

# Coordinating Activities to Support the Empowerment of Youth Health (CASEY Health)



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## BACKGROUND

Walnut Hill Elementary School (WHE), Casey County, KY

- 47% of students classified as overweight/obese
- 76% of students eligible free-lunch program
- 40% of students access weekend food backpack program

Region of high tobacco use, access to unhealthy foods, and sedentary lifestyles



## OBJECTIVE/CHALLENGES

- How To Best Create a Community of Health?

SLEEP

EXERCISE

ORAL HEALTH

NO TOBACCO

NUTRITION

SAFETY

WATER



## TEAM ACTIVITIES

- Meet Regularly (Team & WHE)
- Identify Community Support
- Conduct Teacher Focus Group
- Address Needs of WHE
- Understand Health Beliefs and Behaviors (HBBI)
- Initiate Health Ambassador Scholarship Program
- COVID-19 Initiatives
  - WHE Reopening Plan
  - Teacher/Staff Resource Kits



Project supported by a Clinical Scholars grant from the Robert Wood Johnson Foundation

## PRELIMINARY OUTCOMES

Teacher Focus Group Themes

Value of health education but pressed for time in school day

Stress is day-to-day challenge

### Parents Health Beliefs and Behavior Index (n=48)

Always wears a helmet when riding bike or ATV  
1.74 (+0.90)

Help with meals.  
1.81 (+0.77)

Be able to run 60 yards without walking  
1.72 (+0.71)

Get at least 10 hours of sleep on school nights.  
1.81 (+0.77)

## Community Engagement

Community Champions

Scholarship Program

Leadership

## SUSTAINABILITY – NEXT STEPS

Activate Health Ambassador Scholarship Program

Initiate & Integrate Curriculum Design

Develop Statewide "Healthy Schools Program"