

## STEPS School Intervention Highlights

### YEAR 1

# SANTA CRUZ COUNTY

- The first ever, school employee wellness day in Peña Blanca Elementary (Santa Cruz Valley Unified School District #35) was implemented in Year 1 of contract period. Thirty-one of the 35 staff (teachers, administrators, custodians, aides, etc) participated in the employee wellness program that consisted of screenings such as, glucose, cholesterol, osteoporosis, BMI, and anemia. In addition, participants were provided with educational materials on nutrition, diabetes, tobacco use and second hand smoke, and physical activity.
- Extension to school contracts for Year 2 is under discussion. School Health Coordinators (SHC) have been identified for the three largest county school districts: Nogales Unified School District #1, Patagonia Union High School #20, and Santa Cruz Valley Unified School District #35 (STEPS subcontractor). The first school health coordinator's meeting was held during reporting period. The School Health Coordinators committee is in planning phase of developing School Health Councils (advisory committees). SHC committee will meet on a monthly basis. In addition, the SHC are working with the American Lung Association (ALA) in an effort to implement "Open Airways for Schools" curriculum at various school sites. Negotiations in training cost are currently under way between the ALA and all three school districts that have partnered to cover training costs on an equal basis.
- Santa Cruz Valley Unified School District #35 held summer youth programs that incorporated physical activity and nutrition education and opportunities. A total of 27 students from Mountain View the 3<sup>rd</sup> through 5<sup>th</sup> grades participated in the three-week program. Peña Blanca Elementary School in District #35 conducted a cooperative learning program where students learned about the importance of physical activity and good nutrition.
- Tobacco Education Prevention Program – *TEPP* (funded by ADHS) provided tobacco prevention education in different schools.
- 5-A-Day Program (funded by ADHS-Community Nutrition Program) provided 5-A-Day activities in elementary schools.

# COCHISE COUNTY

- CCHD negotiated and signed contract with Douglas Public School District #27 to support increased physical education in all grades.
- Presented information about asthma and second-hand smoke as an asthma trigger in 17 Cochise County schools to 1,215 K-12 students.
- Presented information on fitness and nutrition at a Family Fitness event to 150 parents/children from Douglas public schools.
- Taught importance of proper nutrition to 14 Special Needs students from Douglas Unified School District.
- Trained 10 youth summer leaders from Sierra Vista in ways to influence peers to maintain healthy and nutritious diet through their position as summer life guards and recreation coordinators for the city's Parks and Recreation department.
- Met with Bisbee School nurses to discuss School Health Index program.

# NTY

- Provided program on "Best Foods for Backpacking," and water requirements to 15 Bisbee Boy Scouts.
  - Met with Dr. Elizabeth Valdez for workshop on delivering bilingual *Diabetes Rotafolio* curriculum.
  - Met with Donna Bryson of the Arizona branch of the American Lung Association to negotiate purchase of "Open Airways For Schools" curriculum for asthma education in schools.
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# YUMA COUNTY

- Developed "Healthy Lifestyles" curriculum to include nutrition, and physical activity classes and tobacco cessation for high school students. (Completed by Campesinos Sin Fronteras).
  - School Health Index (SHI). One elementary school completed the 8 SHI modules, however no action plans were developed and no follow-up was conducted as a result of new administration declining to continue program. (Completed by RCBH/WAHEC). *See Challenges and Barriers Section.*
  - Tobacco Education Prevention Program – *TEPP* (Not funded by STEPS) provided tobacco prevention education in schools.
  - P.L.A.Y. Program and 5-A-Day. *See Challenges and Barriers Section.*
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The Tohono O'odham Nation, Department of Human Services, partnered with the STEPS Initiative in year 2. Therefore, school intervention highlights for year 1 are not available.