

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

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 Vyew and Online Posting Feedback on QI Tools/Learning Needs for November Learning Session

Team Updates

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



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

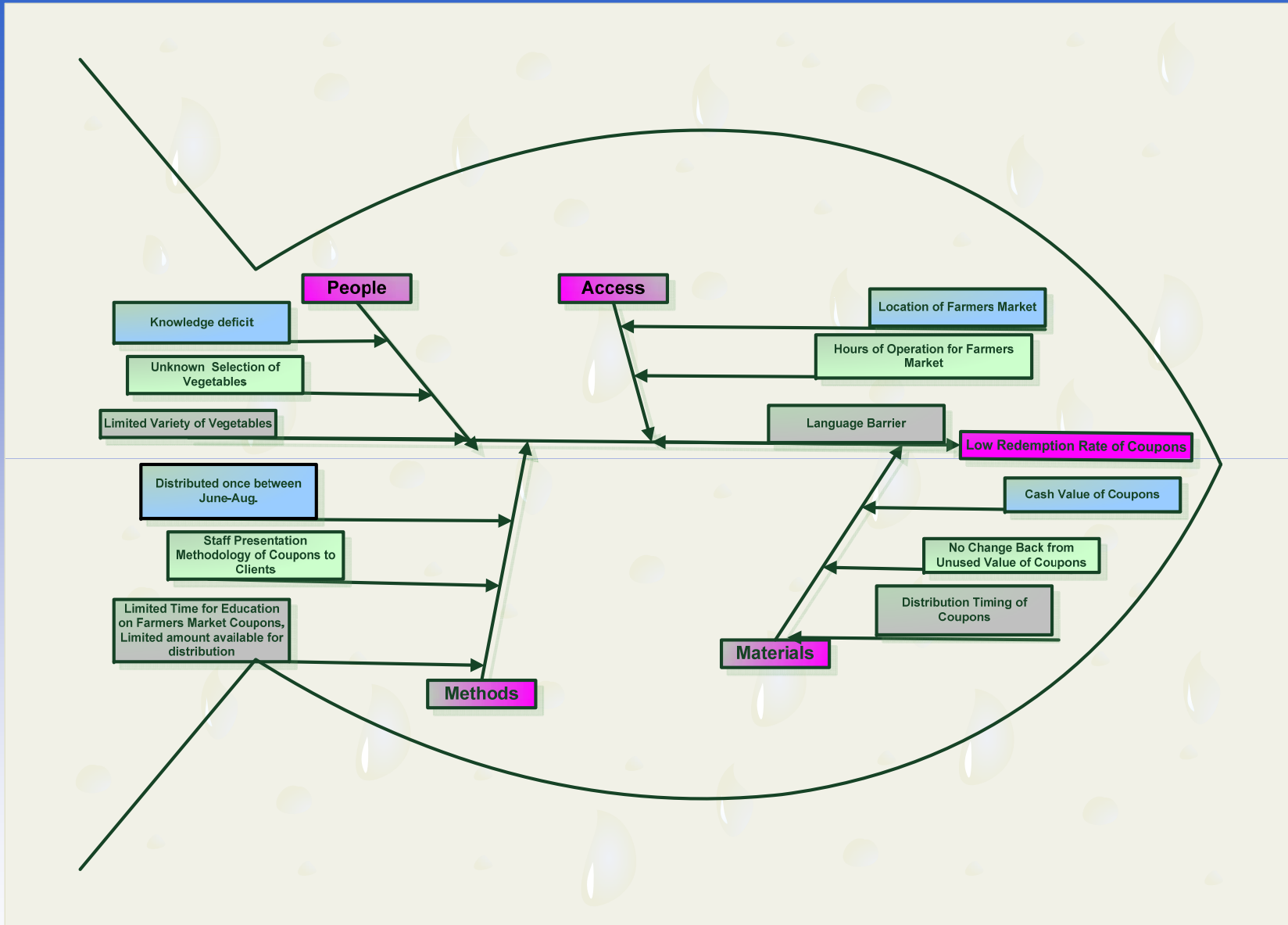
Reduction in Type II diabetes incidence, non-alcoholic fatty liver disease, infant and children caries and tooth decay (Cornerstone Code T020).

