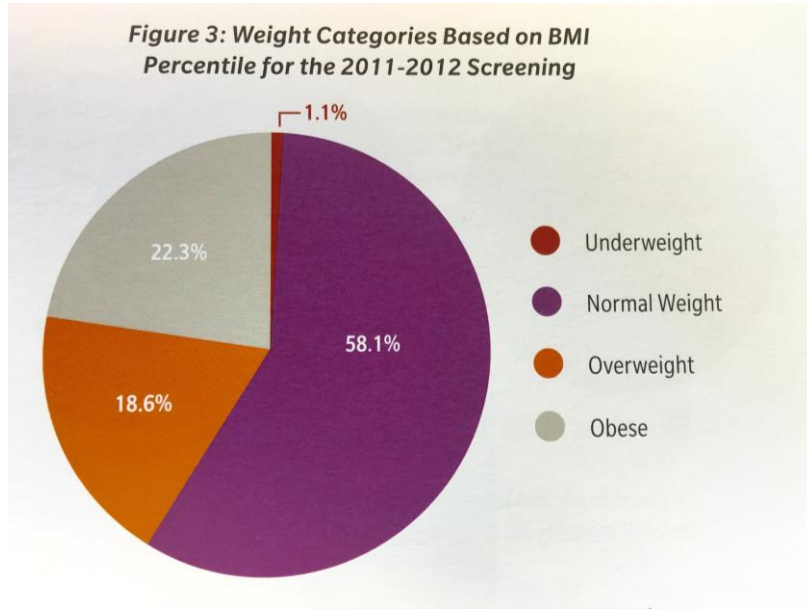
Learn more at www.fittastic.org



12345 Fit-tastic and Score 1

- Nearly 20,000 sheets distributed each year to children in 43 elementary schools attached to Score 1 screening results
- 20 percent Spanish

Overweight and Obesity in Score 1 population



More children assessed by Score 1 for Health are overweight or obese when compared to their peers nationally.

What's CHAMPS all about?



“CHAMPS”

Coaching Health And Movement Program with Students

- FREE one-on-one health coaching with a KCU Medical Student (who has completed training with a Registered Dietician & a Pediatrician)
- Coaching sessions are held after school at a convenient location for families for up to 6-8 visits (45-minute sessions)
- FUN goal-setting about nutrition and physical activity utilizing the 12345 Fit-Tastic messaging
- CHAMPS pilot began in April 2015, a transformation of “Eat Smart,” a dietician-led individual counseling program
- The Health Care Foundation of Greater Kansas City awarded a 2-year grant to allow the program to grow the program and to expand on evaluation measures.



CHAMPS



WHO? Medical students from KCU are trained and then partner with a child and his/her family from the Kansas City community who want to make healthy lifestyle changes.

WHAT? FUN health coaching- individual and group sessions with pre, mid and post assessment of behavioral status.

CHAMPS



WHEN?

After school for weekly or bi-weekly coaching sessions with an assigned family.

- 45-minute sessions in a convenient location for families
- 6-8 sessions with the family
- Group sessions for select schools once a month

CHAMPS

WHERE?

- Sessions are held in the family's neighborhood—
- At different elementary schools, libraries, health clinics, etc.

