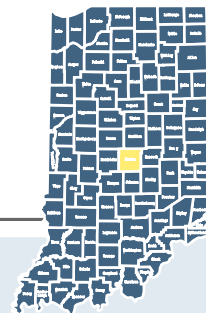


HEPA (Healthy Eating, Physical Activity) Standards at Greater Indianapolis' YMCAs

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SUMMARY

The YMCA of Greater Indianapolis began working with four Indianapolis schools in the 2015 – 2016 school year. The YMCA of Greater Indianapolis applied for Title V dollars, provided through the Indiana State Department of Health's Division of Nutrition and Physical Activity (DNPA) and Maternal and Child Health Division. The YMCA chose four schools in Wayne Township that did not have access to at least 60 minutes of physical activity during every school day. Although all of the schools reported physical activity opportunities being scheduled every day for their students, none were able to report that 60 minutes of physical activity were scheduled during every school day.



CHALLENGE

The YMCA of Greater Indianapolis used the Title V funds to work with four specific schools over the course of two years. However, they experienced challenges with schools continuing to be engaged as they headed into the second year. Although two of the four schools were able to commit for the second year, the YMCA reported that it took longer than anticipated to secure two more engaged schools within Wayne Township. Due to this delay, the YMCA's timeline to provide professional development and technical assistance was shortened. In response to this, the YMCA decided to increase the amount of time spent with the schools in the shorter span of the school year to make up for the time lost in identifying new schools.

YOUR INVOLVEMENT IS KEY

For more information about the YMCA of Greater Indianapolis, visit <https://indymca.org/>.

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

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SOLUTION

The YMCA of Greater Indianapolis identified their grant activities as primarily focusing on helping four schools increase the amount of physical activity offered throughout the school day. Each of the schools completed a HEPA (Healthy Eating Physical Activity) Assessment and action plan. These assessments were created by the YMCA of the USA to help youth-serving organizations identify ways to create healthier environments within the programs and activities they already provide to youth.

RESULTS

The HEPA Assessment was used at each site to evaluate the success of the interventions. This tool enables staff from each organization to periodically review whether they have sufficiently increased levels of physical activity and decreased screen time each day. Each school shared the results of its HEPA Assessments with a school selected "action team" and then created action plans with specific assignments to ensure progress throughout the school year.

The YMCA of Greater Indianapolis expected to see progress in the two HEPA standards that were focused on during the project: physical activity opportunities/participation and limited (or no) screen time. It was found that each school increased the opportunities for physical activity by 10 – 30 minutes per school day. These additional minutes of activity were embedded into the school day in six main ways:

- Movement breaks between lessons or use of physical activity as a transition from one lesson to another
- Adding steps through walking challenges and taking longer routes to places within the school (cafeteria, specials, recess, etc.)
- School-wide physical activity during morning announcements
- Making indoor recess more active
- Instituting school rules that limit screen time
- Ensuring classrooms have equipment to increase activity during lessons

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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

Each of the four schools has created a team of teachers and staff who are charged with leading and implementing their action plans. The schools have indicated that they plan to continue to use these action teams to implement and improve physical activity offerings during the school day and at school-sponsored events. The YMCA of Greater Indianapolis plans to continue its interventions through another year of funding, expanding to a new school district with technical assistance and professional development for teachers. The YMCA of Greater Indianapolis will continue to support the original four schools as needed, but with the creation of the action teams, the work will continue to be catalyzed by the teachers who have been trained and supported thus far.



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