Frequency \ Timing / Limited supply

Methods

Materials

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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	GOAL/OBJECTIVE	DUE DATE	RESPONSIBILITY	PROGRESS/COMMENTS
Meeting of lead QI team members	Discuss plans & members of large QI team	3/21/2009	Brandi, Jo	meeting was held 3/16/09; large meeting set
Draft work plan	Draft and revise work plan	3/28/2009	Brandi, Jo	work plan re-drafted 3/16/09
Meeting of large QI team members	Hold meeting w/ large team to discuss plans	3/31/2009	Brandi, Jo	meeting was held 3/30/09
Finalize work plan	Use mtg input to finalize work plan & dates	3/31/2009	Brandi, Jo	meetings held and work plan finalized
Develop pre- and post-tests	Work with YMCA to develop tests	4/18/2009	Brandi, Jo, YMCA	YMCA will measure BMI and
	Find org to do pulmonary function	4/18/2009	Brandi, Jo	Will call Addus, ALA, and/or both hospitals
Talk to neighborhood groups and senior sites (Senior Center, etc)	Recruit seniors to participate in program	4/18/2009	Brandi, Jo, Judy, EFNEP, Senior Ctr	Flyer being developed to post at senior sites to recruit senior volunteers from the community
Finalize details with Wee Folk	Determine number of children that will walk	4/18/2009	Jo	Met with Wee Folk 3/30/09; they are working
	Determine time frame they will allow for walk	4/18/2009	Jo	on obtaining these numbers, details
	Determine time of day they will walk	4/18/2009	Jo	
	Schedule gym for inclement weather, etc	4/18/2009	Jo	
Make walking & lesson schedule	Complete walking schedule dates and complete lesson schedule & set up DPD patrol	4/27/2009	Brandi, Jo, Judy, Karen, Wee Folk, DPD, and EFNEP	Provided tentative dates to DPD so they can inform team of their necessary lead time; EFNEP doing lesson schedule; book list obtained from library
Complete pre-test with participants	Establish baseline data for participants	5/5/2009	Brandi, Jo, and other org rep's	Complete
Evaluate and make adjustments	Students walk together; several seniors, teachers, & project rep's keep children together	7/29/2009	Brandi, Jo, Judy, other org rep's	Children have increased walking already by 400% within first 4 walking dates; excellent progress

PROJECT: Increase the Distance Stratified Groups of Seniors and Children Can Walk by 20% in One Hour One Day per Week																				
Aim:	To increase the distance stratified groups of seniors and children can walk by 20% in one hour one day per week.																			
Measures (goals):	1. Increase in distance on a monthly basis and percentage of participants. 2. Percentage of walkers with improved physical fitness (increase), and percentage of seniors and children with improved BMI, blood pressure, and/or pulmonary function. 3. More walking and increased fitness and less illness and better cardiovascular health.																			
Cycle Number	Changes Tested	Personnel Responsible	Jul	Aug	Sep	Oct	Nov	Dec	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
1	Establish walking groups and schedule																			
P	Meet with representatives from other agencies	QI team																		
D	Establish guidelines, goals, numbers, walking teams, and walking/lesson schedule	Jo, Brandt, & Wee Folk staff																		
S	Start groups out walking trials for baseline and to tweak walking plan/route	Jo, Brandt, & Wee Folk staff																		
A	After walking plan/schedule based on findings	QI team																		
2	Develop written to determine baseline and changes over course of program																			
P	Meet with agency representatives	QI team																		
D	Develop pre- and post-tests and administer to determine baseline	Jo, Brandt, YMCA, and Addus																		
S	Study baseline and what changes need to be made to walking program and/or goals	QI team																		
A	Make changes to walking program	QI team																		
3	Recruit seniors to participate																			
P	Contact neighborhood and senior groups in the area	Jo and Brandt																		
D	Set up speaking engagements to inform seniors about program and recruit	Jo and Brandt																		
S	Study numbers of recruited seniors	QI team																		
A	Determine walking groups based on number of seniors recruited to volunteer	Jo, Brandt, & Wee Folk staff																		
4	Complete post-tests and 6 month evaluation																			
P	Identify & plan changes to program for most effectiveness	QI team																		
D	Make changes to program	QI team																		
S	Study effect of changes	QI team																		
A	Act on the results	QI team																		
5	Complete post-tests and 6 month evaluation																			
P	Identify & plan changes to program for most effectiveness	QI team																		
D	Make changes to program	QI team																		
S	Study effect of changes	QI team																		
A	Act on the results	QI team																		

