

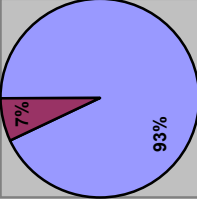
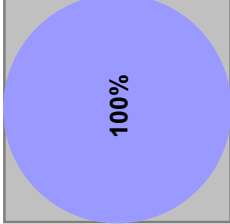
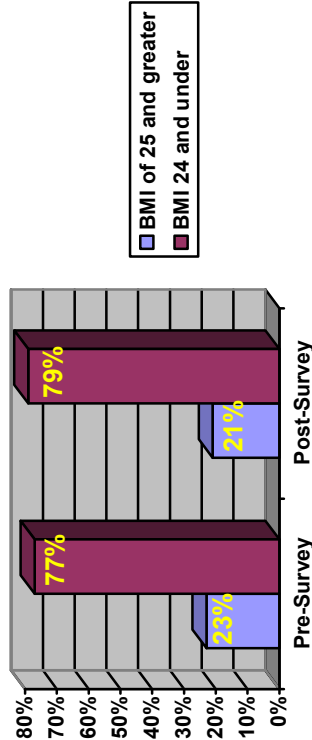
**4Community Health Initiative
Lake, Porter, and La Porte Counties
Obesity Project**

**Fourth Quarter Report
September 2006**

Organization: The Community Hospital - Fitness Pointe

Program overview:

The 12-week "Take 5 for Life" program focuses on all 5th graders and their families in the City of Hobart Public Schools, in an effort to increase physical activity on a daily basis through the use of pedometers and inter/intra school walking competitions. The program targets improvements in nutrition education by providing interactive lectures and real world food selection, problem solving skills, in addition to healthy recipes for students and their families. In addition, to target the importance of overall healthy lifestyles, weekly lessons, guest lectures, as well as student and teacher incentives are built into the program.

Indicator	Measurement	Recommendations/Conclusions									
Number of 5 th grade children who participate in daily physical activity, use a pedometer, and log steps	<p style="text-align: center;">Number of 5th grade children participating</p>  <p>■ 93% of students approved to participate ■ 7% of students NOT approved</p> <p style="text-align: center;">Number of participating children logging steps during 10 week period</p>  <p>■ 100% of participating students are logging steps</p>	<p>100% of the participating students are engaged in daily physical activity, wearing pedometers, and logging their steps.</p> <p>The 7% of the student body that did not have parental approval to participate were given pedometers as well as educational information on the benefits of physical activity in youth and a sample walking program to follow at home.</p>									
Number of 5 th graders who are overweight and/or obese based on BMI. Overweight = BMI between 25 and 29.9 Obese = BMI over 30	 <p>■ BMI of 25 and greater ■ BMI 24 and under</p> <table border="1"> <caption>BMI Data</caption> <thead> <tr> <th>Survey</th> <th>BMI of 25 and greater</th> <th>BMI 24 and under</th> </tr> </thead> <tbody> <tr> <td>Pre-Survey</td> <td>77%</td> <td>23%</td> </tr> <tr> <td>Post-Survey</td> <td>79%</td> <td>21%</td> </tr> </tbody> </table>	Survey	BMI of 25 and greater	BMI 24 and under	Pre-Survey	77%	23%	Post-Survey	79%	21%	<p>We expected to meet or exceed our indicator of a 10% improvement in BMI in 50% of those students identified as overweight and/or obese by the end of the program. However, our results indicate only a 2% improvement. Due to the time of year this program was held (Oct-Dec) and the pre-holiday festivities that were anecdotally reported, we feel this program was not lengthy enough to be able to demonstrate significant BMI change</p>
Survey	BMI of 25 and greater	BMI 24 and under									
Pre-Survey	77%	23%									
Post-Survey	79%	21%									

Organization: IUN School of Nursing and School of Medicine

Program overview:

