

## 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](mailto: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: Fentress**

**Initiative Name: After School-based Walk/Run Clubs**

**Primary Prevention Focus Area(s): Physical Inactivity**

**Primary Contact Name, Email, Phone: Summer Matthews, Summer.N.Matthews@tn.gov, 931-879-9936**

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**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)**

In previous years, the CDC 1305 grant has funded the After School-based Walk/Run clubs. We budgeted around \$3,000.00 a year for the fall and spring clubs. This amount paid for an average of 45 students at each school to have a healthy snack and water every time we met and a t-shirt for students who completed the 8-week club. Since the CDC 1305 grant period has ended, we will look for local community grants to sustain this initiative.

**Have community partners helped with the initiative? What are the roles of these partners? (300 words max); (20 points available)**

The Fentress County Coordinated School and local health department initiated the After School Walk/Run Clubs at Allardt Elementary School in the spring of 2016. After the South Fentress Elementary School principal saw the walking club in action she requested the health department develop a walk/run club for her school. She wanted her students to have the opportunity for physical activity. The principals allow the walk/run clubs to meet on the school property and assist with finding teachers to volunteer with the program. Coordinated School Health assisted the local Health Department in creating the sign-up packet to ensure we had the required permission forms for the school system. Teachers volunteer their time to assist with the program and are instrumental to the recruitment of students for the walk/run clubs.

**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)**

The Fentress County after school based walk/run clubs meet two times per school year, once in the fall and spring for 8 weeks bi-weekly. Dates for the fall season are set as soon as the school year starts and spring season typically starts in early March. Outcomes are evaluated the week after the walk/run clubs have ended. The walk/run clubs initiated in the spring of 2016 and have met two times per school year since.

**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)**

Fentress County schools do not have an after school program available to all students. The After School-based Walk/Run club provides an after school program to two schools and offers physical activity for students in grades third through eighth two days a week from 3:00pm to 4:00pm. Students receive a healthy snack and time to socialize with their peers before the physical activity starts. This program allows students to develop a love for walking or running and to belong to a group that isn't an organized sport. Several of these students want to belong to a group at school that meets regularly and the walk/run club is the perfect opportunity for them. Students are happy to see their own progress from week to week, and while a few friendly competitions arise, most of them keep the competition to hitting their own goals or previous records. The Health Department times their mile walk or run at the beginning and end of each 8-week club. This assists the students in their goal setting. The Active Students, Active Learners webpage lists research evidence by After School Alliance, "According to a study conducted by After School Alliance, 18% of Tennessee youth attend an after school program, similar to the US average (18%). Nearly one-third of Tennessee children would participate in an afterschool program if one were available (31%) compared to nearly 1 in 2 in the nation (41%)."

**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)**

- Number of after school-based walk/run clubs
- Number of students participating in the after school-based walk/run clubs
- Total number of miles completed by after school participants

The local Health Department's PPI team times the participants mile times at the beginning and end of each 8-week walk/run club season. Student participants are eager to set goals and push themselves further to decrease that mile time by the end of the 8 week club.

**What limitations or obstacles might be expected if others wished to replicate this initiative? (300 words max); (50 points available)**

At Allardt Elementary School there isn't a designated walking path or trail. The club must wait until the school traffic and buses clear the parking lot to begin their physical activity. This decreases the amount of time they are allotted to walk/run.

While the Fentress County walk/run clubs have support from principals and teachers for the after school-based clubs not having their support could make the club less successful. The principal assists with getting the teachers on board to help with the program. The teachers are instrumental to recruitment and retention of participants. This is evident during weekly sessions when observing the teacher's rapport with students.

**Is this initiative sustainable without the resources of the local health department being involved? (250 words max); (20 points available)**

This initiative could be sustainable without the resources of local health department if the school was willing to take on a finding a funding source, keeping track of participants miles each session, and tabulation of outcome/data of the club. However, the success of the initiative stems from the collaboration between the schools and local health department.