

Stockbridge Wellness Coalition | Plan Year 7

SECTION 1	INTERVENTION INFORMATION
NAME OF THE INTERVENTION	Be Fit
5HF Element to Impact: Eat Better, Move More, Connect with Others in Healthy Ways, Avoid Unhealthy Substances (select minimum of 1)	Move More
Fiscal Agent	5 Healthy Towns Foundation
Tax I.D	26-3040367
Implementation Contacts (2 or more required)	Cindy Cope, Ashley Tomasi, Kari Goorhouse
Contact phones and emails	ccope@powerwellness.com , 734-214-0230; ashley@5healthytowns.org , kgoorhouse@powerwellness.com , 734-214-0235
Date Funding Required	August 2018
Implementation Date	September 2018
Estimated Completion Date	August 2019
Total Amount Requested from 5HF	\$5,410

SECTION 2	CRITERIA
Criteria	Descriptions
<p>1. Please provide a brief description for the intervention program you are proposing and indicate the target population. <i>Typically one paragraph (3-5 sentences)</i> <i>Target population options: youth, adult, seniors, disabled, etc.</i></p>	<p>The Be Fit fitness program is an 8-week program targeting Stockbridge 8th grade and high school students but is open to age 12-18. The program encourages students to begin a regular fitness routine and provides an alternative to after school organized sports. The program consist of 2 one hour instructor-led fitness classes per week, an individualized exercise plan for each participant, and a pre and post fitness assessment. Students are given unlimited access to the Stockbridge Wellness Center during the 8 week program. At the end of the 8 weeks, students will meet for a final session to give feedback on the program. Healthy snacks and a prize for those who complete the 8 week program will be provided at the final session. Program will run from September 2018 – Aug 2019 and will include Four sessions. Session 1 will run September – November, session 2 January – February, session 3 April-June, and session 4 June – August.</p>
<p>2. How does this intervention address the needs</p>	<p>We know from the 2016 MiPHY survey that 28% of high schoolers in Stockbridge are</p>

<p>identified by your community and the coalition? <i>Please be specific and refer to local data (i.e. HIP, MiPHY, PAC, NEAT, etc.) and/or the coalition strategic plan. Should include specific health/wellness indicators.</i></p>	<p>overweight/obese. The program encourages students to engage in daily physical activity and provides them with the tools and knowledge of how to get to and maintain a healthy weight.</p>
<p>3. What are the specific goals for the intervention? <i>Specific goals: For each goal address these 5 points so that the goals are SMART goals</i></p> <ul style="list-style-type: none"> • <i>State what you are trying to accomplish,</i> • <i>How you will measure progress toward and accomplishment of your goal</i> • <i>Who is responsible for collecting the data?</i> • <i>Why you think the goal is attainable</i> • <i>Describes how the goal is relevant to the coalition and community wellness related needs.</i> • <i>What is the timeframe for achieving the goal?</i> • <i>See http://www.wikihow.com/Set-SMART-Goals</i> 	<ul style="list-style-type: none"> • Goal: Engage 15 Stockbridge 8th grade and high school students per session (60 total) in the Be Fit program with the goal of providing them with the tools and knowledge to start a fitness routine that will encourage them to be physically active throughout their lives. • The participation goal will be measured using class attendance. Attendance will be taken at the beginning of each class. • Program instructor would be responsible for recording and tracking attendance • Last year was the 2nd year of the program. Having run the program for two years, we feel it is better established in the community. At the end of the Year 6 program we reached out to some student in the high school and they have been very helpful in recommending ways we can promote the program to other students. • We will begin enrolling students for the program in September. Four sessions of the program will be run in 2018-2019. Session 1 will run September – November, session 2 January – February, session 3 April-June, and session 4 June – August. • We believe that adding the 4th session will help keep the students engage year round.
<p>SECTION 3</p>	<p>MEASUREMENT/DATA</p>
<p>1. What key data will be collected, analyzed, and used to evaluate the intervention? <i>Should include:</i></p> <ul style="list-style-type: none"> • <i>Units of Engagement</i> <p><i>Might also include survey data, and other measures such as number of participants, pounds of produce grown, miles of trail maintained, number of books distributed, etc.</i></p>	<ul style="list-style-type: none"> • Number of students participating/ attendance • Pre/post fitness assessment • Surveys and survey feedback • Units of engagement
<p>2. What are the estimated Units of Engagement for the intervention? <i>Unit of engagement = number of people per event * number of events * timeframe for the event (e.g., 30 minutes would be 0.5 hours)</i> <i>Example : 100 people * 6 events * 1 hour per event = 600 units of engagement.</i></p>	<p>277.5 hours of participation per session. Total of 1,110 for all four sessions</p> <p>Per session:</p> <p>15 participants x 2.5 hours (pre/post assessment and orientation) = 37.5</p>

