

2017-2018 Bright Spot Award Nomination Form

The Bright Spot Awards are an effort to recognize examples of meaningful Primary Prevention initiatives taking place across our state. Here are the steps to nominate your initiative:

- 1.) All nominations must be submitted by July 1, 2018. One nomination form must be completed per initiative nominated. Email completed nominations to Matt Coleman (Matthew.Coleman@TN.gov)
- 2.) All nominations received are redacted so that the review committee will not know the exact location and persons involved with the initiative. The review committee is made up of individuals from each region of the state. They will review, score, and discuss each submission. An average of the final scores given by the review committee will be used to determine the award level earned.
- 3.) Award levels include Platinum, Gold, Silver, Bronze, and Honorable Mention.
- 4.) Awardees will be announced in the fall of 2018.
- 5.) Each nomination will be presented with a comprehensive feedback report from the committee, which will include strengths of the initiative and opportunities for improvement.

Application:

County: Dickson County

Initiative Name: Rethink Your Drink

Primary Prevention Focus Area(s): Obesity

Primary Contact Name, Email, Phone:

Karrie Thompson

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Bright Spot Award Questions

Please explain why you think this initiative should be considered for the TDH Bright Spot Awards.

(150 words max); (10 points available) By partnering with the Dickson County Health Council, School Systems and UT Extension we were able to supply our middle schools with 9 water bottle refilling stations and the Dickson County PPI team was able to present the Rethink Your Drink program at 6 community events and at all 4 schools. Our PPI team worked very hard to encourage and motivate young people to drink water and skip on sodas. We chose this project because of the high obesity rate in pre-teens. There were currently no programs teaching children the importance of a healthy lifestyle. We had the opportunity to engage over 2,000 middle school students and have them actively participate in making this healthy change in their schools.

Is this initiative contributing to a policy, systems, and/or environmental change¹ in the community? (300 words max); (75 points available) By working with Coordinated School Health and the Dickson County Health Council we were able to have 9 water refilling stations installed at 4 middle schools. We also gave out 1500 water bottles to students. We worked with the Director of Schools, principals and teachers to make it possible for students to have access to water during class. Schools also allowed us to speak in classes on the Rethink your Drink program and display encouraging posters in the classrooms and hallways near the refilling stations.

What are the SMART objective goals and major purpose(s) of this initiative? (SMART objectives are Specific, Measurable, Attainable, Relevant, and Time Bound. Example: By May 2019; all soft drink machines in Lauderdale County Schools will be turned off during the school day, per school board policy.) (300 words max); (10 points available) My August of 2018 we will have 9 water bottle refilling stations installed in 4 middle schools and will have completed 6 community rethink Your Drink programs and 4 school programs. There was a survey sent out Sept 2017 to every middle school child on how much water, soda, sport drinks and energy drink they consume. This survey will be repeated Sept 2018 after the stations are installed for comparison. The machines are also equipped with digital counters displaying how many 16oz water bottles have been filled and saved from the landfills.

What is the annual budget and funding source for this initiative? If no funding is available, how have you implemented or sustained the initiative? (150 words max); (5 points available)

Funding for the water stations was provided by the Dickson County Health Council, School Nutrition and Coordinated School Health. We were able to gain sponsorship for clear water bottles to hand out to students. The Dickson County School system will be responsible for maintaining all water stations.

¹ Policy, systems and environmental change is a way of modifying the environment to make healthy choices practical and available to all community members. By changing laws and shaping physical landscapes, a big impact can be made with little time and resources. By changing policies, systems and/or environments, communities can help tackle health issues like obesity, diabetes, cancer and other chronic diseases (<http://www.cookcountypublichealth.org/files/CPW/PSE%20Change.pdf>)

Have community partners helped with the initiative? What are the roles of these partners? (300 words max); (20 points available) **The Dickson County Health Council, UT Extension, Coordinated School Health , and School Nutrition all helped to purchase the stations, YMCA and Chamber of Commerce helped to purchase the student bottles and the school system allowed us to present the Rethink your Drink program to all classes.**

What is the timeline for the initiative? (When does planning occur? When is/was the initiative implemented? When is the initiative evaluated?) (250 words max); (5 points available)

We started planning in March of 2017 when Dickson County received its healthier TN designation. As part of the Health Council plan the Dickson County Health Department PPI team would present Rethink your Drink at 5 community events and in every school. We started the 2018 school year with a student survey and will reevaluate it with a follow up survey in the 2019 school year. The PPI team has completed 6 community events presenting Rethink Your Drink.

In what way is this initiative especially innovative? How is this initiative different from other similar programs? Is there a specific idea tested with this approach? Is this work informed by relevant literature or research studies? (400 words max); (20 points available) **All literature was provided by UT Extension Healthy families Healthy Communities program. It was funded by the USDA SNAP program. This initiative gives students multiple chances to drink more water through the school day and encourages them to be conscious about the environment as well as their health. The inspiration for this project was Michelle Obama’s Water..You are what you Drink campaign. It is the perfect complement to the My Plate program already in use at our schools.**

Are the measures clearly listed describing what makes the program effective? Is data provided or referenced that supports the conclusion? What makes this program effective? How is the program evaluated? Does this initiative achieve its stated goals? (350 words max); (20 points available) **There was a survey sent out Sept 2017 to every middle school child on how much water, soda, sport drinks and energy drink they consume. This survey will be repeated Sept 2018 after the stations are installed for comparison. The machines are also equipped with digital counters displaying how many 16oz water bottles have been filled and saved from the landfills.**

What limitations or obstacles might be expected if others wished to replicate this initiative? (300 words max); (50 points available) **The only obstacles we encountered was some of the older water fountains was not able to be retro fitted and it cost more to replace the entire machine. Also the school maintenance installed them for free but we had to wait until they had free time to complete them .**

Is this initiative sustainable without the resources of the local health department being involved? (250 words max); (20 points available) **Yes. The refilling stations will remain in the schools and the school system will be responsible for any upkeep. We also left the school the rethink your drink handouts and posters. Future students will be able to enjoy the refilling stations for years.**