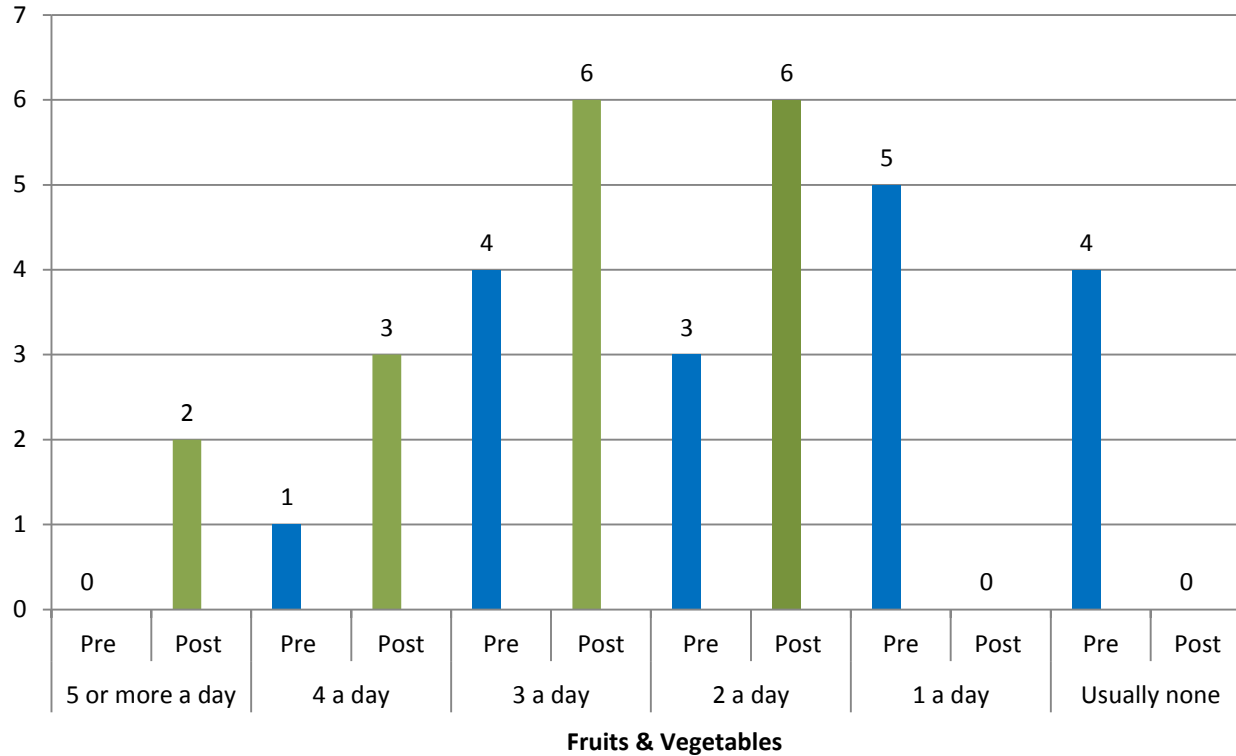


HOW?

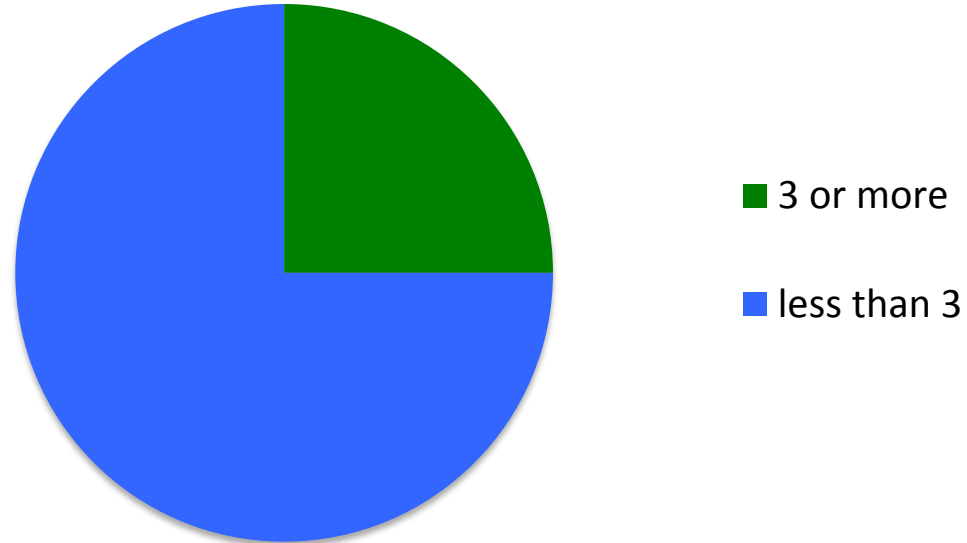
- FIT Tastic focus pages! <http://fittastic.org/>
 - Provide framework
 - Familiar to kids
 - Easy to understand
 - Consistent with many family care clinics
 - Consistent with American Academy of Pediatrics messaging