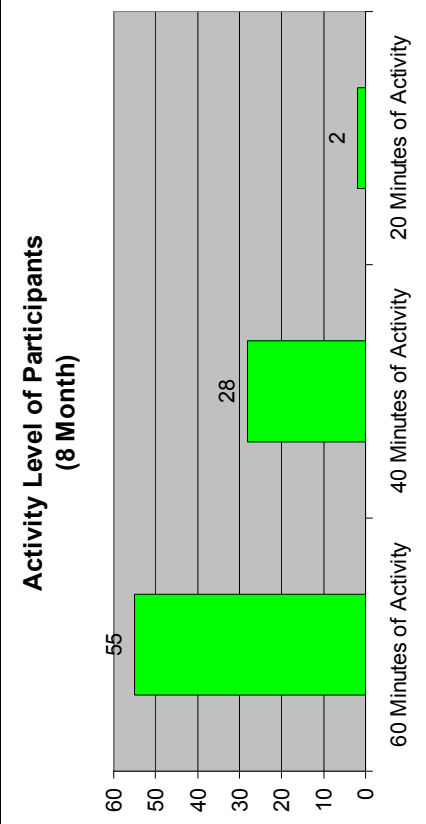
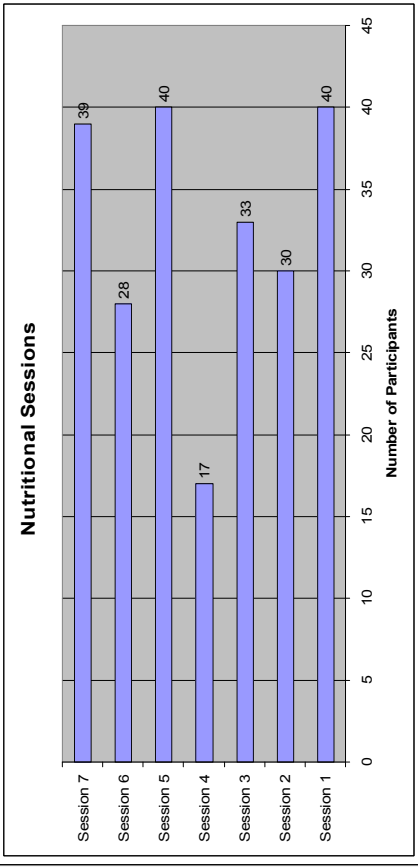
In an effort to focus on education, specifically the Nutrition and Overweight section of the PRC study, Indiana University Northwest and Methodist Hospitals partnered to conduct a Mini Medical School series of lectures and interactive sessions on Weight Loss and Nutrition Knowledge.

Indicator	Measurement	Recommendations/Conclusions
Northwest Indiana Community Outreach	<p>1. <u>Meeting Attendance:</u> Fall 2005 and Spring 2006</p> <p>Session 1: 209 Session 2: 172 Session 3: 136 Session 4: 131</p> <p>Total attendance: 648 Individuals registered: 295 Individuals attending all four sessions: 82</p>	<p>This was the tenth annual Mini Medical School, this was the first time there were a Fall and Spring Workshop covering the same topic held by the Indiana University School of Medicine-Northwest. The total attendance for attending at least one of these Mini Medical School Workshops on Defeating Obesity was an astonishing 648 persons. 82 people received a Mini Medical School Certificate of Attendance for coming to all four of the session in either the Fall 2005 or Spring 2006 sessions.</p>
	<p>2. <u>Geographic distribution:</u></p> <p>Fall 2005: 130 attendees from 19 separate communities Spring 2006: 144 attendees from 15 separate communities:</p> <p>Top 3 communities were Gary, 64; Merrillville: 22; and Schererville: 19</p>	<p>This geographic distribution is typical of previous Mini Medical School series, which have traditionally been held on the Indiana University Northwest campus (at the intersection of Interstates 80/94 and 65). Advertising in community newspapers, on campus and at Methodist Hospitals also influenced the geographic distribution of the Mini Medical School participants</p>

Organization: Merrillville Parks - Seniors and Youth in Motion

Program overview:

Seniors and Youth in Motion is a program for adults who are 65 years and older and 5th and 6th grade girls who have a need to increase their nutritional education and physical activity to lead healthy and effective lifestyles

