



Quality Improvement (QI)
 Mini-Collaborative
 Technical Assistance Webinar
 Preventable Risk Factors for Chronic Disease (CD)
 Target Area Group (TAG)
 August 4, 2009
 1:00 – 2:30 PM



1

Agenda


1:00 PM – 1:05 PM	Welcome
1:05 PM – 2:05 PM	Team Updates with Feedback on Work Products Approximately 15 minutes per Team Lake Macon Rock Island Washington
2:05 PM – 2:10 PM	Next Steps
2:10 PM – 2:25 PM	Q and A
2:25 PM – 2:30 PM	Feedback on Vview and Online Posting Feedback on QI Tools/Learning Needs for November Learning Session



2

Team Updates

1. Lake
2. Macon
3. Rock Island
4. Washington




3

Lake County

AIM Statement

To decrease the % of obese and overweight children in the Lake County Health Department Community Health Center (WIC program) ages 2-5 by 5% by 12/2010.

We do this in order to increase wellness and prevent early onset of various chronic disease outcomes (i.e., diabetes).

Short Term

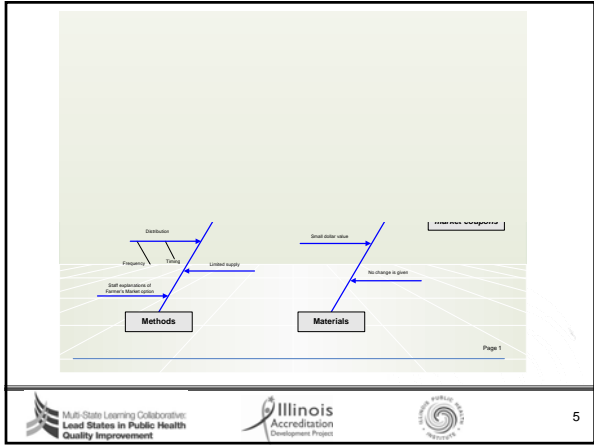
% of 2-3 year olds in the WIC program for the full 22 months (dependent on Cornerstone query), number of hours of screen time as self-reported by parents (decrease desired), Farmer's Market voucher redemption rate (increase desired), breastfeeding initiation and duration of at least 6 months (increase desired), 0-2 year olds weight for length improvements.

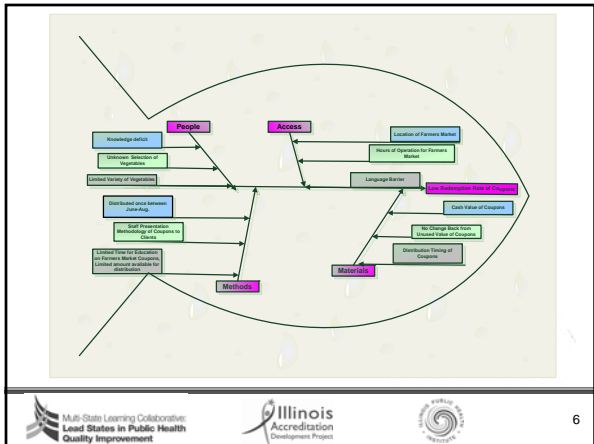
Intermediate Term

% of 2-5 year old children w/obese BMI (decrease desired), % of 2-5 year children overweight BMI (decrease desired), reduction of children having inappropriate nutrition practices such as sugar-containing fluids and inappropriate complementary foods (Cornerstone Code S020).

Long Term

Reduction in Type II diabetes incidence, non-alcoholic fatty liver disease, infant and children caries and tooth decay (Cornerstone Code T020).





Macon County

AIM Statement

To increase the distance stratified groups of seniors and children can walk by 20% in one hour one day per week. We do this in order to improve fitness.

