

Get Healthy San Mateo County 2009-2010 Evaluation Report

Introduction:

In April of 2006, Get Healthy San Mateo County (GHSMC) published the *Blueprint for Prevention of Childhood Obesity: A Call to Action (Blueprint)*. The *Blueprint* identified promising practices, priorities and goals to increase healthy eating and physical activity opportunities for children in San Mateo County. An Evaluation Committee has since been responsible for assessing GHSMC members' experiences and the progress and impact of the *Blueprint*. This Evaluation Report is the final evaluation and summary of the *Blueprint* activities as this document was intended to guide GHSMC work through 2010 and GHSMC has subsequently published the 2010-2015 *Strategies for Improving Food & Physical Activity Environments in San Mateo County (Strategies)*, which can be downloaded at www.gethealthysmc.org.

Summary of Projects:

During the implementation phase of the *Blueprint*, GHSMC awarded small grants to various groups committed to furthering the goals and objectives outlined in the *Blueprint*. Go to the Funding Opportunities section of www.gethealthysmc.org to see a list and details of GHSMC grant recipients and projects from 2006 through 2010.

Methodology:

An electronic survey was distributed in August 2010 and a paper-based version in September 2010 to GHSMC partners. A total of 24 GHSMC individuals responded to the surveys.

Findings:

This section includes the *Blueprint* progress summary and highlights from the collected surveys. The *Blueprint* contained 29 objectives and 111 action items. At the conclusion of the 2009 – 2010 implementation year, 27 objectives were completed and progress made in 75 action items (Figure 1). The uncompleted objectives were included in the planning process for the 2010-2015 *Strategies* document.

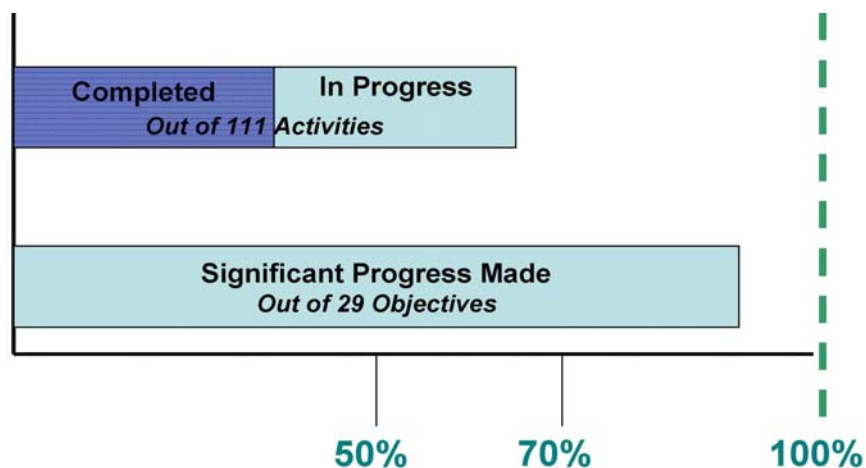


Figure 1: Progress made on 29 Objectives and 111 Action Items listed in the *Blueprint* (2006-2010)

The afterschool, breastfeeding, evaluation and school wellness committees met regularly during the 2009 – 2010 implementation year. A total of 24 responded to the electronic or paper-based survey. The majority of respondents were satisfied with the organization of their committee, frequency of meetings and opportunities for input/influence within their committees. Respondents' overall satisfaction with GHSMC was high. They felt that their involvement with GHSMC was positively influencing their community, that GHSMC is focusing on areas of need, that GHSMC makes adequate use of their time, and that there are opportunities for input/influence (Table 1).

The majority of respondents were satisfied with GHSMC communication mechanisms including the frequency of information given in newsletters, email blasts and meetings. Yet, when asked if the clearinghouse website gave them knowledge that has been applied to their work, this received the lowest rating (43% of respondents responded with neither agree nor disagree). GHSMC staff and community partners are currently revisiting the website information and an update plan is forthcoming.

Survey Question	Strongly Agree/ Agree		Neither Agree nor Disagree		Disagree/ Strongly Disagree	
	n	%	n	%	n	%
My involvement with the Task Force positively influences my community.	17	74%	5	22%	1	4%
I feel the Task Force is focusing on the areas of need in San Mateo County.	17	71%	3	13%	4	17%
I believe the Task Force makes adequate use of my time.	17	74%	1	4%	5	22%
There are opportunities for input/influence in the Task Force.	20	91%	1	5%	1	5%
Overall I am satisfied with the Task Force.	19	83%	2	9%	2	9%

2006- 2010 Highlights & Accomplishments

It is important to recognize accomplishments from the past four years of the GHSMC *Blueprint* implementation that have set the groundwork and momentum for the next five years, following are a few key highlights:

- * GHSMC launched GetHealthySMC.org, a clearinghouse website that features a searchable directory of physical activity programs and nutrition resources and YSpaceSMC.org, which is run by youth from the organization EPA.net and features a Blog and a venue for youth to share about eating right, being active and ways to improve their neighborhoods.
- * Collective Roots and many community members partnered to establish the East Palo Alto Farmers’ Market. In the summer of 2010, the local YMCA agreed to take over operations.
- * The North Fair Oaks Community Planning Process integrated health into planning and land use policies. Based on detailed analysis and community input, the plan will emphasize transit-oriented and mixed-use development and improve public transit and safe pedestrian bicycle infrastructure.
- * The School Wellness Policy Committee awarded 14 mini-grants to schools throughout San Mateo and held forums on practical ways to implement school wellness policies, healthy school fundraisers and on collaborating with school board members. The committee continues to expand their technical assistance capacity to support school districts in implementing their school wellness policies.
- * The Afterschool Committee launched the Healthy Apple Award to recognize afterschool programs that incorporate healthy eating and physical activity into their programs. Since the Healthy Active Play Environments program (HAPE) has provided training, technical assistance, and information sharing among to over 100 after-school providers throughout the county.
- * The Preschool and Childcare Providers Committee disseminated nearly 300 nutrition and physical activity guidelines to preschools and childcare centers throughout San Mateo County.

San Mateo County Analysis:

The following tables are intended to provide a brief synopsis of the health of children within San Mateo County. For academic years 2005 – 2006 through 2008 – 2009 there was a significant increase in aerobic capacity, abdominal and upper body strength and flexibility (Table 2). With the exception of African-Americans/Blacks, Filipinos and Other Pacific Islander, there was a significant increase in students that passed all physical fitness standards between 2005 – 2006 and 2008 – 2009 (Table 3). A significant change was not observed within body weight however, a significant finding in such a short period of time is rare (Table 4).

Healthy Fitness Zone	2005 - 2006		2006 - 2007		2007 - 2008		2008 - 2009	
	n	%	n	%	n	%	n	%
<i>Aerobic Capacity</i>	19,004	68.2%	18,013	71.9%	18,994	72.0%	19,293	75.3%
<i>Abdominal Strength</i>	19,004	86.2%	18,013	86.4%	18,994	87.9%	19,293	87.8%
<i>Trunk Extension Strength</i>	19,004	88.3%	18,013	89.0%	18,994	88.3%	19,293	87.9%
<i>Upper Body Strength</i>	19,004	73.8%	18,013	76.2%	18,994	76.0%	19,293	76.9%
<i>Flexibility</i>	19,004	74.3%	18,013	74.8%	18,994	76.8%	19,293	76.2%

Source: California Physical Fitness Report, 2005 - 2009

Gender	2005 - 2006		2006 - 2007		2007 - 2008		2008 - 2009	
	n	%	n	%	n	%	n	%
<i>Female</i>	9,442	37.0%	8,692	41.3%	9,275	39.6%	9,367	40.2%
<i>Male</i>	9,562	33.2%	9,321	35.0%	9,719	36.2%	9,926	37.0%
Race/Ethnicity								
<i>White</i>	6,668	43.5%	6,336	45.5%	6,290	46.8%	6,309	47.7%
<i>Hispanic</i>	6,199	23.4%	5,711	26.1%	5,980	26.0%	6,723	26.3%
<i>Black</i>	802	24.3%	690	29.4%	640	32.0%	718	30.6%
<i>Filipino</i>	1,955	36.8%	1,946	37.0%	2,078	39.4%	2,097	39.7%
<i>Chinese</i>	1,341	51.2%	1,389	53.9%	1,357	55.9%	1,468	58.9%
<i>Other Pacific Islander</i>	449	18.3%	339	23.3%	361	17.7%	387	18.6%
Cumulative Data								
All Students	19,004	35.1%	18,013	38.1%	18,994	37.9%	19,293	38.6%

Source: California Physical Fitness Report, 2005 - 2009

Table 4: Percentage of children in various body weight zones, San Mateo County, 2006 thru 2009

Group	2006		2007		2008		2009	
	n	%	n	%	n	%	n	%
% of children 2-4 years 'overweight'	2,904	19.4%	3,001	17.9%	3,432	16.9%	4,114	17.5%
% of children 2-4 years 'at risk of overweight'	2,904	16.0%	3,001	17.1%	3,432	16.9%	4,114	17.5%
% of children 0-5 years 'underweight'	10,306	7.3%	10,735	8.3%	11,742	7.7%	13,334	6.8%
% of children 5-20 years 'overweight'	3,362	24.7%	3,515	25.7%	4,256	25.4%	1,973	24.9%
% of children 5-20 years "at risk of overweight"	3,362	21.6%	3,515	20.0%	4,256	19.8%	1,973	20.7%
% of children 5-20 years 'underweight'	3,362	1.6%	3,515	1.5%	4,256	1.8%	1,973	2.0%

Source: Pediatric Nutrition Surveillance Survey (PedNSS)

Data sources:

For a better understanding of the data used within this report please visit the following:

California Physical Fitness Report: <http://www.cde.ca.gov/ta/tq/pf/>

Pediatric Nutrition Surveillance Survey:

<http://www.dhcs.ca.gov/services/chdp/Pages/CountySurveillanceData.aspx>

Conclusion:

As the final implementation year of the *Blueprint* concluded, it is the hope of the Evaluation Committee that this closing report will positively influence the continuation of helpful partnerships, resources, information and strategies to improve the food and physical activity environments for San Mateo County residents.

Please send feedback and/or data tables request to mheadd@co.sanmateo.ca.us