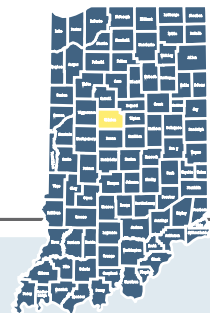


# Healthy Communities of Clinton County Bring Physical Activity Innovation to Frankfort Schools

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## SUMMARY

The Indiana State Department of Health, Division of Nutrition and Physical Activity (DNPA), awarded Maternal and Child Health Title V dollars to the Healthy Communities of Clinton County (HCCC) in Frankfort, Indiana. Through this funding, the HCCC was able to provide stationary bicycles to numerous classrooms throughout the local districts and increase the students' physical activity minutes.



## CHALLENGE

The HCCC noticed a general lack of ownership related to physical activity within the schools of Frankfort. The schools in the districts all had their own set of needs, barriers, and applied policies; however, aside from the school differences, the HCCC wanted to implement a program that would increase physical activity minutes across selected schools.

## YOUR INVOLVEMENT IS KEY

For more information about Healthy Communities of Clinton County, visit <http://healthyclintoncounty.org/>.

More information about DNPA can be found at <http://www.dnpa.isdh.in.gov>.

This project is supported by the Indiana State Department of Health, Division of Nutrition and Physical Activity, in collaboration with Maternal and Child Health Title V funding.

*"The physical activity leader is "charged with finding more ways for students to be active during the day, since it has been proven that exercise not only enhances kids' physical health, but also stimulates their brains for better academic performance."*

– Stephanie West, Principal at Suncrest Elementary

*In reference to the Read to Ride program:  
"Every school in America needs one of these rooms!"*

– Dr. Jerome Adams, then Indiana State Health Commissioner  
(current U.S. Surgeon General)

## Contact

## SOLUTION

A major goal of the HCCC was to establish physical activity leaders and physical activity teams in each school system to identify the specific issues each school faces. HCCC reached out to those leaders and teams, along with other many schools in the district, to ask that they complete the Let's Move Active Schools (LMAS) assessment. Each school created its own action plan on identified issues specific to increasing physical activity.

After receiving feedback from the assessment, the HCCC stepped in with the idea to implement a Read to Ride program—a platform that would allow students to move while learning, but also promote movement in the classroom. Although it was quickly learned that the expense of this program was too hefty for the individual schools, the HCCC looked into funding from partnerships with IU Frankfort Hospital, Milestone, Indiana Criminal Justice, Goodwin Funeral Home, local law enforcement, United Way of Clinton County, and the Indiana State Department of Health.

## RESULTS

As a result of built partnerships, grant funding, and the willingness of school administration, the Read to Ride program is in each school district within Clinton County. Since the implementation of the Title V grant funding in 2015-16, the Read to Ride program has been able to reach over 3,126 students, 873 of whom were of the minority population and 1,831 of whom were of low socioeconomic status.

U.S. Department of Health and Human  
Services  
Centers for Disease Control and  
Prevention  
NCCDPHP

### Contact CDC

<http://www.cdc.gov/cdc-info/requestform.html>

### Website

<http://nccd.cdc.gov/nccdsuccessstories/>

The findings and conclusions in this success story are those of the author(s) and do not necessarily represent the official position of the funding agencies or the Centers for Disease Control and Prevention (CDC).

## SUSTAINING SUCCESS

The physical activity leaders and teams will monitor the Read to Ride programming within their school and use their onsite maintenance staff to ensure the bikes are safe and built to stand through the upcoming years of student activity.



Indiana State  
Department of Health