

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: Putnam

Initiative Name: Morning Movement

Primary Prevention Focus Area(s): Physical Activity

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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)

Morning movement has been a great way to incorporate 30 minutes of physical activity to school age children in Putnam County. Childhood overweight and obesity rates are currently at 37.8% in the county. Morning Movement allows students to be physically active during the time they arrive at school and wait for the morning bell to ring. This program has cut down on disciplinary actions while bringing oxygen to the brain to get it functioning properly before the school day begins. Teachers have seen improvements on concentration and behavior in class. Documentation is also being gathered to measure academic performance.

Is this initiative contributing to a policy, systems, and/or environmental change¹ in the community? (300 words max); (75 points available)

Morning Movement contributes to Active Students, Active Learners by “incorporating movement before the school day which has been proven to enhance the cognitive capacity of children.” This is a system change for the current schools we are in. Each principal has requested that Morning Movement be a regular activity in their school. They understand the importance of physical activity on academic performance and behavior. They also recognize the childhood overweight and obesity epidemic that we have in our county and want to incorporate something to help decrease this issue over time. The principals who are currently implementing Morning Movement are sharing their success with colleagues and encouraging them to adopt the program. We are seeing that students are asking to be dropped off at school earlier so they can participate in Morning Movement. We hope this initiative will encourage schools to implement more movement throughout the day to add to the number of physical activity minutes as well as making physical activity and health a positive priority.

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)

By September 2018, access to physical activity opportunities in Putnam County will be increased by 2 or more. The purpose of this initiative is to provide physical activity to several school aged children. Our long term goal is to decrease the childhood obesity rates in Putnam County. Short term goals for this initiative are to improve behavior, concentration, and grades throughout the school year.

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/PPW/PSE%20Change.pdf>)

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)

There is no budget needed. Health Department staff provides and facilitates equipment free activities.

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

We have partnered with three schools in the Putnam County school system as well as Coordinated School Health. The role of the host schools is to provide the facility and behavioral measurements. The host school also facilitates the transfer to and from Morning Movement. The role of Coordinated School Health is to provide academic measurements.

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 initiative was implemented from October 2017-May 2018. Planning occurs during summer break June-July. Evaluation for the initiative is received from teachers from the participating schools and Coordinated School Health by July 2018.

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)

A program such as Morning Movement has never been implemented in Putnam County Schools. Similar physical activity programs that are offered are only offered during or after school. Offering a physical activity program in the morning before the school day begins, provides different benefits to the student. The students' day is started out on a positive note. Their brain has been warmed up for the long day ahead of focus, concentration, and learning. Behavior and academic success will be measured to see the benefits of physical activity in the morning. Research shows that physical activity directly impacts behavior and brain development. Studies have shown that students who regularly participate in physical activity programs are less likely to be absent and less likely to drop out. (D'Agostino et al.)

“When students are active, they process and retain information more effectively, leading to increased academic performance. Active students also tend to have greater attention spans, better behavior, and can have better overall mental health. The Tennessee Departments of Education and Health are teaming to help bring tools, success stories, and evidence to education decision makers that illustrate the immense impacts of physical movement on the whole student, particularly academic performance. Taken together, movement

and educational instruction will help our Tennessee children to be the best learners they can possibly be while creating lasting impacts on their physical and mental health.” (Active Students, Active Learners, [link](#))

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)

Measures that make the program effective include:

- **Total number of schools participating in morning movement**
- **Total number of participants in morning movement**
- **Post survey completed by Putnam County Teachers**
- **Behavior and performance data collected by Putnam County Coordinated School Health**
- **Total number of minutes of physical activity**

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

An obstacle that we faced with Morning Movement was finding the right space to initiate the program. We began in a cafeteria and outgrew that space requiring us to move to a larger common area. We also began in an auxiliary gym in which we outgrew and moved to a larger gymnasium. Having Morning Movement in the large gym allowed us to be in the same area that students sat which provided us with even more participants. It became somewhat chaotic so we had to split grades up and allow them to participate with different activities in two different locations. It was difficult to encourage middle school students to participate in any kind of physical activity in the morning. They enjoyed dancing. We might have had more participants had we been in a different room rather than in the gym in front of their peers. It is important to get teachers who are on “bus duty” on board to help direct students. Most teachers at the participating schools did not know about Morning Movement. Therefore, informing not only the principal but all teaching staff is important so that accurate information can be answered on the questionnaire. This information could be addressed at an in service with Coordinated School Health.

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 health department. The Health department’s goal for next year is to recruit and motivate teachers and staff to lead Morning Movement.