

# Key Prevention Programs For Your School Health Center

**Illinois Coalition for School Health Centers**

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# Nutrition, Fitness, and Heart Health

Program Name: Chicago Partnership for Health Promotion - Parent and Student Nutrition Education

School: National Teacher's Academy

Contact Information: Health Center  
55 W. Cermak  
Chicago, IL 60616  
(312) 326-4472

Target Population: Entire school and their families

Estimated # of Participants in 2006-2007 school year: 500

Does the program follow a specific curriculum? Yes

Strengths of program: Flexibility, adaptive environment, accommodating individual needs, and interactive tools

Challenges/barriers of program: Lack of student participation, success with contacting parents, teachers requesting classroom activities. It is also difficult to remove children from classroom - teaching needs to be concise.

Program Name: Great Indian Weight Down

School: Pontiac Township High School

Contact Information: Denise Graves  
1100 Indian  
Pontiac, IL 61764  
(815) 844-6113, ext. 256  
GravesD@pontiac.k12.il.us

Target Population: Entire school, specifically those affected by obesity

Estimated # of Participants in 2006-2007 school year: 125

Does the program follow a specific curriculum? No

Strengths of program: Brings attention to the topics of nutrition and exercise by presenting information on proper weight loss techniques, good nutrition, and the benefits of exercise.

Challenges/barriers of program: It is a lot of work, requiring weekly weight recordings and other statistics of participants. Not everyone who can benefit has been participating.

Program Name: Healthy Snacking

School: Hugginnie Crane Adolescent Health Center

Contact Information: Jill Pessis or Kate Dunne  
2245 W. Jackson  
Chicago, IL 60612  
(773) 534-7582

Target Population: High School students and their families

Estimated # of Participants in 2006-2007 school year: ~40 per session

Does the program follow a specific curriculum? On a biweekly basis, healthy snacks prepared by health center staff are accompanied by the recipe and distributed to students coming into the health center. Each snack has a nutrition theme, such as fruit intake or sodium consumption. The student receives a brief lesson while waiting to be seen and then can keep the recipe and education materials to share with his or her family. Some examples are sweet potato chips baked with olive oil spray and minimal salt accompanied with strategies for limiting fat and sodium intake or fruit kabobs with low fat yogurt dipping sauce accompanied with creative ways for getting enough fruit and dairy daily.

Strengths of program: Flexible, quick to prepare, easily reaches out to students, convenient, inexpensive, and appealing to students.

Challenges/barriers of program: Not all students want to learn the materials or share the recipe with their family. They are just hungry and want a snack!

Program Name: Heart Month Contest

School: Gillespie School District  
Southwestern School District  
Bunker Hill School District

Contact Information: Stephanie Maddox  
Macoupin County Public Health Department  
805 N. Broad  
Carlinville, IL 62626

Target Population: Kindergarten - 6th grade

Estimated # of Participants in 2006-2007 school year: 1200 students with  
~200 participating in contest

Does the program follow a specific curriculum? No

Strengths of program: Helps encourage children to establish healthy habits  
and share their ideas regarding healthy hearts.

Challenges/barriers of program: Schools committing the class time to  
complete art project.

Program Name: In Class Nutrition Lesson

School: Ryerson Elementary

Contact Information: Nicole Felkel  
646 N. Lawndale  
Chicago, IL 60624  
(312) 666-3494 ext. 5049  
nfelkel@eriefamilyhealth.org

Target Population: K-8<sup>th</sup>, African-American

Estimated # of Participants in 2006-2007 school year: 150

Does the program follow a specific curriculum? Developed by health educator.

Strengths of program: The program is age appropriate, and it incorporates math and reading skills into lessons. It also includes fun games and activities, while providing healthy snacks and fruits and vegetables for students to sample.

Challenges/barriers of program: Too much information to cover in one 45-minute session. Nutrition topics should be split over 4-6 days.

Program Name: In Class Nutrition Lesson

School: Ryerson Elementary

Contact Information: Nicole Felkel  
646 N. Lawndale  
Chicago, IL 60624  
(312) 666-3494 ext. 5049  
nfelkel@eriefamilyhealth.org

Target Population: K-8<sup>th</sup>, African-American

Estimated # of Participants in 2006-2007 school year: 100

Does the program follow a specific curriculum? Developed by health educator.

