

Prevention Programs Resource Guide

Health Topic: *Asthma*

Program Name: Asthma Workshop

School: Crane Tech. Prep. Common School

Contact Information: Carol Wardlaw Palmer, RN, MSN, APN
2245 W. Jackson Blvd.
Chicago, IL 60612
773-534-7582
carol_wardlaw@rush.edu

Target Population:
Students identified by diagnosis

Estimated # of participants in 2004-2005 school year: 50

Does the program follow a specific curriculum? No

Does the program have a written evaluation program? No

Strengths of program:
-The workshop is planned to include demonstrations led by a respiratory therapist and pathophysiology by a pediatrician, and statistics.

Challenges/barriers of program:
-Because the workshop is 3 hours long, students may not be able to attend if they have class.
-Lunch is provided and may cost as much as \$100 or more
-Cost is incurred in providing invitations and follow-up
-Employees from the hospital respiratory department provide instruction and are pulled from the hospital.
-Patients cannot be seen in the health center during the workshop.

Health Topic: *Asthma*

Program Name: Asthma Pals Club

School: Frazier Elementary School

Contact Information: Amy Valukas
312-432-7350
avalukas@eriefamilyhealth.org

Target Population:
Those affected by asthma

Estimated # of participants in 2004-2005 school year: 125

Does the program follow a specific curriculum? No

Does the program have a written evaluation program? Yes

Strengths of program:
-Culturally and age responsive
-Repeats messages to encourage absorption

Challenges/barriers of program:
-Access to students

Prevention Programs Resource Guide

Health Topic: *Dental Hygiene*

Program Description:

Dental hygiene is taught to parents and community student programs. Our clinic dentist also visits schools and teaches dental hygiene to Headstart and elementary students.

School: Kankakee Junior High/High School

Contact Information: Annette Tyler
2250 E. Crestwood
Kankakee, IL 60901
815-933-0772
Annette-Tyler@ksd111.org

Target Population:

- The youngest ages possible
- Those in obvious need
- Parents (small program annually)

Estimated # of participants in 2004-2005 school year:

Headstart programs – 364
Elementary school – 250
Parents – 6
Small student community group - 18

Does the program follow a specific curriculum? No

Does the program have a written evaluation program? No

Strengths of program:

-The dental and medical staff are aggressive in and committed to feeding kids into the program.

Challenges/barriers of program:

- Not a perceived need; low response to campaign; limited space (1 unit)
- Population characteristics (i.e.no transportation); funding

Health Topic: *HIV/STDs/Pregnancy*

Program Name: Girl's group

School: Gallatin County School

Contact Information: 5175 Highway 13
Junction, IL 62954
618-272-7132

Target Population:

Girls, ages 14-16

Estimated # of participants in 2004-2005 school year: 10

Does the program follow a specific curriculum?

Does the program have a written evaluation program?

Strengths of program:

Challenges/barriers of program:

Prevention Programs Resource Guide

Health Topic: *HIV/STDs/Pregnancy*

Program Name: Freshman Health Education Classes

School: Evanston Township High School

Contact Information: Kathy Swartwout
1600 Dodge Ave., Room H-101
Evanston, IL 60204
847-424-7265
sbhc@eths.k12.il.us

Target Population:
All freshmen

Estimated # of participants in 2004-2005 school year: 800

Does the program follow a specific curriculum? Yes

Does the program have a written evaluation program? Yes

Strengths of program:

- Taught by health care professionals
- Provides the kids with accurate facts and visual demonstrations

Challenges/barriers of program:

- Hard to include all information in the allotted classroom periods (all content is taught in 2 classroom sessions per class)

Health Topic: *Tobacco*

Program Name/Description:
Smoke Free That's Me – prevention of smoking and illnesses related to smoking

School: Macoupin Community Care Health Center

Contact Information: Kent Tarro
115 S. Macoupin St.
Gillespie, IL 62033
217-854-3223, ext.224
ktarro@mcphd.net

Target Population:
Grades 2-6

Estimated # of participants in 2004-2005 school year: 300

Does the program follow a specific curriculum? Yes

Does the program have a written evaluation program? Yes

Strengths of program:

- The program is interactive; it allows children to participate and see how their lungs react in certain situations.

