



## DEXTER ALTERNATIVE EDUCATION FITNESS CLASS

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Fiscal Agent (Dexter Wellness Center)

**Total amount granted from 5HF:**

**\$1800**

**Total expenses paid with 5HF funds\*:**

**\$1184.19**

\* If full amount of the grant was not necessary to provide the approved services, a check from the fiscal agent must be enclosed for any unused funds over \$100-Please make check payable to 5 Healthy Towns Foundation- Include a Final Expense Report

**Intervention start date:**

**NOV.2016**

**Intervention end date:**

**May.2017**

**Date funding received:**

**In Process**

**Element:**

## Key Evaluation Data

Please record and include the key evaluation data collected for this intervention

Units of Engagement (no units of engagement for infrastructure)

- Number of participants (P) varied by the class
- Time each participant worked on or spent at each event (T-in hours)
- Number of classes/events held 26 classes total
- $P \times T \times N =$  We had an average of 6 students and 26 total classes = 156 units of engagements

*Note – if this is an infrastructure intervention, units of engagement may not be applicable*

Other measures may include, but are not limited to:

- BMI
- % Body Fat
- Weight
- Wall Sit
- Push-up test
- 1 minute crunch test
- Illinois Agility Test
- T-Test
- 1 Mile Test
- 3 Minute Step Test

For each goal provide the following information:

## Goal 1: Improve Health Outcomes for Students

<p>Did the intervention meet specific goals listed on the intervention table? Yes for some</p>	<p>Please comment: <b><u>For the students that made most of the classes we saw improvements in cardiovascular endurance and strength. Also coming to the Dexter Wellness Center made a difference in the classroom.</u></b></p>
<p>State what you tried to accomplish</p>	<p>Please comment: <b><u>Our main goal was to improve the students health along with their mental focus in the classroom.</u></b></p>
<p>How did you measure progress towards the goal?</p>	<p>Please comment: <b><u>The students in the program went through a custom pre and post assessment to track outcomes.</u></b></p>
<p>Was the goal attainable?</p>	<p>Please comment: <b><u>We noticed large improvements for the students that we were able to get post assessment data on. We needed more classes and to get the students here on a regular basis.</u></b></p>
<p>Describe how the goal was relevant to the coalition and community wellness related needs</p>	<p>Please comment: <b><u>The students became more active and more confident in themselves.</u></b></p>

# Overall were there any major accomplishments?

Yes

No

- For the students that attended most of the classes, their assessment data showed improvements along with the students becoming more confident and social.

# Setbacks

Were there any setback encountered during the implementation of this intervention?

- Yes
- No

**If yes, please describe setbacks and how they were addressed below:**

Setbacks or issues identified	How they were addressed
<p><b><u>The number of students participating on a weekly basis continually changed. The class did not make all of the scheduled visits. Due to these reasons we were only able to run 26 classes and collect post data on a small number of students.</u></b></p>	<p><b><u>We had a meeting with the school and talked through the challenges for the 2016/2017 school year. The school has made this program a requirement for the students in the 2017/2018 school year. The students are ready to begin.</u></b></p>
<p>How will you improve or avoid these issues in the future?</p>	
<p><b><u>The school has made this program a requirement for the students.</u></b></p>	

Please include an itemized expense report (not budget) that demonstrates how the grant funds were used

- Please insert a table of your final expense report. Table should be broken into 3 sections:

Class Expenses			
Dexter Wellness Center	Amount	Hours	Total
Atl. Cost report			
Instructor S&B Expense	\$24.89	26	\$647.17
Support S&B Expense	\$29.89	14	\$418.46
Testing Supply's		0	
Shirts		8	
Prep/planning S&B	\$29.89	4	\$119.56
Equipment		0	
Total Cost			\$1,184.19

- Please indicate items that were funded by 5HF with \* Clothing

# Intervention Information

## Brief Intervention Description

- I. Primary goal- *Our goal is to improve health outcomes for junior and senior high school students.*
- II. Brief description of the program. *Each student will participate in pre and post assessments, regular exercise, and strength training. This will allow these students to see improvements in their physical fitness by the end of the school year.*
- III. Target population- *Dexter High School Alternative Education Junior and senior students.*

# Please include the key evaluation data collected for this intervention

- See attached documents



# Collaborations

Did your intervention involve collaboration with any other organizations

- Yes
- No

Please comment on the value of the collaboration

5 Healthy Towns Foundation  
Dexter Public Schools  
Dexter Wellness Center  
Dexter Wellness Coalition

# Collaborations

Will the collaboration continue if the intervention continues?

- Yes

Are there additional collaborators you could work with in the future?

# Sustainability

- Does your intervention have a sustainability plan?
  - Yes
  - No
- What steps are being taken to ensure sustainability of the intervention beyond 5HF funding?