Short term

Increase in distance on a monthly basis

% of participants

Intermediate

% of walkers with improved physical fitness

% of seniors and children with improved BMI, blood pressure, pulmonary function

Long term

more walking and increased fitness

less illness and better cardiovascular health



ACTIVITY	SOBOL OBJECTIVE	DATE	RESPONSIBLE PARTY	ACCOMPLISHMENTS
Meeting of lead QI team members	Discuss plans & members of large QI team	3/21/2009	Strand, Jo	meeting was held 3/18/09, large meeting set
Draft work plan	Draft and review work plan	3/29/2009	Strand, Jo	work plan re-drafted 3/18/09
Meeting of large QI team members	Final meeting to large team to discuss plans	3/31/2009	Strand, Jo	meeting took place 3/30/09
Finalize work plan	Final work plan to finalize work plan & dates	3/31/2009	Strand, Jo	meeting held and work plan finalized
Identify pre- and post-tests	Work with YMCA to develop tests	4/15/2009	Strand, Jo, YMCA	YMCA will measure BMI and
	Find org to do pulmonary function	4/15/2009	Strand, Jo	did not Address, A.L.A. neither both hospitals
Walk to neighborhood groups and senior sites (Senior Center, etc)	Recruit seniors to participate in program	4/15/2009	Strand, Jo, Judy	Sign being developed to post at senior sites to recruit senior subscribers from the community
Finalize details with Wile Falk	Determine number of children that will walk	4/15/2009	Jo	Met with Wile Falk 3/30/09, they are working
	Determine time frame they will allow for walk	4/15/2009	Jo	on obtaining these numbers, details
	Determine time of day they will walk	4/15/2009	Jo	
	Schedule gear for inclement weather, etc	4/15/2009	Jo	
Make walking & lesson schedule	Complete walking schedule dates and complete	Strand, Jo, Judy		Provided tentative dates to DPD as they can inform
	Lesson schedule & set up DPD packet	4/21/2009	Strand, Wile Falk	begin of their necessary lead time, EPNEP doing
Complete pre-test with participants	Establish baseline data for participants	6/5/2009	Strand, Jo, and other org. n/g's	Lesson schedule, book list obtained from library
Evaluate and make adjustments	Students walk together, several seniors, teach	Strand, Jo, Judy		Children have increased walking already by 40%
	sen, & present n/g's keep children together	7/26/2009	other org. n/g's	within first 4 walking dates, excellent progress



PROJECT: Increase the Distance Stratified Groups of Seniors and Children Can Walk by 20% in One Hour

DATE: 7/29/09, 8/4/09, 8/11/09

Activity	Start Date	End Date	Responsible Party	Status	Notes
Meeting of lead QI team members	3/18/09	3/18/09	Strand, Jo	Completed	Large meeting set
Draft work plan	3/29/09	3/29/09	Strand, Jo	Completed	Work plan re-drafted 3/18/09
Meeting of large QI team members	3/30/09	3/30/09	Strand, Jo	Completed	Meeting took place 3/30/09
Finalize work plan	3/30/09	3/30/09	Strand, Jo	Completed	Meeting held and work plan finalized
Identify pre- and post-tests	4/15/09	4/15/09	Strand, Jo, YMCA	In Progress	YMCA will measure BMI and
Walk to neighborhood groups and senior sites	4/15/09	4/15/09	Strand, Jo, Judy	In Progress	Sign being developed to post at senior sites to recruit senior subscribers from the community
Finalize details with Wile Falk	3/30/09	3/30/09	Strand, Jo	Completed	Met with Wile Falk 3/30/09, they are working
Make walking & lesson schedule	4/21/09	4/21/09	Strand, Wile Falk	In Progress	Provided tentative dates to DPD as they can inform
Complete pre-test with participants	6/5/09	6/5/09	Strand, Jo, and other org. n/g's	Completed	Lesson schedule, book list obtained from library
Evaluate and make adjustments	7/26/09	7/26/09	Strand, Jo, Judy	In Progress	Children have increased walking already by 40%



Rock Island County

AIM Statement

Increase by 10% the number of mothers in the WIC program who initiate breastfeeding, and increase by 15% the number of moms in the WIC program who breastfeed for at least one year. We do this because it helps mothers return to their pre-pregnancy weight and lowers the rate of obesity and overweight in children.

Short-Term (6 month goal)

A 10% increase in the number of mothers in the WIC program who initiate breastfeeding.

Intermediate (1 year goal)

A 15% increase in the number of women still breastfeeding at 12 months.

