



SCHOOL BOARD MEETING REPORT

Board Meeting Date: 1/16/2019

Superintendent: Dave Valenzuela

Administrator/Staff: Brian miller

Type of Item: *Informational* *Action*

Please state your proposal briefly and clearly. What do you want the board to know, discuss, or decide?

We are asking to apply for and accept, if chosen, a grant in the amount of \$5,150 from AllCare Health. The purpose of the grant is to provide a Club Wellness Program for Hidden Valley High School Special Education students and their General education student peers. The funds are used for training HV staff and provide materials for the program. Grant application is attached.

Provide history/background information on your proposal:

Club Wellness was developed by experts in the field, and is recognized as safe and effective by: James Chesnutt, M.D., Sports Medicine at Oregon Health & Sciences University, Physical Therapists, Special Education Teachers and Adaptive PE Teachers.

List the advantages of your proposal:

Hidden Valley students involved in Special Education classes, and their General Education peer helpers/mentors would have a chance to participate in a wellness education program offered 3 times a week. The program would be led by HVHS Special Education staff, and assisted by student peers that have been trained to lead the program by Club Wellness staff, who has 20 years of experience working with the population in the area of sports and fitness.

List possible disadvantages of your proposal:

none

List possible alternatives that could also offer a solution to your proposal. Why were they not recommended?

none

Superintendent's recommendation(s):

Approve: Yes No

SB U:\Forms\AllCare Health Application

AllCare Health
COMMUNITY INVESTMENT APPLICATION

AllCare Health proudly works to support innovative, community-based projects that seek to affect the health of our community. We ask that you please fill out the following application with as much detail as possible. For more information regarding funding criteria and priorities, please contact the indicated AllCare team member for details.

Please be sure to indicate the date you need a response by. If not indicated, allow 30-60 days for a response to your request. AllCare Health may require more information before approving funding requests.

Submit this completed form to the Community Engagement & Investment Team member with whom you have been working and Cc: Sam Engel at sam.engel@allcarehealth.com. You can also call 541-471-4106 for more information.

Project or Event Name		
Club Wellness Program for Hidden Valley High School Special Education students and their General education student peers		
Organization Information	Tax ID / EIN #	
Operating Name: Hidden Valley High School	93-6000541	
Legal Name (if applicable):		
Address: 652 Murphy Creek Rd., Grants Pass, OR 97527		
Contact Information		Website/Social Media
Contact Person: Brian Miller, Principal		
Phone: 541 862-2124		www.threerivers.k12.or.us/hvhs
Date of Request Submission	Funding Amount Requested	Date Response Need By
1/15/2019	\$5150	1/31/2019
	Non-Monetary Request	<input type="checkbox"/> Check if Urgent (less than 2 weeks)
	AllCare utilizes reusable grocery bags as a promotional item. If they are available, they would make great incentive prizes for the participants of this project meeting their wellness goals. Approximately 50 bags would meet the request.	
Division(s) of AllCare to Which the Current Report is being Submitted		
<input type="checkbox"/> Oral Health Integration (Send to: Laura McKeane, laura.mckeane@allcarehealth.com) <input type="checkbox"/> Health & Education Integration (Send to: Susan Fischer, susan.fischer@allcarehealth.com) <input type="checkbox"/> Health & Social Service Integration (Send to: Susan Fischer, susan.fischer@allcarehealth.com) <input type="checkbox"/> Behavioral Health Integration (Send to Lana McGregor, lana.mcgregor@allcarehealth.com) <input type="checkbox"/> Health & Wellness Programs (Send to Kari Swoboda, kari.swoboda@allcarehealth.com) <input checked="" type="checkbox"/> Health & Nutrition Integration (Send to Sam Engel, sam.engel@allcarehealth.com) <input type="checkbox"/> Health & Housing Integration (Send to Sam Engel, sam.engel@allcarehealth.com)		
County(s) AllCare Serves for Which the Current Request is Being Made:		
<input type="checkbox"/> Curry <input type="checkbox"/> Southern Douglas <input type="checkbox"/> Jackson <input checked="" type="checkbox"/> Josephine		

OTHER: _____

New or Continuing Funding Request

New* Continuation Year(s) Previously Funded: _____

*If new, please include your IRS W-9

Timeframe for Project

February through April, 2019

Background on Requesting Organization

Mission:

History, Capacity, and Demographics: Hidden Valley H.S. serves approximately 22 individuals with intellectual or developmental disabilities, providing support for their specific educational needs. Additionally, 20 general education students serve in the role of peer mentors/helpers, encouraging an inclusive environment within the school.