Strengths of program: This is an age appropriate program that covers basic hand washing technique as well as personal hygiene care. It incorporates a "Spread of Germs" games that demonstrates how quickly and widely germs are spread when we don't wash our hands. For grades 5<sup>th</sup> and above, the program covers hygiene during puberty.

Challenges/barriers of program: We need funding to provide good smelling deodorant and feminine products. Also, we need to split 5-6<sup>th</sup> graders into separate male and female groups to address all concerns and questions.

Program Name: Mind Body Connection: An Adolescent Nutrition and Fitness Program

School: East Aurora High School

Contact Information: Pam Taylor or Jane Kabogo  
500 Tomcat Lane  
Aurora, IL 60505  
(630) 299-8023

Target Population: Those affected by the specific health need, as well as the entire school

Estimated # of Participants in 2006-2007 school year: ~150

Does the program follow a specific curriculum? No

Strengths of program: Getting kids connected with behavior modifications in order to prevent lifetime obesity.

Challenges/barriers of program: Keeping the adolescents involved and active in the program.

School: Josephinum Academy

Contact Information: Maya Madlock  
1501 N. Oakley Blvd.  
Chicago, IL 60622  
(901) 857-1529

Target Population: African American and Hispanic middle school and high school females.

Estimated # of Participants in 2006-2007 school year: ~ 150 students, faculty and staff.

Does the program follow a specific curriculum? No. We are pretty much making up our program as we go along. My supervisor discovered in her health screenings at the beginning of the school year that about half of the girls have a BMI that puts them in the unhealthy range. Armed with this knowledge and the school-wide recognition of widespread poor eating habits, we decided to address this problem head-on. We have done that by promoting healthier choices by distributing healthy tips weekly to the students, beginning a healthy recipe book, and by assisting the principal in finding a new food service.

Challenges/barriers of program: The biggest challenge has been in getting student participation. It is difficult to get the students to pay attention to another thing that they are warned against on a daily basis.

Program Name: Lunchroom Activity

School: Orr Campus

Contact Information: Natoya Sain, RD  
University of Illinois at Chicago College of Nursing  
Chicago Partnership for Health Promotion (MC  
802)  
845 S. Damen, Suite 516  
Chicago, IL 60612  
312.996. 4920 or 312.485.5083 (cell)  
nsain1@uic.edu

Target Population: High School Students

Estimated # of Participants in 2006-2007 school year: 150

Does the program follow a specific curriculum? Yes, there is a particular set up for the table making both informative and interactive that I created.

Strengths of program: Teen friendly, Hands-on, and Interactive

Challenges/barriers of program: Some students apprehensive to come over

Program Name: Group Talks

School: Orr Campus

Contact Information: Natoya Sain, RD  
University of Illinois at Chicago College of Nursing  
Chicago Partnership for Health Promotion (MC  
802)  
845 S. Damen, Suite 516  
Chicago, IL 60612  
312.996. 4920 or 312.485.5083 (cell)  
nsain1@uic.edu

Target Population: High School Students

Estimated # of Participants in 2006-2007 school year: 15

Does the program follow a specific curriculum? No

Strengths of program: Small groups for focused discussions on nutrition issues of interest to teens

Challenges/barriers of program: Some students do not come

# Oral Health

Program Name: Dental Lesson

School: Ryerson Elementary

Contact Information: Nicole Felkel  
646 N. Lawndale  
Chicago, IL 60624  
(312) 666-3494 ext. 5049  
nfelkel@eriefamilyhealth.org

Target Population: K-8<sup>th</sup>, African-American

Estimated # of Participants in 2006-2007 school year: 200

Does the program follow a specific curriculum? Health Educator developed

Strengths of program: This program is formatted for students in 3<sup>rd</sup>-8<sup>th</sup> grade. The dental health program is split into two days incorporating an egg-experiment that examines the influence of sodas and sugar on teeth. Additionally, the program provides toothbrushes and toothpaste for students while including fun games and activities.

Challenges/barriers of program: We could benefit from additional funding and resources for toothbrushes/pastes.

\* Possible funding is available from Butler, Illinois Children's Health Care Foundation, Target, and Walgreens.

Program Name: Look Mom....No Cavities!