Challenges/barriers of program:

- Lacks family component
- Sometimes the program is hard to schedule
- Program had not been updated or changed so teachers lost interest

Prevention Programs Resource Guide

Health Topic: *Obesity/Overweight, Healthy Eating, Physical Activity*

Program Name: Cooking with Heart & Soul

School: Proviso East High School

Contact Information: Dr. Carrie Montford
807 S. 1st Ave.
Maywood, IL 60153
708-449-9522

Target Population:

- Patients diagnosed with obesity and their parents
- Also advertised school-wide

Estimated # of participants in 2004-2005 school year: 50

Does the program follow a specific curriculum?

Yes, 6 week class that meets one night a week; each night a different topic is presented and then a meal is cooked and eaten together.

Does the program have a written evaluation program?

In development

Strengths of program:

- Brings parents into a program
- Fun, enjoyable setting for health teaching

Challenges/barriers of program:

- Continued funding
- Major time drain on full-time staff

Health Topic: *Obesity/Overweight, Healthy Eating, Physical Activity*

Program Name: Wellkits

School: Evanston Township High School

Contact Information: Kathy Swartwout
1600 Dodge Ave, Room H-101
Evanston, IL 60204
847-424-7265
sbhc@eths.k12.il.us

Target Population:

Any student who is obese.

Estimated # of participants in 2004-2005 school year: 25

Does the program follow a specific curriculum? No

Does the program have a written evaluation program? Yes

Strengths of program:

-Wellkits is our healthy lifestyle program that is directed at obesity. The program consists of medical evaluation and lab testing, psychosocial evaluation and support, and visits with a dietician. This program includes a pass to the local YMCA and incentives.

Challenges/barriers of program:

- Motivating students to participate
- Keeping students in the program once they start

Prevention Programs Resource Guide

Health Topic: *Obesity/Overweight, Healthy Eating, Physical Activity*

Program Name: Salsa, Sabor, y Salud

School: Jose De Diego Community Academy

Contact Information: Amy Valukas
312-432-7350
avalukas@eriefamilyhealth.org

Target Population:
Family-based (students and parents)

Estimated # of participants in 2004-2005 school year: 400

Does the program follow a specific curriculum? Yes

Does the program have a written evaluation program? Yes

Strengths of program:

- Culturally specific
- Evaluated

Challenges/barriers of program:

- Scheduling
- Space

Health Topic: *Obesity/Overweight, Healthy Eating, Physical Activity*

Program Description:

Chicago Partnership for Health Promotion provides nutrition education to parents and students.

School: National Teacher's Academy

Contact Information: 55 W. Cermak
Chicago, IL 60616
312-326-4472

Target Population:
Entire school and families

Estimated # of participants in 2004-2005 school year: 500

Does the program follow a specific curriculum? Yes

Does the program have a written evaluation program?
In development

Strengths of program:

Challenges/barriers of program:

Prevention Programs Resource Guide

Health Topic: *Obesity/Overweight, Healthy Eating, Physical Activity*

Program Description:

Nutritionist from UIC does classes on nutrition, weight loss, cooking, and eating right. She adapts to the needs of the audience.

School: The Campus (formerly Orr High School)

Contact Information: Orr Health Center
730 N. Pulaski
Chicago, IL 60624
773-534-8924
diane_Y_smith@rush.edu

Target Population:

Entire school

Estimated # of participants in 2004-2005 school year: 150-200

Does the program follow a specific curriculum? Yes

Does the program have a written evaluation program? Unsure

Strengths of program:

-It hits kids exactly where they are at. The program works with kids and against.

Challenges/barriers of program:

-Getting kids to come down and participate.