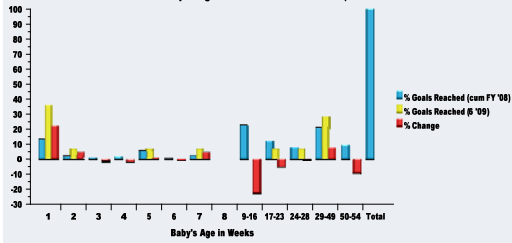
Long-Term (5 year goal)

100% maintenance of pre-pregnancy weight/BMI.



10

Mothers Reaching Breastfeeding Goals:
Comparing Cumulative FY '08 to June, '09



11

Revised Force Field Analysis Based on Key Informant Interview

Force Field Analysis

Initiating and Maintaining Breastfeeding for up to 12 Months



12

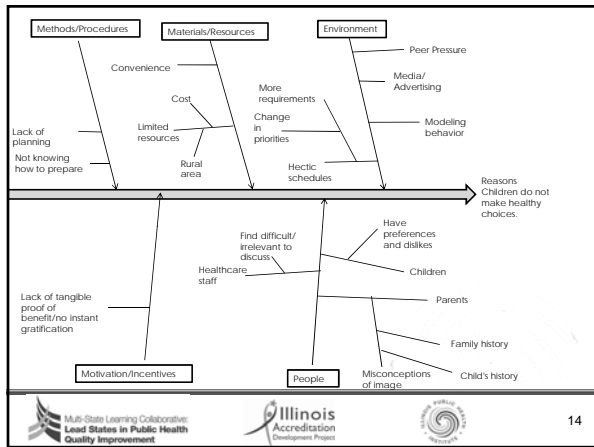
Washington County

AIM Statement
 By 12/01/2010, decrease the number of children in grades 5-8 in the Oakdale School System who are in the overweight or obese BMI category by 10%. We will do this to increase wellness and reduce risk factors for chronic diseases.

Short term
 80% of students in grades 5-8 who participated in the Cooperative Extension Service and the Washington County Health Department classes will be able to select healthy food choices.
 80% of students will increase the number of fruits and vegetables consumed daily.
 80% of students will consume at least 3 servings of high calcium food products daily.
 80% of students will increase the number of minutes of physical activity engaged in daily.
 80% of students will verbalize healthy lifestyle choices.

Intermediate term
 Decrease in the number of children with a BMI in the overweight/obese category
 Increase in fruit and vegetable consumption
 Increase in minutes of physical exercise participated in each day
 Increase in healthy lifestyle choices

Long term
 Decrease in cardiovascular disease risk factors among our youth
 Decrease in the number of children with Diabetes
 Continued decrease in the number of children with a BMI in the overweight/obese category.



	J-09	J-09	A-09	S-09	O-09	N-09	D-09	J-10	F-10	M-10	A-10	M-10	J-10	J-10	A-10	S-10	O-10	N-10	D-10	
1 Determine teaching method																				
P Find program to use																				
D Establish lesson plans/learning objectives/lesson plans/lesson plans/lesson plans/lesson plans																				
S Evaluate suitability of program																				
A Adjust program as needed																				
2 Get parents/school informed																				
P Prepare parent information to dispense																				
D Meet with school representatives to discuss planned program																				
S Study any recommendations given by school representatives																				
A Change curriculum as necessary																				
3 Begin Program																				
P Perform initial measurements and evaluation forms																				
D Implement program and lesson plans																				
S Perform exit measurements and exit forms. Evaluate results of success or failure.																				
A Act on results																				
4 Second year lessons																				
P Plan changes to previous lesson plans																				
D Modify previous lesson plans																				
S Evaluate suitability of lesson plans																				
A Adjust program as needed																				
5 Begin second year of program																				
P Perform measurements and exit forms																				
D Implement program and lesson plans																				
S Perform exit measurements and exit forms. Evaluate results of success or failure.																				
A Act on results																				

**DATA FROM NUTRITION AND EXERCISE SURVEY
BABY-SITTERS CLINIC
JULY, 17, 2009**


WHAT KIND OF FRUITS AND VEGETABLES DO YOU LIKE?
Apples, Bananas, Beets, Carrots, Clementines, Corn, Grapes, Green beans, Oranges, Peas, Peaches, Pears, Pineapples, Pickles, Plums, Potatoes, Strawberries, Tomatoes, Watermelon, Zucchini

HOW MANY FRUITS AND VEGETABLES DO YOU USUALLY EAT EACH DAY?
2: 6 3: 4 4: 2 5: 1

WHAT DO YOU HAVE TO DRINK DURING THE DAY ?
Water: 12 Milk: 8 Soda: 5 Juice: 5 Sugar drinks: 2 Tea: 1

DO YOU HELP WITH GROCERY SHOPPING AND MEAL PLANNING AT HOME?
(sometimes, often, never):
Sometimes: 6 Often: 7 Never: 1

WHAT DO YOU LIKE TO DO IN YOUR FREE TIME?
Bike: 3 Cheer: 1 Dance: 1 Draw: 5 Gymnastics: 1 Movies: 1
Music: 1 Nap: 1 Paint: 1 Play: 5 Read: 1 Run: 1
Sew: 1 Sports: 1 Swim: 2 Trampoline: 2 TV: 1 Walk: 1



16

**OBJECTIVES FOR HEALTHY CHOICES
EDUCATION PROGRAM**

PRE-TEST, NUTRITION AND ACTIVITY EVALUATION
BMI MEASUREMENTS

5 FRUITS AND VEGETABLES:
Describe a serving size for cooked and raw fruits and vegetables
Verbosely the benefits of vitamins and minerals
List the fruits and vegetables that have the most vitamins and minerals
LEARNING ACTIVITY: Taste samples of "different" or "uncommon" fruits and vegetables/Recipes with healthy substitutions for brownies and cookies

4 GLASSES OF WATER:
List 3 ways to drink more water every day
State why water is important for our bodies
LEARNING ACTIVITY: "Visualize" % of our body that is water/ Use water balloons (Water balloon fight??)


3 DAIRY SERVINGS:
State what calcium does for our bodies—other than giving us strong bones and teeth
List 3 foods other than milk that are high in calcium
LEARNING ACTIVITY: Make "Smoothies" with yogurt and fruit/"Yo-go" or cereal bars and/or string cheese in bowls. Use paper cylinders of different sizes to hold weight of a book to show strength of bone density.

2 (OR LESS) HOURS OF SCREEN TIME:
Name activities you like to do other than watching TV or playing computer games
Describe some things we can do to keep our minds stimulated
LEARNING ACTIVITY: Nutrition Sudoku, Nutrition Word Search, Word Scramble

1 HOUR OF PHYSICAL ACTIVITY EVERY DAY:
State 3 types of activity and the number of calories that are burned
How many calories does one need to burn every day to lose 1 pound of weight per week?
*LEARNING ACTIVITY: Physical activity in the classroom (Driving game/Activity disk on the floor)
Provide pedometers and record daily steps for one week.*

**POST-TEST/NUTRITION AND ACTIVITY EVALUATION
BMI MEASUREMENTS**


**CLOSING SESSION: JEOPARDY GAME WITH WINNING CLASS GETTING
A PIZZA PARTY/ALL STUDENTS RECEIVING PROBES**



17

Next Steps

- Identify measurable outcomes
- Plan to monitor actual outcomes
- Draw conclusions from data analyses and other tools
- Revise the interventions or plans based on the conclusions
- Share successful tools and interventions



Q and A



Multi-State Learning Collaborative: Lead States in Public Health Quality Improvement | Illinois Accreditation Development Project | PUBLIC HEALTH

19

Feedback

- Vyw / Online Posting
- QI Tools and Learning Needs for November Learning Session

Multi-State Learning Collaborative: Lead States in Public Health Quality Improvement | Illinois Accreditation Development Project | PUBLIC HEALTH

20

Upcoming Events

- September 1st CD TAG Webinar (1 PM)
- October 6th CD TAG QI TA Webinar (1 PM)
- Hold the Date: November 4-5 for QI Event in Bloomington

Multi-State Learning Collaborative: Lead States in Public Health Quality Improvement | Illinois Accreditation Development Project | PUBLIC HEALTH

21

Let us hear from you...

- Please complete the online survey to give us feedback.
- We value your input to improve this collaborative experience.
- Link to survey will be in follow-up email.



Need TA? Have Questions? or Need to Submit Work Products?

- Laurie Call
laurie.call@iphionline.org
217.679.2827
- Kathy Tipton
kathy.tipton@iphionline.org
312.850.4744



