
Nassau County Health Department *Peaceful Playgrounds Project*



**Participant in the Robert Wood Johnson Foundation's
Multi-County Learning Collaborative –
FDOH Office of Performance Improvement**

REASON FOR IMPROVEMENT

Theme Statement

- Thirty-seven percent of students in 1st, 3rd and 6th grade are overweight or at risk of becoming overweight in Nassau County

COMBINED BASIC COMPREHENSIVE AND FULL SERVICE SCHOOL HEALTH SERVICES

COUNTY REPORT - TOTALED BY PROGRAM COMPONENT

July 2008 THROUGH October 2009

NASSAU County Health Department

Grade Level	Services	FTTY	Results Abnormal	Outcomes	Service Time (Hrs:Mins)
1st Grade	154	115	0	0	0:00
2nd Grade	16	0	0	0	0:00
3rd Grade	120	117	0	0	0:00
4th Grade	32	0	0	0	0:00
6th Grade	11	8	0	0	0:00
8th Grade	1	1	0	0	0:00

ANALYSIS

Focus Group Results from teachers at Callahan Elementary School

Barriers to healthy behaviors at school:

- Unhealthy lunches brought from home
 - Parents bringing fast food to school
 - Limited time for physical activity or recess
 - Money for equipment
 - Rules and/or policies from Department of Education
-

ANALYSIS

Focus Group results from teachers at Callahan Elementary School

Teacher recommendations to improve healthy behaviors

- Educate and train parents
 - Implement afterschool programs
 - Provide alternatives to playground play
 - Policies for healthy foods (snacks, lunch)
 - Implement mandatory recess where physical activity is required
-

PHASE 1

PEACEFUL PLAYGROUNDS PROGRAM

**CALLAHAN ELEMENTARY SCHOOL
(CES)**

Callahan Elementary School

Gender/ Grade	At-Risk for Over- weight	Over- weight	% Screened
Male 1 st Graders	1%	14%	80%
Female 1 st Graders	12%	10%	98%

BMI results from 2008-2009 SY

Problem Statement

- Twenty-three percent of students at Callahan Elementary are overweight or at risk of becoming overweight



TEAM INFORMATION

Heather Huffman, Nutrition Program Director,
NCHD

Jennifer Nicholson, Nutritionist, NCHD

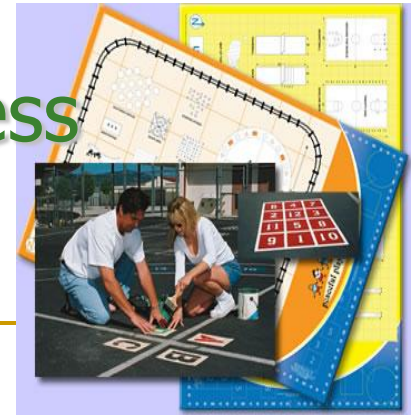
Susan Howard, Principal, Callahan Elementary
School

Alma Bailey, Wellness Champion/PE Teacher,
Callahan Elementary School

Nassau County Health Improvement Coalition
(NCHIC)

IMPLEMENTATION PLAN

- Implementing Peaceful Playgrounds
 - Collect assessment data of children at recess
 - Type of play
 - Number of minutes
 - Install Peaceful Playgrounds stencils
 - Provide training for teachers on how to use the stencils and engage children
 - Final assessment of children at recess



CES STENCILS



IMPLEMENTATION PLAN

Project Goal

- Increase physical activity during recess at Callahan Elementary School

Objectives

- Increase number of children engaging in physical activity at recess
- 50% of kindergarten – 2nd grade teachers complete training
- Decrease % of overweight and at-risk for overweight students



Physical Activity Check List

Date: _____ Time of Day: _____

Weather conditions: _____

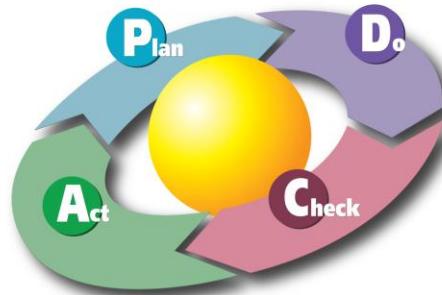
Checklist Items	Tally Marks	Comments
Stencils		
Chase/Tag		
Basketball		
Swinging		
Walking		
Playing on jungle gyms		
Teacher engagement with students during PA		
No activity		
Other – please specify		