<p><i>UNITS OF ENGAGEMENT DO NOT NEED TO BE CALCULATED FOR INFRASTRUCTURE (i.e. parks, sidewalks, trails, etc).</i></p> <p><i>Note- if participation is not part of the key data, describe how you will measure engagement of community members.</i></p>	<p>15 participants x 16 classes x 1 hour per class =240</p>
<p>SECTION 4</p>	<p>COLLABORATION</p>
<p>1. Who (specifically) will be responsible for what aspects of intervention implementation? <i>Please provide names for those responsible for:</i></p> <ul style="list-style-type: none"> • <i>Obtaining all required permits and permissions and all other communication required</i> • <i>Deciding on dates, times, locations</i> • <i>Marketing – both developing and distributing marketing materials</i> • <i>Recruiting necessary volunteers</i> • <i>Developing tools to collect data and pictures</i> • <i>Analyzing data collected</i> • <i>Developing plans for how to improve the intervention (on-going and for subsequent years)</i> • <i>Preparing and presenting presentations and reports</i> • <i>All other specific tasks for this intervention to be successful.</i> 	<ul style="list-style-type: none"> • Registration will begin at the start of the school year. The Stockbridge Wellness Center and will serve as the primary sign-up location. Stockbridge Wellness Center staff will work with Stockbridge High School to get permission to have a table at the School’s Open House in the fall; registration forms and information on the program will be provided. Intervention leads will reach out to PE teachers at the school to help market the program and provide registration forms. We will post a flier on the Stockbridge High school TV’s • The Stockbridge Wellness Center will provide space for the fitness classes, wrap up session/snack, and an instructor (Kaitlyn Schnieder). • Kaitlyn Schnieder will also be in charge of conducting pre/post assessments and collecting data. • The Stockbridge Wellness Center will be responsible for administering and collecting parent signed agreements/release and independent use policy. • Kaitlyn Schnieder will be responsible for administering and collecting the feedback surveys • Kari Goorhouse/ Ashley Tomasi will be responsible for taking photos of participants (a photo release form will be provided when administering and collecting signed agreements from parents) • Kari Goorhouse will work with Ashley Tomasi in preparing evaluation reports for the coalition and SHF. • Kari Goorhouse/Ashley Tomasi will be responsible for ordering food for wrap up session • Stockbridge Wellness Center will order participant prize • The Stockbridge Wellness Center, Stockbridge High School, Stockbridge Area Wellness Coalition, and 5 Healthy Towns Foundation will work together to advertise for the program.

