

2018-2019 Bright Spot Award Nomination Form

The Bright Spot Awards are an effort to recognize examples of meaningful Primary Prevention initiatives taking place across our state. Here are the steps to nominate your initiative:

- 1.) All nominations must be submitted by July 1, 2019. One nomination form must be completed per initiative nominated. Email completed nominations to Matt Coleman (Matthew.Coleman@TN.gov)
- 2.) All nominations received are redacted so that the review committee will not know the exact location and persons involved with the initiative. The review committee is made up of individuals from each region of the state. They will review, score, and discuss each submission. An average of the final scores given by the review committee will be used to determine the award level earned.
- 3.) Award levels include Platinum, Gold, Silver, Bronze, and Honorable Mention.
- 4.) Awardees will be announced in the fall of 2019.
- 5.) Each nomination will be presented with a comprehensive feedback report from the committee, which will include strengths of the initiative and opportunities for improvement.

Application:

County: Franklin County

Initiative Name: 1st Annual Franklin County Healthy Horizons

Primary Prevention Focus Area(s): Obesity, Physical activity, Nutrition, Tobacco

Primary Contact Name, Email, Phone:

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Bright Spot Award Questions

Please explain why you think this initiative should be considered for the TDH Bright Spot Awards.

(150 words max); (10 points available)

Healthy Horizons is an event that focuses on multiple aspects of health to improve the well-being of the children in our community. The emphasis of this event is placed on the following topics: nutrition, physical activity, gardening, and anti-tobacco education. Healthy Horizons is the first event of its kind in Franklin County with the sole intent to educate and create awareness of living a healthy life style for families in our community. There were approximately 190 4th grade students that were chosen to attend Healthy Horizons this year. The Franklin County Director of Schools selected this year's participating schools based on income level. Different schools will be selected each year to make sure we can educate other children in the county.

Why is this initiative important to your community? Is this initiative contributing to a policy, systems, and/or environmental change¹ in the community? (300 words max); (75 points available)

As a result of noticing that more and more school-aged children are unaware of the importance of good nutrition, physical activity, and other topics covered in the Healthy Horizons curriculum due to the constraints in the education curriculum, it has become necessary to provide some form of structured education to raise awareness and address health education concerns in our community. Therefore, Healthy Horizons is vital to prevention and improving health outcomes in Franklin County.

This unique event seeks to inform Franklin County's 4th grade students about different ways to develop and maintain a healthy lifestyle. Students spend up to 15 minutes per booth and rotate from station to station to engage and learn about a variety of health topics. The event include stations on the dangers of using tobacco products, the plate method, the amount of sugar in foods, gardening/composting, bone health, an obstacle course, relays, local trails orientation and martial arts. Parents of the students were also invited to Healthy Horizons. Parents attended what we call the "parent sessions" where they learn different ways to cook healthier meals and learn about the importance of not using tobacco products (including chewing tobacco and e-cigarettes). Local resources and health department information was also provided.

What are the SMART objective goals and major purpose(s) of this initiative? (SMART objectives are Specific, Measurable, Attainable, Relevant, and Time Bound. Example: By May 2019; all soft drink machines in Lauderdale County Schools will be turned off during the school day, per school board policy.) (300 words max); (10 points available)

By December 2019, Health Department staff will conduct a Healthy Horizons event with the intent to educate 4th grade students in nutrition, physical activity, and tobacco at 3 elementary schools in Franklin County with pre- and post- surveys distributed to students to monitor effectiveness of the event.

¹ Policy, systems and environmental change is a way of modifying the environment to make healthy choices Practical and available to all community members. By changing laws and shaping physical landscapes, a Big impact can be made with little time and resources. By changing policies, systems and/or environments, communities can help tackle health issues like obesity, diabetes, cancer and other chronic diseases (<http://www.cookcountypublichealth.org/files/PPP/PSE%20Change.pdf>)

What is the annual budget and funding source for this initiative? If no funding is available, how have you implemented or sustained the initiative? (150 words max); (5 points available)

This is the first year we have conducted the Healthy Horizons event, and we spent around \$4,330. The expenses were allocated as follows: parent sessions and lunch: \$250, transportation \$200, school lunch \$30, students' swag (t-shirt, water bottle, Frisbee, sun glasses, bag) \$2,500, materials \$125, inflatable \$225, parents swag \$1,000. If no funding is available, we would look for sponsorships in the community and have to make changes to the event in order to implement the Healthy Horizons event.

Have community partners helped with the initiative? What are the roles of these partners? (300 words max); (20 points available)

Yes, this event could not be possible without the help of our community partners in Franklin County. They are just as passionate as we are about helping the community in which we live, work, and play. Organizations that helped us with Healthy Horizons are:

UT Extension Office-Winchester- helped with the gardening /agriculture booth and the nutrition sessions for the parents.

Franklin County Prevention Coalition- helped with the tobacco booth and parent session on substance abuse.

Franklin County School System- provided the students and volunteers to help us with set up /clean up

Coordinated School Health- help with teachers and 4th grade students, surveys and planning.

Solid Waste Authority-Talked to our kids about local park/ trails orientation and also spoke to them about the different ways to reduce solid waste materials.

