



KENTUCKY HEALTHY SCHOOLS

YEAR 1 EVALUATION

PRIORITY LOCAL EDUCATION AGENCIES (LEAS)

The *Improving Student Health and Academic Achievement through Nutrition, Physical Activity and the Management of Chronic Conditions in Schools* cooperative agreement with the Centers for Disease Control and Prevention (CDC), required awarded states to provide concentrated efforts in selected Priority LEAs. Kentucky identified nine Priority LEAs in which to provide this extensive professional development and technical assistance.

Priority LEAs participated in two Healthy Schools Institutes in Year 1. The Healthy Schools Team partnered with the Kentucky Educational Development Corporation (KEDC) to deliver the professional learning. The institutes mainly concentrated on providing the Priority LEAs with the knowledge and skills to develop and implement district and school level health advisory councils as a means to establish critical infrastructure. Secondly, each committee had the responsibility to begin assessing programs and policies using the School Health Index (SHI) in their schools. The Priority LEAs are using the data from the SHI results to drive their activities in Year 2 to improve health outcomes. A significant amount of technical assistance, including calls, emails and face-to-face visits, was provided to the LEAs after each institute to help them begin implementation with a solid foundation.

PROFESSIONAL DEVELOPMENT INTEREST LEVEL

Topic	Very Interested	Somewhat Interested	Not Interested At All
Revising and Implementing Wellness Policies	31%	53%	16%
Creating a Healthy Nutrition Environment	46%	47%	7%
Comprehensive School Physical Activity Programs	43%	47%	10%
Managing Chronic Conditions in Students	53%	40%	7%
Healthy Eating and Physical Activity in Out-of-School Time Settings	37%	52%	11%
Health Education Curriculum Analysis Tool	26%	52%	22%
Physical Education Curriculum Analysis Tool	22%	51%	27%
Developing, Implementing, and Sustaining School Health Councils	31%	54%	15%

NEEDS ASSESSMENT

The Kentucky Healthy Schools Team has begun a systemic process of planning, implementing and evaluating professional development and technical assistance. During Year 1 a professional development needs assessment was administered to target audiences across the state, including school nurses, food service directors, district and school level administrators, teachers, etc. Over 500 people responded representing 137 LEAs. Below are some of the key findings from the needs assessment:

- June and July are the preferred months for professional development.
- Tuesday, Wednesday and Thursday are the preferred days of the week for professional development.
- The top three preferred methods of professional development were a three hour face-to-face training, a one hour virtual session, and a six hour face-to-face training.



OTHER PROFESSIONAL DEVELOPMENTS

Local School Wellness Policy Training

A wellness policy training was provided on June 18, 2019 in conjunction with the Kentucky School Nutrition Association conference. Sixteen people attended representing nine LEAs. Formative evaluation results showed an average of 93% improvement in skill level of the participants.

A planned summative evaluation will be conducted 3 months and 6 months post event to determine implementation of best practices including utilization of councils, WellSAT 3.0, and assessment tools. This will take place in Year 2.

Comprehensive School Physical Activity Program (CSPAP) Training

A CSPAP training was provided on June 25, 2019 in conjunction with the Kentucky Association for Health, Physical Education, Recreation, and Dance summer workshop. Thirty-seven people attended representing 18 LEAs in Kentucky and one LEA in Tennessee. Formative evaluation results showed an 86% improvement in skill level of the participants.

A planned summative evaluation will be conducted 3 months and 6 months post event to determine implementation of best practices including identifying a planning process and drafting a process to support a CSPAP. This will all take place in Year 2.



PERFORMANCE MEASURES

Each funded program is required to assess short-term, intermediate and long-term performance measures. The main purpose of the performance measures is to assist with the assessment of the key outcomes identified for this program. Below are the evaluation metrics.

Performance Measure		Current Data
1.1	Percentage of individuals whose skill in improving school health has increased as a result of receiving professional development and training.	86.4%
1.2	Percentage of schools that do not sell less healthy foods and beverages (soda pop or fruit drinks, sport drinks, baked goods, salty snacks, candy).	65.4% (2018)
1.3	Percentage of schools that have established, implemented and/or evaluated Comprehensive School Physical Activity Programs.	3.5% (2018)
1.4	Percentage of schools that provide case management for students with chronic health conditions.	77.1% (2018)
1.5	Percentage of students who ate vegetables 3 or more times per day. <i>*in the Priority LEAs</i>	9.0% (2017 State Data)
1.6	Percentage of students who ate fruit or drank 100% fruit juices two or more times per day. <i>*in the Priority LEAs</i>	20.8% (2017 State Data)
1.7	Percentage of students participating in 60 minutes of daily physical activity. <i>*in the Priority LEAs</i>	22.0% - High School (2017 State Data) 28.2% - Middle School (2017 State Data)