Reported behavior change: fruits and vegetables

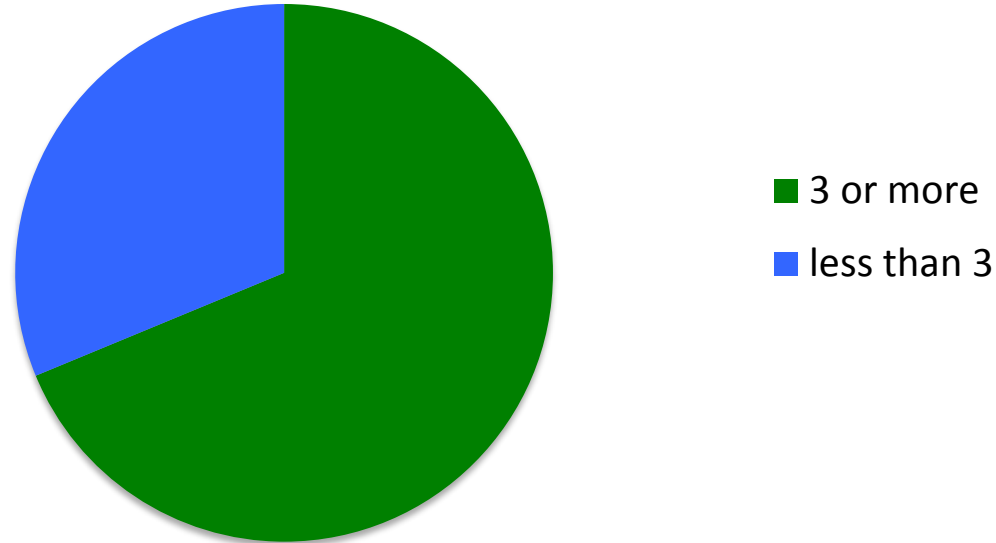
Participants
from 2015-
16



Pre-assessment: Reported fruits and vegetables eaten per day

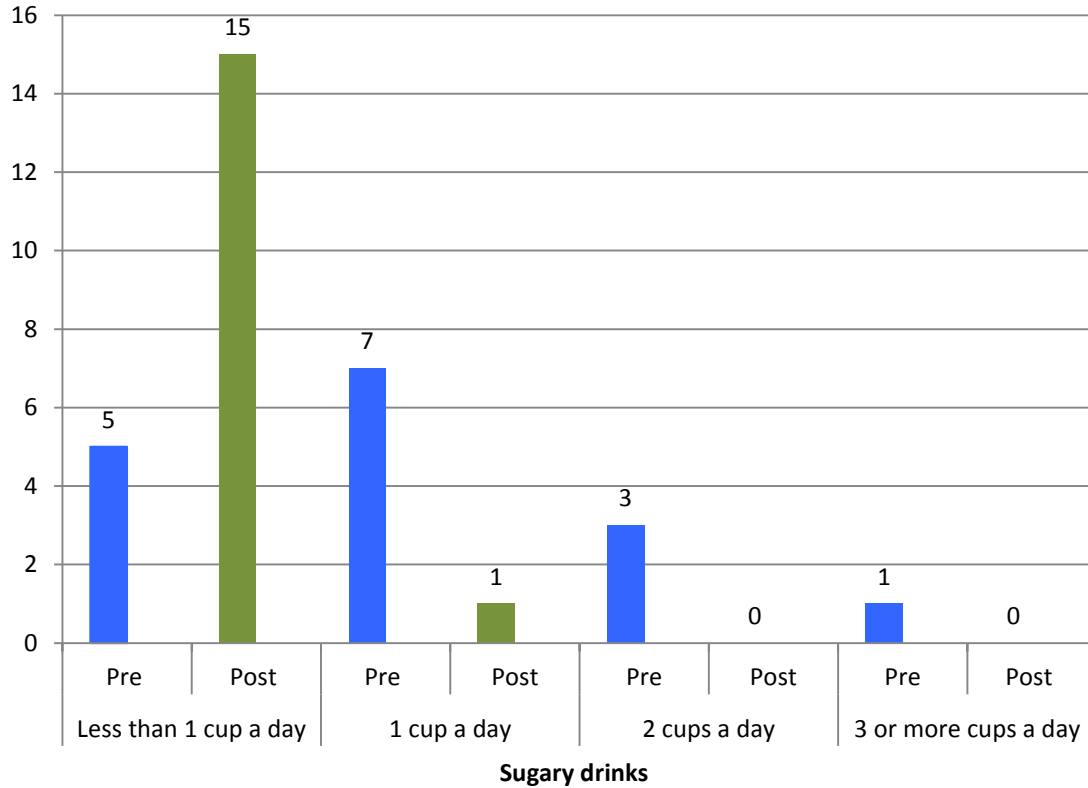


Post-assessment: Reported fruits and vegetables eaten per day

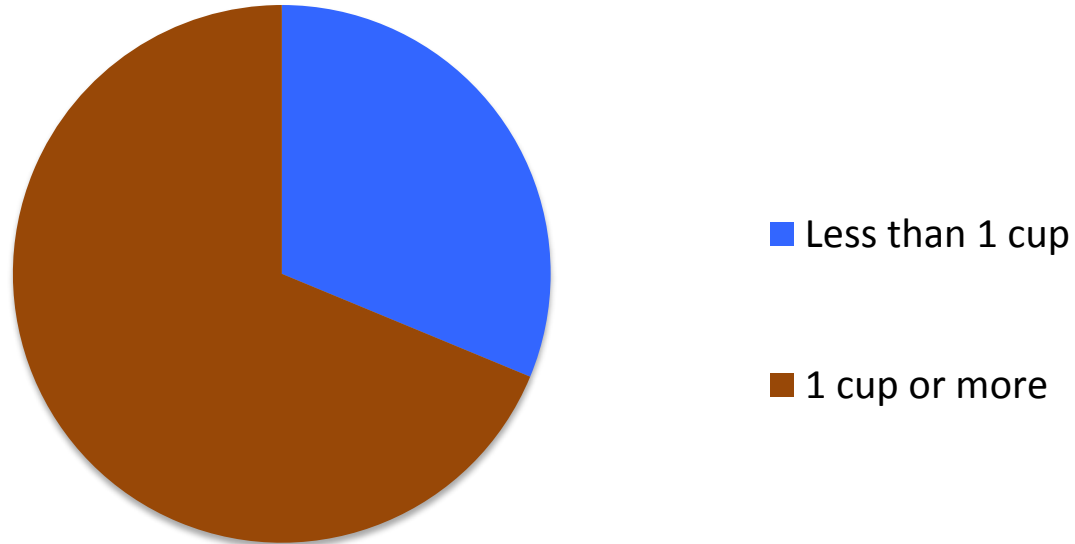


Reported behavior change: sugary drinks

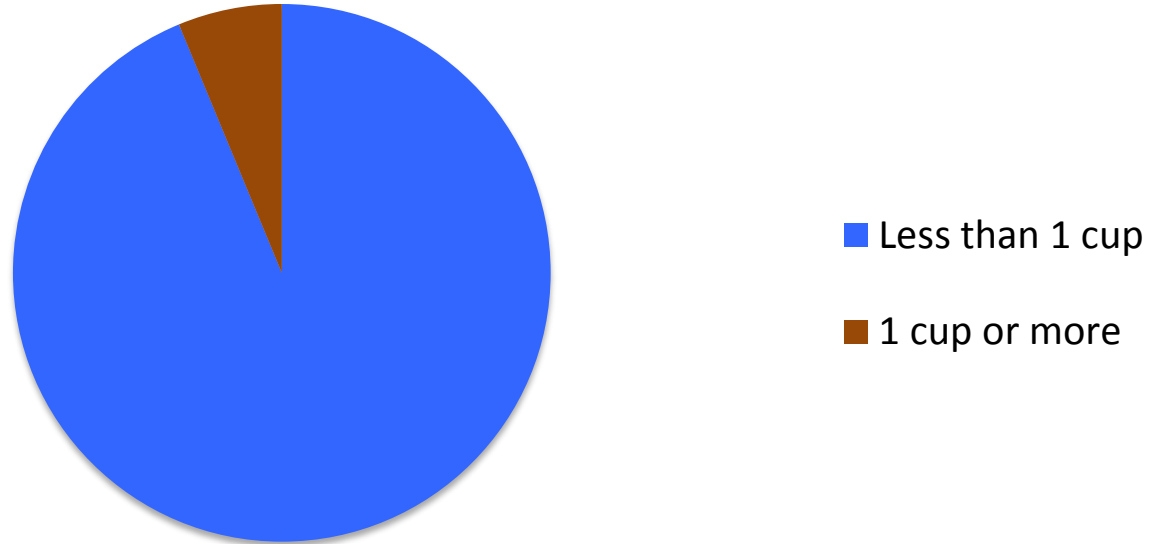
Participants from 2015-16



Pre-assessment: Reported cups of sugary drinks per day



Post-assessment: Reported cups of sugary drinks per day



CHAMPS



WHY?

- Shifts by families toward healthier behaviors will lead to improved outcomes
- Training for medical students in assessment and coaching around lifestyle will lead to more effective primary care practitioners.

CHAMPS