Statement of Need: According to the CDC, 1 in 5 children in the U.S. are obese, and the rate of obesity among children having a disability is approximately 38% higher than those without disabilities. 1/3 of adults in the U.S. are obese, and the obesity rate for adults with disabilities is 57% higher than those without disabilities.

What few realize is that this unique and ubiquitous population is poorly served in terms of year-round health and wellness. The many and varied barriers to health care for people with intellectual disabilities have been described as a "cascade of health disparities." Specifically, the Centers for Disease Control (CDC) reports that people with intellectual disabilities have a 40% greater risk of preventable secondary health conditions, such as obesity, poor fitness, nutritional deficits, untreated or poorly treated vision, dental, hearing and podiatric problems. It is disturbing to learn that obesity rates are higher for this population, and are increasing.

People with disabilities can find it more difficult to always eat healthy, control their weight, and be physically active. This can be the result of a variety of factors, including:

- A lack of knowledge regarding healthy food choices
- Physical limitations that can reduce a person's ability to exercise
- A lack of accessible environments that can enable exercise.
- A lack of resources (money, transportation, social support from family, friends, community members)

Evidence shows that regular physical activity provides important health benefits for people with disabilities, in the same way those without disabilities benefit from physical activity. Those benefits include:

- improved cardiovascular and muscle fitness
- improved mental health
- improved ability to do tasks of daily life

People with intellectual disabilities also have:

- lower rates of preventive health practices, such as dental hygiene, physical activity, and healthy eating
- lower rates of preventive screening and management of chronic conditions
- tend to be under-diagnosed for conditions such as hypertension, diabetes, and arthritis, which require ongoing management

Causes of the Disparity

These disparities are a result of several factors which include:

- poorly developed and supported behaviors to promote health
- lack of access and ability to pay for health care services

According to the CDC, people with intellectual or developmental disabilities have a 40% greater risk of preventable health conditions, as a result off poorly developed behaviors to promote health, such as regular physical activity and healthy eating practices. There are few community opportunities for this population to be supported by staff trained to provide specialized wellness instruction. The result is a need for a comprehensive, activity based, instructional wellness program for people with intellectual disabilities.

CLUB WELLNESS is a complete instructional program that provides fitness, nutrition, wellness training and education through a curriculum uniquely adapted for people with intellectual or developmental disabilities. Club Wellness has a slogan: Learn Well . . . Be Well . . . Live Well.

Are you an equal opportunity employer and provider? yes If no, please explain:

Publicity and/or Sponsor Recognition

Daily and Weekly Announcements, School Website, Monthly Newsletters, which go to all staff and HV families.

Project Outline

Brief Project Description with Service Area and/or Focus Population: Hidden Valley High School students involved in Special Education classes, and their General Education peer helpers/mentors would have a chance to participate in a wellness education program offered 3 times per week. Club Wellness was developed by experts in the field, and is recognized as safe and effective by: James Chesnutt, M.D., Sports Medicine at Oregon Health & Sciences University, Physical Therapists, Special Education Teachers and Adaptive P.E. Teachers. The program would be led by HVHS Special Education staff, and assisted by student peers that have been trained to lead the program by Club Wellness staff, who has 20 years of experience working with the population in the area of sports and fitness.