School: Uplift Community School

Contact Information:     Trey Sanders  
                                  900 W. Wilson Avenue  
                                  Chicago, IL 60640  
                                  (773) 534-2850

Target Population: 6<sup>th</sup> and 8<sup>th</sup> grade students

Estimated # of Participants in 2006-2007 school year: 120

Does the program follow a specific curriculum? no

Strengths of program: Materials are incredibly flexible and provide great tips for visual aides.

Challenges/barriers of program: We have to provide our own materials for demonstrations.

Program Name: Oral Health Care

School: Bunker Hill School District - three schools  
Southwestern School District - four schools  
Gillespie School District - two schools

Contact Information: Renee Wendt or Paula Campbell  
Macoupin County Public Health Department  
805 N. Broad  
Carlinville, IL 62626

Target Population: Kindergarten, 2nd, 4th, and 6th grade

Estimated # of Participants in 2006-2007 school year: 1200

Does the program follow a specific curriculum? Yes

Strengths of program: The program encourages good behavioral habits through classroom education and distribution of oral hygiene products such as toothbrushes. The program also provides dental sealants to children who could not otherwise afford them, in turn preventing dental caries.

Challenges/barriers of program: Although all of the school administration is eager to have this program for their students, school staff support varies from school to school. Poor family habits are a barrier as well.

# Programs for Females

Program Name: Bodyworks

School: Uplift Community School

Contact Information:     Trey Sanders  
                                  900 W. Wilson Avenue  
                                  Chicago, IL 60640  
                                  (773) 534-2850

Target Population: Parents of female students ages 9-14

Estimated # of Participants in 2006-2007 school year: 15-20

Does the program follow a specific curriculum? yes

Strengths of program: It is a federally funded program, so resources are provided. Also, there is a large amount of support from University of Illinois at Chicago staff, and we are given some freedom in adapting the curriculum to our site.

Challenges/barriers of program: We have to maintain an 80% attendance throughout the course.

Program Name: Heart Smart for Teens

School: Gillespie School District  
Southwestern School District

Contact Information: Paula Campbell  
Macoupin County Public Health Department  
805 N. Broad  
Carlinville, IL 62626

Target Population: 6th, 7th, and 8th grade

Estimated # of Participants in 2006-2007 school year: We do not anticipate offering this program again this year, but it was offered during the 2005-2006 school year.

Does the program follow a specific curriculum? Yes

Strengths of program: Teaches girls about heart health while encouraging healthy habits and sharing ideas.

Challenges/barriers of program: Schools willing to commit class time.

Program Name: Sister 2 Sister

School: Amundsen High School

Contact Information: Dina Robinson  
5110 N. Damen Ave.  
Chicago, IL 60625  
(773) 275-1358

Target Population: All female students at Amundsen High School

Estimated # of Participants in 2006-2007 school year: 8-10 girls

Does the program follow a specific curriculum? No

Strengths of program: Fosters leadership skills and allows for open discussion.

Challenges/barriers of program: When the group started in February 2006, some girls did not get along with others. Since then, the girls have learned strategies for conflict resolution, which has helped the group remain strong.

# Child Safety

Program Name: Bike Rodeo

School: Gillespie School District

Contact Information:     Debbie Link  
                                  Macoupin County Public Health Department  
                                  805 N. Broad  
                                  Carlinville, IL 62626

Target Population: Kindergarten - 6th grade

Estimated # of Participants in 2006-2007 school year: 100 in 2005-2006,  
but no bike rodeo is currently scheduled

Does the program follow a specific curriculum? Yes

Strengths of program: The program teaches children the proper way to ride  
a bike as well as the benefits of safety equipment such as helmets. The  
program also encourages the practice of safety rules.

Challenges/barriers of program: Having adequate space to conduct the bike  
rodeo in a climate controlled environment.

Program Name: Child Car Seat Check Up Event

School: Gillespie School District

Contact Information: Debbie Link  
Macoupin County Public Health Department  
805 N. Broad  
Carlinville, IL 62626

Target Population: Birth - 6th grade

Estimated # of Participants in 2006-2007 school year: 20

Does the program follow a specific curriculum? Yes

Strengths of program: Helps educate parents to help reduce the incidence of improper safety seat installation.

Challenges/barriers of program: Being able to schedule enough trained Child Passenger Safety Technicians and having a climate controlled facility to provide the program while encouraging parents to take the time to attend the event.