CES RESULTS

- Observations
 - Teacher survey
 - BMI measurements
-

CES RESULTS

Nassau County Health Department	Callahan Elementary School						Yulee Primary School		
Evaluation	October 2009	November 2009	December 2009	March 2010	October 2010	Evaluation	May-June 2010	August 2010	September 2010
Peaceful Playgrounds									
# of approximate students observed:	518	538	391	356	63	# of approximate students observed:	435	708	194
●Stencil use	0	5	46	85	0	●Stencil use		89	32
●playing chase or tag	84	85	83	62	20	●playing chase or tag	14	58	23
●playing basketball	5	16	0	18	0	●playing basketball		13	6
●swinging	97	125	54	28	10	●swinging	35	89	29
●walking	31	34	47	18	8	●walking	13		7
●walking as time out (CES only)	5	13	1	0	5	●walking as time out (CES only)			
●playing on jungle gym	162	140	86	73	12	●playing on jungle gym	24	269	48
●engaging in other activity	4	56	40	30		●engaging in other activity	26	39	1
●not engaged in activity	40	64	34	42	5	●not engaged in activity	28	29	22
●individual slides (YPS only)						●individual slides (YPS only)	16	62	30
●tunnels (YPS only)						●tunnels (YPS only)	10	40	11
# of teachers/recess leaders engaged in activity with students	0	2	3	8	0			3	1
What is the average number of minutes children are physically active?	5-10 minutes at a time	5-10 minutes at a time	5-10 minutes at a time	5-10 minutes at a time	5-10 minutes at a time		5-10 minutes at a time	5-10 minutes at a time	5-10 minutes at a time
Weather conditions the date observation was conducted (e.g. rainy, sunny, cloudy)	sunny/overcast/breezy/rainy	Sunny/Chilly & Overcast	Hot & sunny/Cloudy & cold/Overcast	Cold/Windy; Cloudy/breezy; Sunny/warm; Cold/sunny	partially sunny, warm		very hot, sunny/warm w/ cool breeze	sunny; overcast; mild cloud; breezy	breezy/warm/sunny;pt cloudy/humid/hot in direct sun light
Time of day observation was conducted	10:45-1:00	10:30-12:50	11-12:50	10:00 am - 1:30 pm	12:05-12:25 PM			9:05-12:10	9:57-10:25; 11:30-11:55



SECTION 5. AFTER ACTIVITY BEHAVIORS

In general, please indicate how much you agree or disagree with each of the following behaviors that may occur after students' participation in recess, physical education or before or after school physical activity:

1. Students listen better when returning to class.
 Strongly agree Agree Neither Agree or Disagree Disagree Strongly disagree

2. Students are more focused.
 Strongly agree Agree Neither Agree or Disagree Disagree Strongly disagree

3. Overall, how would you describe classroom behavior after a recess, physical education or before or after school physical activity?

Better than periods before recess, physical education or before or after school physical activity

The same as periods before recess, physical education or before or after school physical activity

Worse than periods before recess, physical education or before or after school physical activity

Don't know

SECTION 6. IMPACT OF RECESS, PHYSICAL EDUCATION, OR BEFORE OR AFTER SCHOOL PHYSICAL ACTIVITY

On a five-point scale, please indicate how positive or negative you feel recess, physical education or before or after school physical activity is for your students on the following items:

	Very negative	Somewhat negative	Neither positive or negative	Somewhat positive	Very positive	Don't Know
1. Academic achievement	1	2	3	4	5	6
2. Social development	1	2	3	4	5	6
3. General well-being	1	2	3	4	5	6

CES RESULTS

- Conducted survey among teachers to determine how recess and physical activity impacted:
 - ❑ Academic achievements
 - ❑ Classroom behavior
 - ❑ Children being more focused

CES RESULTS



% of respondents who strongly agreed or agreed:

- Students listen better when returning to class after recess or physical activity – 65%
- Students are more focused after recess or physical activity – 65%

CES RESULTS

- Overall classroom behavior after recess, physical education, or before or after school physical activity?
 - Better than periods before = 60%
 - Same as periods before = 25%
 - Worse than periods before = 5%
 - Don't know = 10%
- % of respondents that indicated very positive or somewhat positive impact of recess or physical activity on:
 - Academic achievement = 95%
 - Social development = 100%
 - General well-being = 100%



LESSONS LEARNED

- Sustainable use after leaving school – have to find champion for project.
 - Painting of stencils need to be in color for better visualization and enticement – need to outsource.
 - Individual teacher/student training to improve teacher/student use of stencils.
-

PHASE 2

PEACEFUL PLAYGROUNDS PROGRAM

YULEE PRIMARY SCHOOL (YPS)

TEAM INFORMATION

Heather Huffman, Nutrition Program Director,
NCHD

Jennifer Nicholson, Nutritionist, NCHD

Maryann Bennett, Principal, Yulee Primary School

Char Bruchman, PE Teacher, Yulee Primary
School

Nassau County Health Improvement Coalition
(NCHIC)

IMPLEMENTATION PLAN

- Implementing Peaceful Playgrounds
 - Collect assessment data of children at recess
 - Type of play & Number of minutes
 - Install Peaceful Playgrounds stencils (IN COLOR)
 - Provide training for teachers on how to use the stencils and engage children
 - HOLD KICK OFF EVENT
 - PROVIDE INDIVIDUAL TEACHER/STUDENT TRAINING ON STENCILS
- Final assessment of children at recess



YPS STENCILS



KICK OFF EVENT



KICK OFF EVENT



SUSTAINABILITY AND FUTURE EXPANSION

- Used outcomes of evidenced based program for grant applications.
 - Currently have obtained 1 year grant – Strategic Alliance for Health through Hillsborough CHD US Healthier Steps Funding.
 - Will allow expansion of Peaceful Playgrounds Program to two additional sites.
 - One eastside school and one after-school program site.
-

Questions?

Heather Huffman, MS, RD, LD/N, IBCLC
Public Health Nutrition Program Director
Nassau County Health Department
(904) 845-2660 x5385
Heather_huffman@doh.state.fl.us