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.

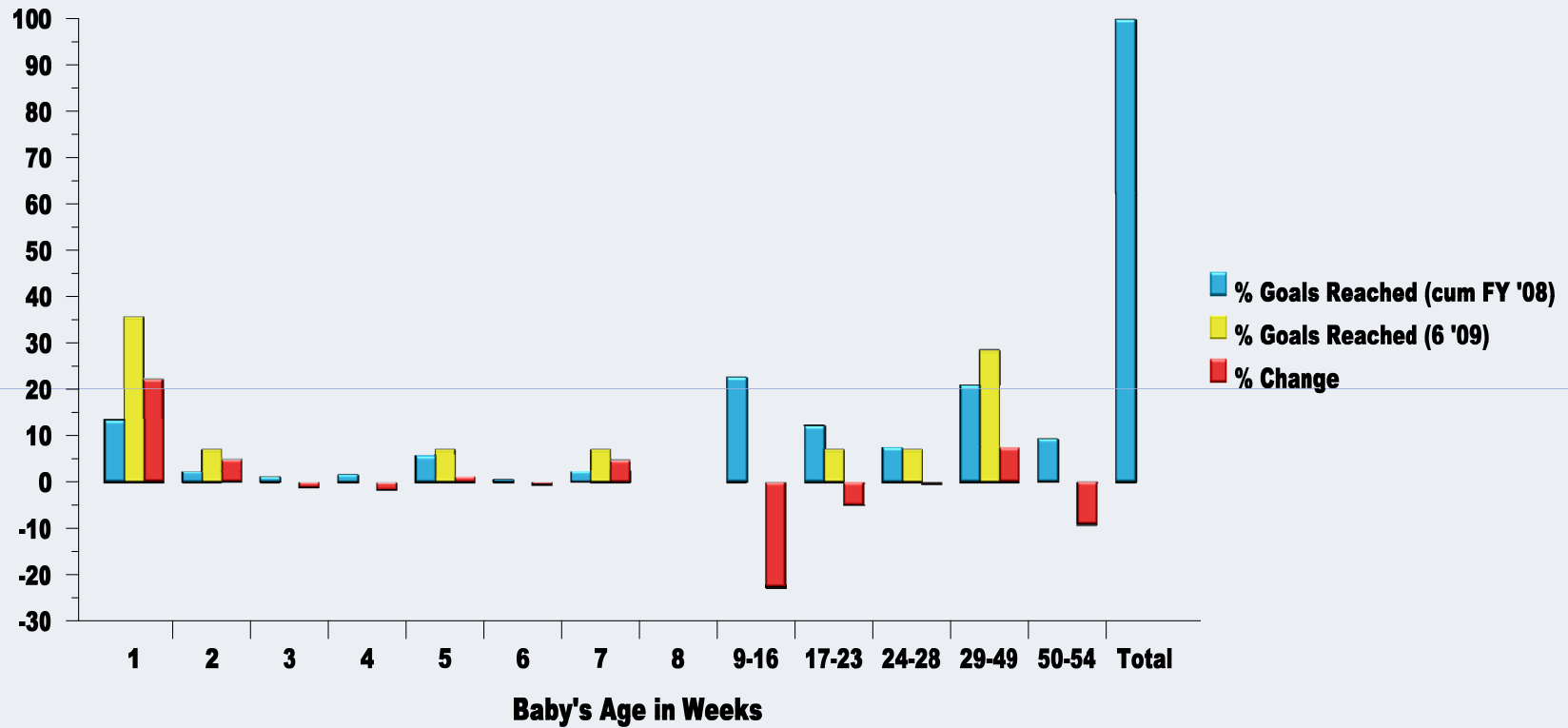
Intermediate (1 year goal)

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.