<p>2. Does implementation of this intervention require approval from an organization other than the fiscal agent or organization implementing the intervention? <i>Yes or No. If yes, please indicate all organizations requiring approval and indicate if approval has already been granted. If it hasn't been granted, when will this be done. Include the name(s) of the approver(s).</i></p>	<p>Yes, The Stockbridge Wellness Center and Stockbridge Community Schools.</p>
<p>3. With whom will you collaborate on this intervention including assistance with implementing the program, assistance with financing the program and organizations which might financially support this intervention (long term sustainability). <i>Please include names of people in the collaborating organization that will be involved with this intervention. Indicate in the budget below – the contribution from the organization(s).</i></p>	<p>The intervention will coordinate with the Stockbridge Wellness Center and Stockbridge High School</p>
<p>SECTION 5</p>	<p>SUSTAINABILITY</p>
<p>1. If this is a continuing intervention: A. How many years has this intervention been funded by the coalition? B. Have the outcome(s) been presented to the coalition and the report(s) been submitted to 5HF? <i>If no, when will the presentation to the coalition be done and when will the written report and expense report be submitted to 5HF?</i> C. Describe how the intervention will be improved (also include past improvements if this is the 3 or more year of funding). D. Has the amount requested from the coalition increased or decreased? Why? E. How many more years will this intervention request funds from the coalition?</p>	<p>The program was previously funded as part of SAWC's Year 5 Plan (2016-2017) and the Year 6 Plan (2017-2018). This will be the third year of the program.</p> <p>The coalition received updates and outcomes from each session of the program during their monthly meetings. An evaluation report will be completed and submitted to 5HF upon completion of the final session of the program, August 2018.</p> <p>We will increase our marketing efforts for the coming year. For this coming year we plan to continue the use flyers, print ads, Facebook, email and website (5HF and Wellness Center) to better promote the program. We plan to utilize the High School TV and create an add that will display throughout the school and in the cafeteria to let student know about the program. Also prizes may change throughout the program instead of always being a t-shirt.</p> <p>The amount requested is a little more this year because we're adding a 4 session on and planning on less participants in the program. Some funding was left over from the previous year of the program that will go towards next year's session. There has been a slight increase in instructor fees and the pricing for prizes. Prizes will change to what are able to order during the sessions. The</p>

	carry over fund cover most of the cost for additional session.
2. Does your intervention have a sustainability plan? <i>How the intervention will be sustained if the coalition does not grant/renew funding?</i>	5HF is currently the only source of funding for the program. We would not be able to run the program without the SAWC's and 5HF's support.
3. Provide citation(s) of similar programs used as a model in developing this intervention.	Similar programs have been implemented at the Wellness Centers with significant positive outcomes as well as other centers across the nation.

~ INSERT A BUDGET which shows all expenses, revenue and in-kind contributions*. Please also indicate which expenses will be covered by the funds from the 5 Healthy Towns Foundation.

* Note: Examples of in-kind contributions include volunteer hours, use of space, items, etc.

Item	Budget
Income	
5HF	\$5,409.84
5HF Year 5 carryover funds	~\$2,149
Expense	
16 one hour instructor led classes	\$ 482.08
2.5 hours of pre/post assessment and orientation x 15 students	\$ 736.88
15 prizes	\$ 161.25
food for last session	\$ 32.00
Marketing (flyers, signage, giveaways)	\$ 399.00
Total Per Session	\$ 1,889.81
Total for all 4 session: \$7,559.22	

Also provide the information in the two tables below

SECTION 6	INTERVENTION	BUDGET
Budget Summary	Amount	Percentage
Amount of funds from Coalition	\$5,410	100%
Total funds from other sources	\$2,149 (carryover)	
Marketing/Advertising	\$399.00 (per session)	
Compensation – to one or more people	\$1,218.96 (per session)	
Infrastructure (structure that lasts 5 years or more)		
Other expenses	\$193.25 (per session)	

Plan Year	Amount granted	Amount Spent	Amount carried over	Amount returned to SHF
Year 1				
Year 2				
Year 3				
Year 4				
Year 5	<u>\$6,109</u>	<u>\$4,699.00</u>	<u>\$1,410.77</u>	<u>\$0</u>
Year 6	<u>6,110</u>	<u>Estimated \$4,280.00</u>	<u>Estimated \$1,830.00</u>	<u>\$0</u>