During the 12 week program, participants will experience each of the following components each week:

- Active workout session
- Nutrition Focus (from www.choosemyplate.gov) with activity
- Wellness Focus (including oral health, the importance of sleep, hygiene, mental health etc.) with activity
- Goal Setting for the week (one activity goal and one healthy eating goal)
- Tracking on goals with incentives
- One suggested activity for "Wellness at Home" each week, to encourage family members or care providers to become involved

Project Objectives – What will change because of this investment?: Club Wellness will help those involved learn how to be more active, make better choices regarding nutrition, leading to lifestyle changes to improve wellness. This program is not a series of handouts or lectures. It is ACTIVE, based on group participation, and addresses many of the social determinants of health. Club Wellness provides an inclusive activity for students with and without disabilities, and includes family members in helping to change health habits. Students practicing healthy habits will also result in a lower rate of absenteeism.

Project Activities – How will you achieve these objectives?: Individuals will voluntarily attend the sessions 3 times per week, for a period of 12 weeks. The sessions will be led by HVHS faculty and student peer leaders who have attended the Club Wellness 6-hour training session. They will follow the prescribed curriculum that has already been tested and proven to be effective. Each participant, or "club member" receives a workbook that has all of the exercises pictured, and includes all nutrition and wellness tips, as well as suggested healthy recipes. Club Members will complete the weekly goal setting worksheets in their workbook to set and track one activity goal and one healthy eating goal per week. Because they are able to participate with their friends, the group camaraderie will help people to continue and provide praise for successes and encouragement for times when eating healthy or being active can feel challenging.

Proposed Outputs – How will you measure and evaluate success?: Built into the program is a pre and post test that includes the following: Results Based Indicators: height, weight, blood pressure, BMI and Accomplishment Based Indicators: results of fitness testing that includes how many of various exercises the individual can perform. Club members also complete an Eating Habits survey before the program and after the program. Success will be evaluated based on the results of the pre/post testing.

Specific Connections to Health: By practicing healthier habits learned in Club Wellness, individuals can avoid becoming part of the CDC statistic stating that people with intellectual/developmental disabilities have a 40% greater risk of preventable health conditions as a result of poorly developed behaviors to promote health. Over the course of the last 3 years alone, this program has helped individuals lose weight, lower their blood pressure, become more active, and make healthier food choices. With students making healthier choices, absenteeism should be reduced.

Reporting –

If the project is funded, a reporting schedule will be provided in the award letter)

Are you able to provide information about the outcomes of the project or event? Yes No

If yes, please list outcomes that will be provided.

Note: This can be either qualitative or quantitative and pictures are welcomed. Consolidated quantitative information can be provided regarding changes in weight, blood pressure, BMI, activity level and food choices.

Can you report on the number of or specific AllCare Health members that you serve? Unknown

Description of reporting or barriers to reporting

[Redacted]

- Weight
- Cardiovascular Risk
- Posture
- Stress Management
- Dominant Walk
- Lowered Blood Pressure
- Survey of Eating Habits

[Redacted]

Budget Detail and Narrative

Please provide a detailed budget in a separate Excel document and explain your plan for cost allotments during the project.

Attached

Are there other entities contributing to the funding this project? Yes No

If yes, please list the other contributors, their funding amount, and time frame that funding will be available.

Hidden Valley High School will be providing funding through in-kind support of a facility (no rental fee) and staff leading the program 3 times per week for 12 weeks. In addition, this program can be repeated often. Wellness subjects invite community support and participation. For example, Dennis Decasas, the Special Ed teacher, has already secured a local dentist (Dr. Matt Hill) to present the oral health section. Mr. Decasas has plans to engage more community members for the various wellness activities.

If the current proposal is for a long-term project or event, what sustainability plan is in place for stable funding? Club Wellness is being viewed as a long-term project, as wellness must be continuous. By offering the 12 week program starting in early 2019, HVHS will be establishing a culture of wellness that can continue in future semesters. Because HVHS staff will be trained and certified as Club Wellness instructors, the program will be sustainable for years to come. The only future expense is the minimal cost of materials (books for new Club Members).

Additional required documents

- Current W9
- List of current board members and affiliations