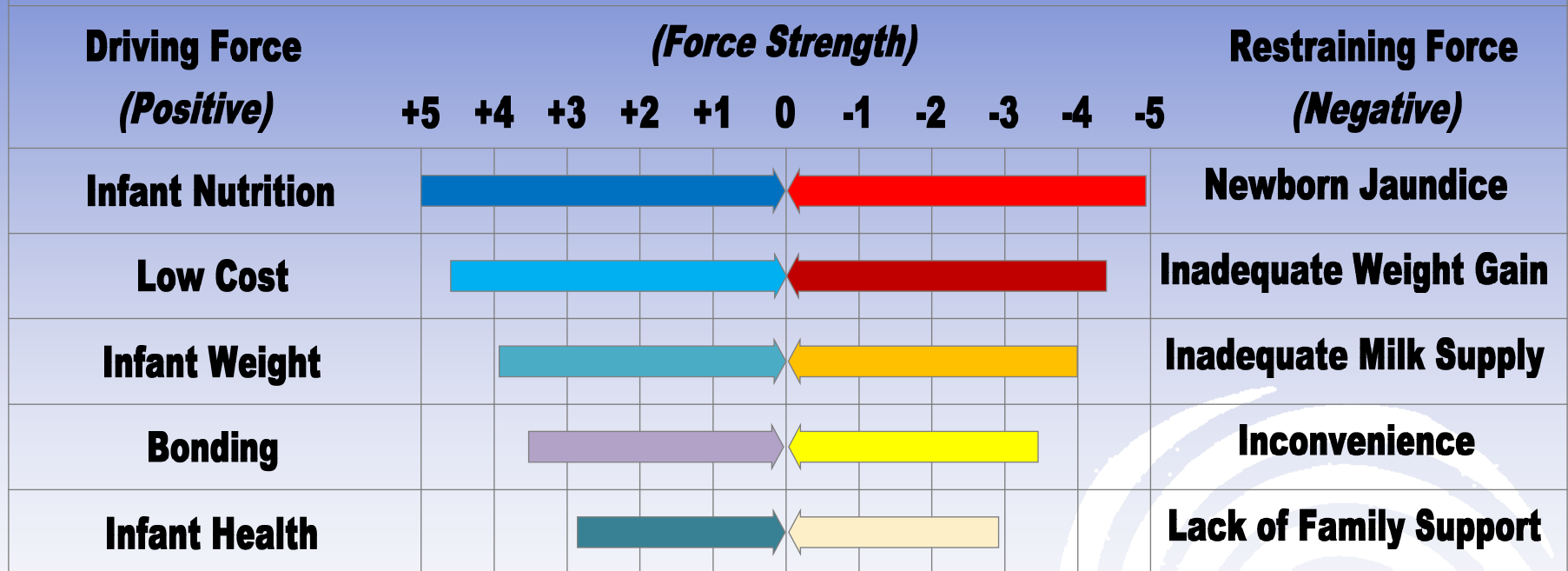
Mothers Reaching Breastfeeding Goals: Comparing Cumulative FY '08 to June, '09



Revised Force Field Analysis Based on Key Informant Interview

Force Field Analysis

Initiating and Maintaining Breastfeeding for up to 12 Months



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

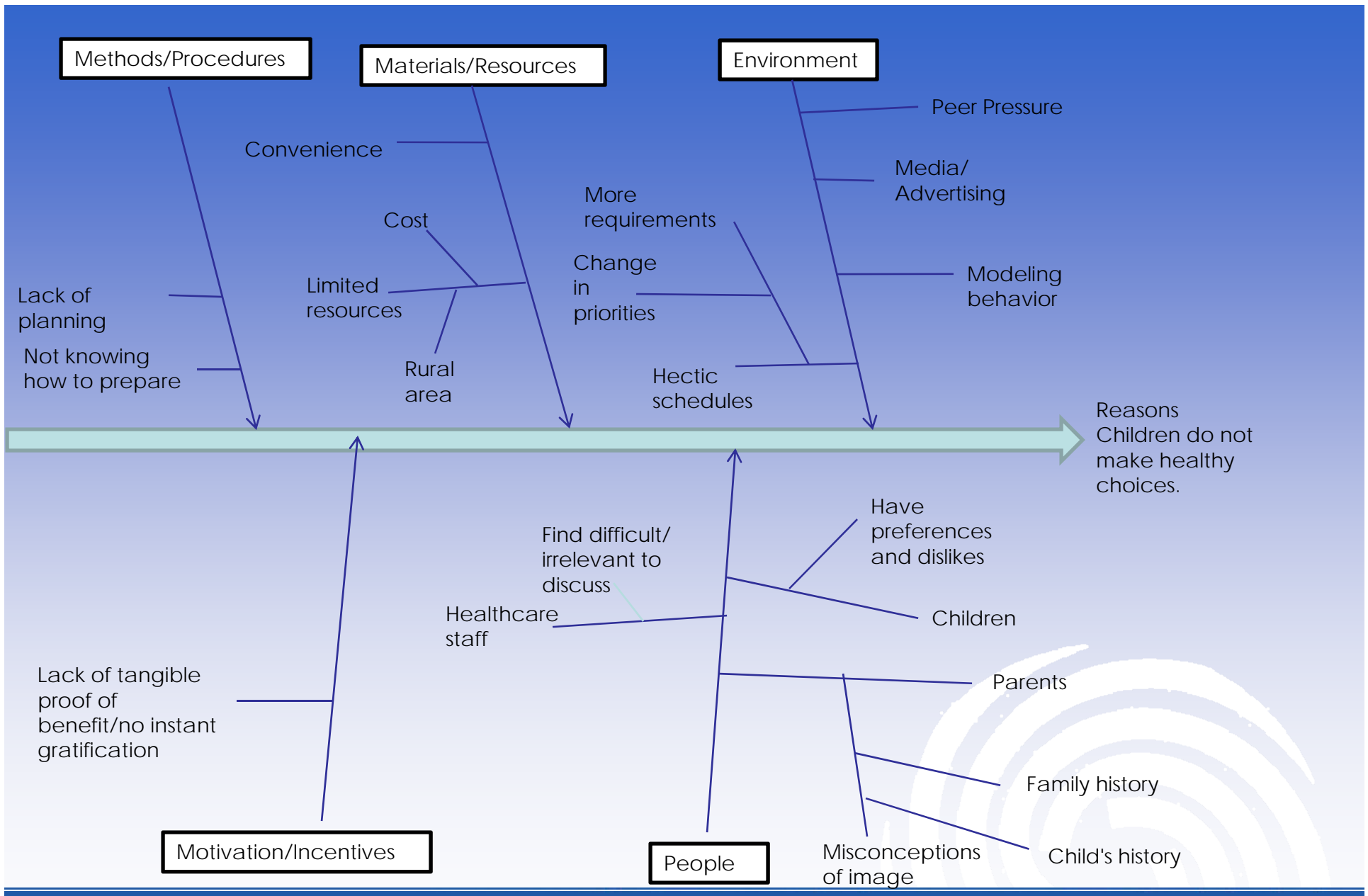
Increase in healthy lifestyle choices

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.



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

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

Verbalize 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 as treats. 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 dots 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: FRISBEES

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



Feedback

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

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

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

THANK YOU