Bunny's Gym- taught martial arts to the kids as an alternative to other sports.

Moore Cortner Funeral Home- Let us borrow tents to keeps the kids from being in the sun and heat all day.

Franklin County Health Department- helped with staff and volunteers.

Describe your staff's involvement, including the interdisciplinary team approach taken with this initiative? Begin with the planning process; explain staff roles in planning and implementing the initiative. Discuss how you foster creative scheduling so that clinical staff can lend their expertise? (350 words max); (20 points available)

When planning for Healthy Horizons, the health educator and County Director met to talk about the initiative and discuss what we wanted implemented. Our neighboring county has been doing Healthy Horizon events for a couple of years so we wanted to bring something similar but tailored to meet the needs for our community. We then set up a planning meeting in September of 2018 with the Franklin County Director of Schools, Coordinated School Health, and the FC Health Department. We explained in detail all the plans that had been discussed for Healthy Horizons. During the meeting the Director of Schools was very supportive of our initiative and wanted to work with us right away. It was still a little early in the year to have the Healthy Horizons event, so we went ahead and set a tentative date of spring of 2019. When January 2019 arrived, we had another meeting where we set a tentative schedule, created a map with all the stations laid out, and gathered information from the organizations with whom we wanted to partner. This information was presented to the Franklin Co. Board of Education staff to make sure they were in

accordance. We then were able to finalize all the details and set a final date for the event. The Director of Schools loved everything that we had planned and gave us the green light to start buying the necessary materials for the event. We began with surveying the kids to determine their current patterns. Then we started gathering their swag. Throughout the planning process we involved our health department staff so they can collaborate with feedback and ideas to make this a successful event. Flash-forward to the day of the event, the Director of Schools and his volunteer staff were there to help with anything that might be needed. Not only was the Board of Education staff there, but they also brought some high school students to help with the event. These students were able to receive community service hours for their Tennessee Promise Scholarship. Several of the teachers were very pleased with the organization of the event and expressed their gratitude for doing this for the students. This is an event that we hope to continue doing every year with the 4th grade students.

In what way is this initiative especially innovative? How is this initiative different from other similar programs? Is there a specific idea tested with this approach? Is this work informed by relevant literature or research studies? (400 words max); (20 points available)

What makes Healthy Horizons innovative is that in our community the children have never seen or been to such a unique event that brings all the fourth grade students from the three schools that were chosen in one location. The opportunity to connect with other fourth graders that they might not have met otherwise is unique. The ability to try new physical activities that these children might not have access to and would never have tried if not for this event makes it unique. The layout, design, and the use of space that was involved to create the Healthy Horizons environment for the children was achieved by extensive thought, preparation, and planning. Healthy Horizons takes the children through several stations that demonstrate ways to improve their physical capabilities and nutrition. The children, teachers, and parents receive not only the education but a hands-on experience that is a “learn by doing” experience, including getting to try a snack option that they may have never tried before or they would not try outside of this environment. These aspects of the Healthy Horizons event are what actually make it a distinctive experience for everyone involved, from students to volunteers.

There are no similar programs in our community. There is not another activity/ event that offers what the Healthy Horizons event provides to our fourth grade students, teachers, parents, and volunteers. Healthy Horizons is one destination, location wise, with many pit stops of fun along the way.

We are trying to determine the knowledge that the students have in regard to physical activity and nutrient based information. The content we provide to the students is not only discussed with them at the Healthy Horizons event, but it is also presented and offered to them as an opportunity to try new things and discover new options that they may not have thought of to better their own lives as well as their families’ lives which, in turn, makes for a healthier community for Franklin County.

Yes. We use the latest statistics and up-to-date facts for the different stations, to bring the most reliable and current information to the students and teachers so that they will be exposed to the best information available in regards to the health topics being taught to the Healthy Horizons participants.

How are you evaluating the effectiveness of the initiative? Is the initiative on track to achieve stated goals or has it achieved stated goals? (350 words max); (20 points available)

Measuring the effectiveness of our program is very important to us; therefore, we decided to survey the students before and after the event. With this data we can determine the students’ knowledge and understanding of the topics discussed in the event. The post surveys help us to determine what they learned from the sessions they

attended. We receive valuable feedback from the surveys which helps us to see if there are any changes that need to be made in the upcoming years.

What limitations or obstacles might be expected if others wished to replicate this initiative? (300 words max); (50 points available)

The biggest obstacles are developing a good partnership with the school system. It is very important to have their trust in order to be able to work with any of their staff members. Another issue is finding the time to be able to borrow the students for a full day. The school systems are so busy in their school year that it is hard to find a time to do events that take up the whole day.

Funding is another obstacle- in order to have a good event you have to have funding to support the materials needed.

Is this initiative sustainable without the resources of the local health department being involved? (250 words max); (20 points available)

It would be incredibly difficult for this initiative to be sustainable without the resources of the local health department because it involves the majority of the local health department staff, as well as assistance from the Regional Office staff to assist with the planning, preparation, set up and clean up for the event. The health department staff is a critical component of the success of the Healthy Horizons event.