Indicator	Measurement	Recommendations/Conclusions																
<p>1. Promote health and reduce chronic disease associated with diet and weight. Health care services and screenings can prevent disease or detect it at an early and treatable stage. Blood pressure and diabetes along with other health risks can be addressed before they cause damage.</p>	<p>Merrillville Parks Senior Programs</p>  <table border="1"> <caption>Activity Level of Participants (8 Month)</caption> <thead> <tr> <th>Minutes of Activity</th> <th>Number of Participants</th> </tr> </thead> <tbody> <tr> <td>60 Minutes of Activity</td> <td>55</td> </tr> <tr> <td>40 Minutes of Activity</td> <td>28</td> </tr> <tr> <td>20 Minutes of Activity</td> <td>2</td> </tr> </tbody> </table>	Minutes of Activity	Number of Participants	60 Minutes of Activity	55	40 Minutes of Activity	28	20 Minutes of Activity	2	<p>1. We continue to offer Health Screening through blood pressure checks each month. Also scheduled were health seminars on diabetes, home health care equipment and insurance needs. We have serviced 42 participants with our Health care and screening services. Our concern is we are experiencing low enrollment in our health seminars when not held during a regular scheduled Seniors In Motion program.</p> <p>Recommendation: Currently we have scheduled health seminars on Saturdays. To ensure participation, we need to modify the times to accommodate Senior in Motion participants while they are participating in programs.</p>								
Minutes of Activity	Number of Participants																	
60 Minutes of Activity	55																	
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<p>2. Promote health and avoid diseases associated with excess weight and diet. Participating girls will engage in education and Nutritional classes that focus on healthy diets.</p>	 <table border="1"> <caption>Boys and Girls at Merrillville Parks</caption> <thead> <tr> <th>Nutritional Sessions</th> <th>Number of Participants</th> </tr> </thead> <tbody> <tr> <td>Session 7</td> <td>39</td> </tr> <tr> <td>Session 6</td> <td>28</td> </tr> <tr> <td>Session 5</td> <td>40</td> </tr> <tr> <td>Session 4</td> <td>17</td> </tr> <tr> <td>Session 3</td> <td>33</td> </tr> <tr> <td>Session 2</td> <td>30</td> </tr> <tr> <td>Session 1</td> <td>40</td> </tr> </tbody> </table>	Nutritional Sessions	Number of Participants	Session 7	39	Session 6	28	Session 5	40	Session 4	17	Session 3	33	Session 2	30	Session 1	40	<p>2. The participants have engaged themselves in various nutritional series.</p> <ol style="list-style-type: none"> 1. “Professor Popcorn” a 5-session program conducted by Analia Garcia of Purdue Extension/Consumer & Family Sciences/4-H Youth Development. 2. “Be Healthy” session conducted by Barb Daniels, Old Country Buffet 3. “Sugar & Your Body” conducted by Lucy Cole, Methodist Hospital. The girls that we serve are between the ages of 10 – 13. They engage in activities better with a hands-on approach. For example, they understand more when they can see the amounts of fat in a “Mc Donald’s hamburger” by utilizing a can of lard. It is recommended that parents attend the nutritional sessions along with their girls to better understanding the need for proper nutrition.
Nutritional Sessions	Number of Participants																	
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Organization: Purdue Calumet Nursing Department

Program overview:

This program is designed to address the problems of obesity and lack of physical activity in the medically underserved. PUC plans to screen and counsel approximately 400 patients at two clinics (Catherine McAuley and St Clare). The program offers individualized nutrition counseling as well as individualized physical activity counseling.

Indicator	Measurement	Recommendations/Conclusions																																	
HP 22.1 Reduce the proportion of adults who engage in no leisure time physical activity to 20%.	Data for participants that have completed the third month of the project: <p align="center">Descriptive Statistics</p> <table border="1" data-bbox="565 758 943 1778"> <thead> <tr> <th></th> <th>N</th> <th>Minimum</th> <th>Maximum</th> <th>Mean</th> <th>Std. Deviation</th> </tr> </thead> <tbody> <tr> <td>Mean of Pedometer Log at second month</td> <td>31</td> <td>923</td> <td>10900</td> <td>5163.70</td> <td>2701.331</td> </tr> <tr> <td>Mean of Pedometer Log at third month</td> <td>26</td> <td>750</td> <td>14459</td> <td>4562.30</td> <td>3292.996</td> </tr> </tbody> </table> <p align="center">Paired Samples Statistics</p> <table border="1" data-bbox="1044 806 1386 1778"> <thead> <tr> <th>Pair</th> <th>Mean</th> <th>N</th> <th>Std. Deviation</th> <th>Std. Error Mean</th> </tr> </thead> <tbody> <tr> <td>1 Mean of Pedometer Log at second month</td> <td>4672.41</td> <td>23</td> <td>2343.214</td> <td>488.594</td> </tr> <tr> <td>Mean of Pedometer Log at third month</td> <td>4844.03</td> <td>23</td> <td>3348.387</td> <td>698.187</td> </tr> </tbody> </table> *Significant (p=.001)		N	Minimum	Maximum	Mean	Std. Deviation	Mean of Pedometer Log at second month	31	923	10900	5163.70	2701.331	Mean of Pedometer Log at third month	26	750	14459	4562.30	3292.996	Pair	Mean	N	Std. Deviation	Std. Error Mean	1 Mean of Pedometer Log at second month	4672.41	23	2343.214	488.594	Mean of Pedometer Log at third month	4844.03	23	3348.387	698.187	Although there was a higher number of mean pedometer steps walked during the second month (N=31), for the participants that had comparisons made between the second and third month (N=23), there was a significant increase between the two means. The RNs continue to tailor the advice that they give to participants, helping them to find realistic ways to increase steps daily.
	N	Minimum	Maximum	Mean	Std. Deviation																														
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Organization: Purdue Calumet Nursing Department (cont.)

General Notes:

This program has been offered to over 400 patients at the St. Clare and McAuley Clinics. Of this number, 175 have formally enrolled into the project from both clinics. Many patients at both clinics have completed the six month intervention. At this point, 84 have dropped out at different points in the six month intervention, due to various reasons. Because of the fact that the majority of the eligible patients at the clinics have been given an invitation to participate in the program, enrollment into the study was halted in May, 2006.

Uninsured patients represent a very vulnerable population in regards to health promotion. Finding successful weight loss and physical activity strategies continues to be an important priority for health care researchers.

In order to handle challenging recruitment and retention issues in this disparate population, the RNs that are delivering the intervention have used multiple strategies to help increase the level of health promotion for the program's participants. The RNs at the clinics have made multiple phone calls, talked with patients during routine visits, and have used letters sent via the mail, to remind patients to reschedule missed program appointments. A nutritional counseling component only was added to the project for patients that are not eligible for the physical activity counseling component due to health problems. The RNs have used different strategies to try to meet with patients at times that are convenient for the patients. In addition, a Hispanic RN is now part of the project, and is providing nutritional and physical activity counseling to both the Hispanic and non-Hispanic patients at McAuley clinic. The RNs are using a variety of reading materials to help enhance the intervention.

Closure notes:

Trend data is showing those participants who choose to remain the full six months in the program are maintaining their weight or losing weight (in the 5 to 35 pound range for weight loss).

Many of the participants are actively in the middle or near the end of their six month intervention. Data on these participants is presently being collected and entered into an Access Data Base for analysis by SPSS.

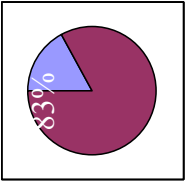
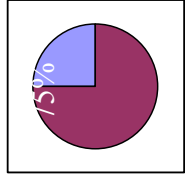
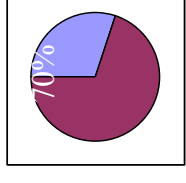
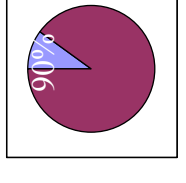
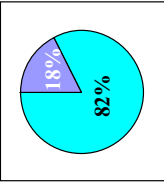
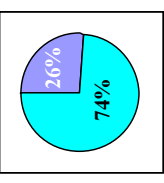
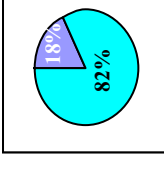
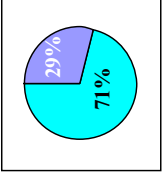
A no-cost extension was granted for this project. It is anticipated that the remainder of the participants should be done with the project by the end of October.

A Final Report will be submitted by December 31, 2006.

Organization: Southlake YMCA

Program overview:

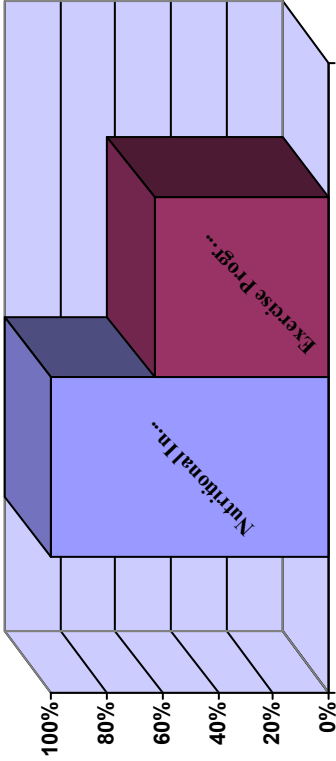
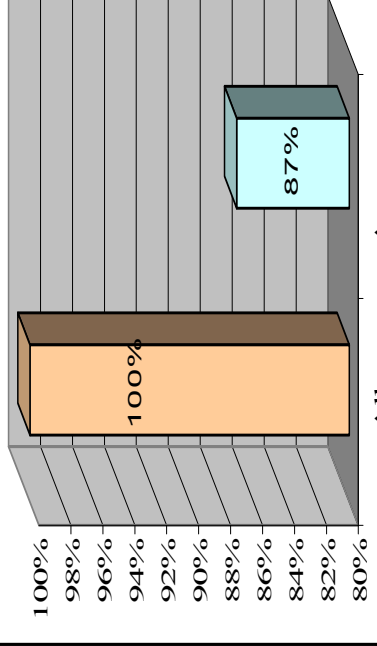
The Fit Kids Program is a family-based, pre-adolescent program dedicated to children and families faced with obesity problems due to unhealthy weight gain and lack of exercise. The Fit Kids program is committed to teaching adolescents and families to eat and enjoy healthy foods in moderate amounts and to exercise regularly as a means to maintaining desired weight, good health and improved self-esteem. The course is eight weeks of 60-minute classes, which meet three times a week. The children meet with a registered dietician for 20 minutes once a week and then participate in 40 minutes of physical activity that day. The other two days consist of at least 45 minutes of physical activity. Each day the class meets the children are provided with a healthy snack since most are arriving straight from school. The dietician meets with the parents 5 times during the 8 weeks class for one hour each time.

Indicator	Measurement				Recommendations/Conclusions
Parents who participate in the program will show better knowledge and meal planning.	Session I 	Session II 	Session III 	Session IV 	Session IV had the lowest attendance rate for parents. Parents cited time commitments to be the problem. Several parents had attended previous session classes and did not think they needed a repeat.
Number of children who increased their knowledge of nutrition.	Session I 	Session II 	Session III 	Session IV 	Most children were present for the dietician's class each week.

Organization: Gary YWCA

Program overview:

The YWCA of Gary has partnered with Dr Steve Simpson, to develop a comprehensive weight management program “Physically Healthy and Trim- PHAT”. The program includes increased daily activity and nutritional counseling through the use of certified personal trainers, age-appropriate physical activities. The program will target 300 youth ages 6-17 that have been diagnosed as being obese by their pediatrician.

Indicator	Measurement	Recommendations/Conclusions						
Participants will receive information on healthy eating.	<p>100% of participants receive nutritional information from staff nutritionists.</p>  <table border="1"> <caption>Measurement Data</caption> <thead> <tr> <th>Category</th> <th>Percentage</th> </tr> </thead> <tbody> <tr> <td>Nutritional Info.</td> <td>100%</td> </tr> <tr> <td>Exercise Program</td> <td>~60%</td> </tr> </tbody> </table>	Category	Percentage	Nutritional Info.	100%	Exercise Program	~60%	Participants receive nutritional information from the staff nutritionists.
Category	Percentage							
Nutritional Info.	100%							
Exercise Program	~60%							
Participants will be weighed and tracked to determine weight loss.	<p>100% of participants were weighed and on an average the participants loss 12 pounds.</p>  <table border="1"> <caption>Measurement Data</caption> <thead> <tr> <th>Category</th> <th>Percentage / Value</th> </tr> </thead> <tbody> <tr> <td>All Participants Weighed</td> <td>100%</td> </tr> <tr> <td>Average Weight Loss</td> <td>12 pounds</td> </tr> </tbody> </table>	Category	Percentage / Value	All Participants Weighed	100%	Average Weight Loss	12 pounds	We are on track in terms of meeting the goal that participants will lose at least 12 pounds.
Category	Percentage / Value							
All Participants Weighed	100%							
Average Weight Loss	12 pounds							

LaPorte Hospital and Health System

Program overview:

“Dump Your Plump”: A 10-week program implemented throughout the county through the use of teams of 4-10 individuals. These teams will track progress through an on-line program. Nutritional programs will be offered as well. Program plans to serve 1,500 participants.

Indicator	Target Outcome	Progress to Date
Weekly weight loss	66% of registrants who weigh-in weekly will show improvement in weight loss.	<ul style="list-style-type: none"> • At the conclusion of the contest, 766 participants lost a total of 6,273 pounds. • The average participant weight loss was 8.2 pounds. • 91% lost or maintained weight and 52% (404) met individual weight loss goals. • 100%(43) of maintenance group met goals.
Increase knowledge of nutrition & exercise habits	90% of registrants who attend workshops will demonstrate increased knowledge of nutrition/exercise based on a pre/post test.	<ul style="list-style-type: none"> • The nutrition education workshop drew 77 participants • 96% of nutrition workshop attendees increased knowledge of nutrition. • Free exercise classes at LP YMCA averaged 55 people for Monday night's Cardio Kickboxing and 25 people for Friday night's Walking class. • 99% of complementary care workshop attendees (26) showed increased knowledge of
Meet program exercise objectives—exercise 5X/week, 30 minutes/day.	66% of registrants will meet exercise objective.	<ul style="list-style-type: none"> • 65% (499) of participants met the program exercise objective. • The total number of exercise days logged was 32,256 • On 15 teams, every member met 100% of their exercise goals. • On 6 teams, members missed only one or two days of exercise.

Organization: Hilltop

Program overview:

A program to address obesity in woman and children by nutritional counseling and physical activity.

Indicator	Measurement	Recommendations/Conclusions
Nutrition & Overweight	Hilltop patients will have an overall lower BMI z scores(change in BMI for practice)score than practices that do not have the HIA	<p>1. As recommended by Health Visions Midwest we have expanded our group to all the pediatric patients. During the quarter, 189 well child checks were completed. 101 were above the age of 3(where we have learned that the HIA is more reliable). We found that 40 of the patients did not have their heights taken (thus no BMI calculation). 61 patient's BMI's were calculated. Of those 11% were obese, 11% overweight and 19% were at risk. The average BMI for the whole group was 19and the average for Ideal Body Weight (a calculation being researched by Children's was 60%.</p> <p>2. The staff has added a nutrition component on all well child check forms including educational sheets given to the parents. Chart notes are documenting the need for fruits and vegetables but anecdotally staff is reporting that the parents are expressing concerns that the cost of fruits and vegetables are higher and at times they are heavily relying on food pantry foods for their family. Hilltop's family care coordinator has contacted the Purdue Extension Nutritionalist, Rita Patterson and she has started to come to our prenatal educational class once per month. Many of our prenatal have older children who will benefit from the information. To date, 4 families have signed up for individual one on one meeting with the Nutritionalist from Purdue Extension.</p> <p>3. This is the first time we have been able to get consistent data out of the HIA. There are still a lot of reports that are needed.</p> <p>4. Staff attended an educational seminar with 10 other pediatric practices to compare approaches to childhood obesity. Nothing definitive was developed but it became apparent that Obesity knows no specific economic class.</p>

Organization: Portage YMCA

Program overview:

This program is working with a specific school (Central Elementary), to increase the amount of fruits and vegetables children eat by providing them free during the school day, coupled with physical activity and teaching positive steps toward modifying behaviors for a healthier lifestyle. Parents have been included into the nutritional counseling and exercise programs as well.

Indicator	Measurement	Recommendations/Conclusion																				
<p>Reduce the proportion of children and parents in Central Elementary School who are overweight or sedentary by improvement in BMI.</p>	<div style="display: flex; justify-content: space-around;"> <div data-bbox="475 1188 902 1776"> <p style="text-align: center;">Central Students BMI #1</p> <table border="1"> <caption>Central Students BMI #1 Data</caption> <thead> <tr> <th>Category</th> <th>Percentage</th> </tr> </thead> <tbody> <tr> <td>Underweight</td> <td>3%</td> </tr> <tr> <td>Normal</td> <td>26%</td> </tr> <tr> <td>At Risk of Overweight</td> <td>19%</td> </tr> <tr> <td>Overweight</td> <td>52%</td> </tr> </tbody> </table> </div> <div data-bbox="475 558 902 1146"> <p style="text-align: center;">Central Students BMI #3</p> <table border="1"> <caption>Central Students BMI #3 Data</caption> <thead> <tr> <th>Category</th> <th>Percentage</th> </tr> </thead> <tbody> <tr> <td>Underweight</td> <td>4%</td> </tr> <tr> <td>Normal</td> <td>22%</td> </tr> <tr> <td>At Risk of Overweight</td> <td>13%</td> </tr> <tr> <td>Overweight</td> <td>61%</td> </tr> </tbody> </table> </div> </div>	Category	Percentage	Underweight	3%	Normal	26%	At Risk of Overweight	19%	Overweight	52%	Category	Percentage	Underweight	4%	Normal	22%	At Risk of Overweight	13%	Overweight	61%	<p>The two graphs to the left indicate the first and final BMI measurements taken on the Central students (program participants). Note the significant increase in the normal category (9% increase), the significant decrease in the at-risk of overweight category (6% decrease) and the decrease in the overweight category (4% decrease). The conclusion is that the nutrition services and physical activities provided in the program contributed to the positive outcomes with these program participants.</p>
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Normal	21%																					
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Overweight	59%																					

Organization: Boys and Girls Clubs

Program overview:

The program will offer age appropriate modules to teach members ages 6-18 about nutrition and healthy living. In addition, elements of the program will promote fun with a purpose and physical fitness in a year-round non-competitive, yet challenging environment.

Indicator	Measurement	Recommendations/Conclusions
The number of youth participants who have a greater knowledge of healthy eating and nutrition.	Pre and Post test comparisons showing 75% of participants will have a greater knowledge of healthy eating and nutrition	Between Porter, LaPorte, and Lake counties, a total of 384 participants completed the program. 339 or 88% of those participants improved their test score from the pre- to post-test. The average pre-test score was 13.45, while the average post-test score was 19.77. (1st - 5th graders took a 20-question test, while 6th - 12th graders took a 58-question test.)
The number of youth participants who engage in physical activity 60 minutes per day on three or more occasions per week.	75% of participants will take part in physical activity designed to increase length of time, and variety of activities they are engaged in.	Each participant averaged 3.09 days per week and 3.18 hours per week in Gym activity at the Club over the course of the program.
The number of youth participants who have a greater understanding of the importance of a balanced diet with food and hydration.	80% of participants are able to distinguish the nutritional differences between healthy and unhealthy food and beverage choices.	A 10-question Healthy Choices test was developed utilizing input from staff running the programs 352 or 92% of participants got at least 7 of the 10 questions correct. The average score on the test was 8.81 or 88.13%.
Number of participants who have improved BMI	50% of participants will improve their BMI by 1 point or more.	According to CDC, children's BMI's increase through their teenage years. BMI percentile-for-age, therefore, is a more accurate and responsible way to track children's general health. 190 or 49% of participants decreased their BMI percentile-for-age. The average percentile went from 68.15% to 67.70% over the course of the program.

Organization: Ivy Tech

Program overview:

Program will focus on fitness through the use of Pedometer Club, Wellness check including monitoring weight, blood pressure and body mass and nutrition through the use of nutritional counseling and class offerings.

Percentage of participants who increase their walking steps by the end of the program

50% of participants in the Pedometer Club (4 campuses) will increase their steps by 25% from their initial measurement on the first day they receive their pedometers

In February 2006, we had 120 listed participants. However, by program completion, only 32 members regularly turned in their log sheets for data collection. It is these 32 participants that our data is based on.

17 out of the 32 who regularly submitted their log sheets **increased their steps by 25% or more**. This indicates that **53%** of those that reported their data increased their steps by **25% or more** from the first day they received their pedometers.

81% of those that reported their data increased their steps overall from the first day they received their pedometers. Only 19% decreased their steps from the first day