# Reproductive Health

School: Uplift Community School

Contact Information:     Trey Sanders  
                                  900 W. Wilson Avenue  
                                  Chicago, IL 60640  
                                  (773) 534-2850

Target Population: 8<sup>th</sup>-10<sup>th</sup> grades

Estimated # of Participants in 2006-2007 school year: 200

Does the program follow a specific curriculum? no

Strengths of program: Students break into small groups which allows for more engaging discussion about reproductive health topics.

Challenges/barriers of program: We need to explore ways to engage a student population who feels they already know everything about STIs, HIV, and prevention techniques.

# Miscellaneous

Program Name: All-Stars Curriculum

School: Beethoven Elementary School

Contact Information: Beethoven School Health Center  
25 W. 47th Street, Room 134  
Chicago, IL 60609  
(773) 536-5700,  
SharonAnderson0213@msn.com

Target Population: 5th - 8th grades

Estimated # of Participants in 2006-2007 school year: 200

Does the program follow a specific curriculum? Yes

Strengths of program: Helps students interact and make culturally sensitive decisions in the context of their own norms.

Challenges/barriers of program: Lack of money prevents the incorporation of more speakers and experiences outside school.

Program Name: Freshman Health Workshops

School: Amundsen High School

Contact Information: Jeanine Menczywor Donnelly  
5110 N. Damen Ave.  
Chicago, IL 60625  
(773) 275-1358  
Jeanine.Menczywor@advocatehealth.com

Target Population: Freshman

Estimated # of Participants in 2006-2007 school year: ~ 500 for each topic

Does the program follow a specific curriculum? Developed by the school health center

Strengths of program: Valuable partnership with PE/Health Departments; potentially all freshman are reached with these health messages; opportunities always for questions and interactions.

Challenges/barriers of program: Time constraints; large class size limits type of activities.

Program Name: Health Workshops

School: Amundsen High School

Contact Information: Jeanine Menczywor Donnelly  
5110 N. Damen Ave.  
Chicago, IL 60625  
(773) 275-1358  
[Jeanine.Menczywor@advocatehealth.com](mailto:Jeanine.Menczywor@advocatehealth.com)

Target Population: Sophomores - Seniors

Estimated # of Participants in 2006-2007 school year: >500

Does the program follow a specific curriculum? Developed by the school health center

Strengths of program: Tailored to fit with teacher's curriculum; brings a different perspective on the curriculum; ties health messages in with non-health classes (i.e. history, literature, etc.).

Challenges/barriers of program: Time constraints; limited number of opportunities to fit in with teacher's schedules/subject areas.

Program Name: Little Convincer

School: Medora Elementary School  
Brighton West Elementary School  
Benld Elementary School

Contact Information: Debbie Link  
Macoupin County Public Health Department  
805 N. Broad  
Carlinville, IL 62626

Target Population: Pre-Kindergarten - 6th grade

Estimated # of Participants in 2006-2007 school year: 100

Does the program follow a specific curriculum? Yes

Strengths of program: The kids really love this program because it is interactive and fun while learning a variety of valuable lessons on health and safety with a take home parent aspect.

Challenges/barriers of program: None

Program Name: Media Sharp

School: Gillespie Middle School

Contact Information: Stephanie Maddox  
Macoupin County Public Health Department  
805 N. Broad  
Carlinville, IL 62626

Target Population: 5th and 6th graders

Estimated # of Participants in 2006-2007 school year: 100

Does the program follow a specific curriculum? Yes

Strengths of program: Helps children realize psychological impact of sales marketing.

Challenges/barriers of program: Schools hesitant to make the time commitment.

Program Name: Student Advisory Board (SAB)

School: Roosevelt High School (RHS)

Contact Information: Pam Furmanek, (773) 866-0818

Target Population: Roosevelt High School Students

Estimated # of Participants in 2006-2007 school year:

Student Advisory Board <10

Participants in reproductive health fair <300

Participation in elementary schools TBA

Does the program follow a specific curriculum? No - a group of 10-15 students meet weekly with health center staff to receive trainings, work on projects, and build leadership skills to put on two health fairs: one on reproductive health at RHS and one on tobacco prevention/cessation at area elementary schools.

Strengths of program: Involves youth, builds leadership skills, trains youth of different topics, and provides peer education.

Challenges/barriers of program: Resource intensive and difficulty maintaining attendance.