Health Topic: *Obesity/Overweight, Healthy Eating, Physical Activity*

Program Name:

Mind Body Connection: An Adolescent Nutrition and Fitness Program

School: East Aurora High School

Contact Information: Ami Beck or Pam Taylor
500 Tomcat Lane
Aurora, IL 60505
630-299-8023

Target Population:

Those affected by health need, as well as whole school

Estimated # of participants in 2004-2005 school year: varies, 150

Does the program follow a specific curriculum? N/A

Does the program have a written evaluation program? Yes

Strengths of program:

-Getting kids connected with behavior modifications to prevent lifetime obesity

Challenges/barriers of program:

-Keeping the adolescents involved and active in the program

Prevention Programs Resource Guide

Health Topic: *Obesity/Overweight, Healthy Eating, Physical Activity*

Program Name: Great Indian Weight Down

School: Pontiac Township High School

Contact Information: Dawn Thorson
1100 Indian
Pontiac, IL 61764
815-844-6113, ext 256
dthor59@hotmail.com

Target Population:

We initially targeted the entire school with the hope of drawing in those affected by obesity.

Estimated # of participants in 2004-2005 school year: 125

Does the program follow a specific curriculum? N/A

Does the program have a written evaluation program? No

Strengths of program:

- The program brings attention to the topics of nutrition and exercise.
- Those who are participating receive information concerning proper weight loss techniques, good nutrition, and the benefits of exercise.

Challenges/barriers of program:

- This program has been a lot of work for the practitioner. It requires weekly weights and statistics on all those who have been participating.
- We have not been able to get those who have a problem with obesity to participate as much as we would like.

Health Topic: *Multiple Risky Behaviors and/or Health Needs- Reproductive Health and Tobacco*

Program Name/Description:

Student Advisory Board (SAB) – group of 10-15 students who meet weekly with HC staff to receive trainings, work on projects, and build leadership skills. The focus of their work during the 1st semester was holding a health fair for students in the school on reproductive health. The 2nd semester will focus on providing tobacco prevention/cessation campaigns at area elementary schools and training in diversity through the American Defamation League.

School: Roosevelt High School

Contact Information: Sue Murray
3436 W. Wilson
Chicago, IL 60625
773-866-0818
smurray@schosp.org

Target Population:

- Students at Roosevelt High School
- Area elementary schools

Estimated # of participants in 2004-2005 school year:

- Student Advisory Board – 10-15
- Participants in reproductive health fair – 300
- Population in elementary schools – To be determined

Does the program follow a specific curriculum? No

Does the program have a written evaluation program? Yes

Strengths of program:

- Involves youth; builds leadership skills; trains youth in different topic areas; peer education

Challenges/barriers of program:

- Resource intensive

Prevention Programs Resource Guide

Health Topic: *Multiple Risky Behaviors and/or Health Needs-
Decision-making for Substance Use/Sex/Hygiene/Violence*

Program Name: All-Stars Curriculum
School: Beethoven Elementary School
Contact Information: Sharon Anderson
25 W. 47th St. Rm 134
Chicago, IL 60609
773-536-5700
SharonAnderson0213@msn.com

Target Population:
5th-8th grades

Estimated # of participants in 2004-2005 school year: 200

Does the program follow a specific curriculum? Yes

Does the program have a written evaluation program? Yes

Strengths of program:

- Interacts
- Helps student to make decisions that are culturally sensitive and in the context of their own norms

Challenges/barriers of program:

- Lack of money to give students more speakers and experiences outside the school

Health Topic: *Multiple Risky Behaviors and/or Health Needs-
Healthy Eating/Stress Management/Fitness/
Alcohol and Drug Prevention/Summer Safety*

Program Name/Description:

Student Focus Group – group of 15 students who meet every other week with staff. They select the topics for the monthly campaigns, receive training on those particular topics, and provide health education to their peers. They present topics in classrooms and hold school-wide campaigns.

School: Northside College Preparatory H.S.

Contact Information: Sue Murray
773-866-0818
smurray@schosp.org

Target Population:

- The regular members of the Student Focus Group
- Entire school population

Estimated # of participants in 2004-2005 school year:

- Student Focus Group – 15
- School-wide - 980

Does the program follow a specific curriculum? No

Does the program have a written evaluation program?
In development

Strengths of program:

- Involves students as peer educators
- Builds leadership development

Challenges/barriers of program: