

NH 21st Century Community
Learning Center
Weaving the Fabric of Education

Connecting to Community Health Initiatives



Tammy Levesque

Community / School Health Specialist,
Lakes Region Partnership for Public Health
Laconia School District Health & Wellness Academy

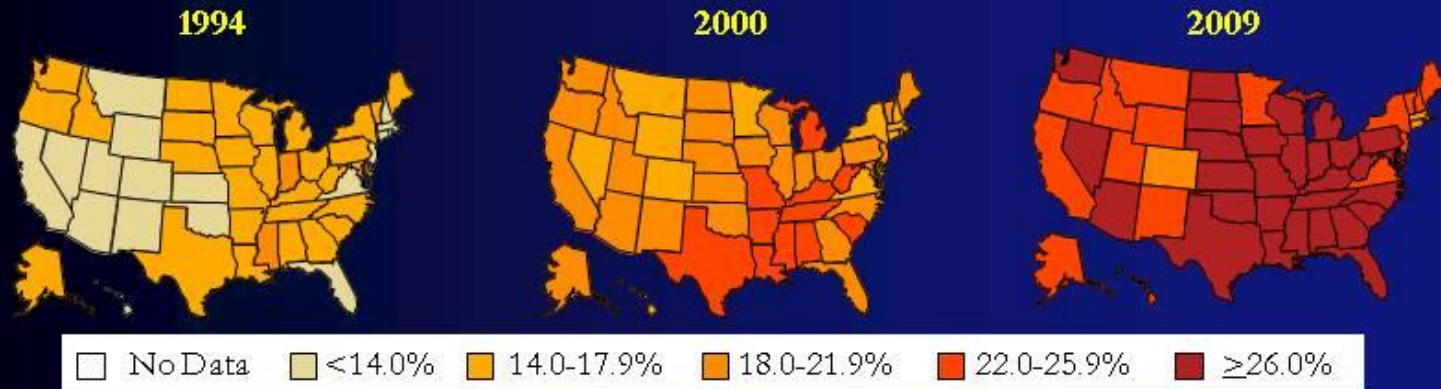
Purpose of Presentation:

- NH Data VS US Data –Understand need for change
- Why school, family and community partnerships are key to healthy students.
- Community programs with student based wellness opportunities.
- Healthy community partnerships-
Lessons Learned
- Resources....Let's Talk!

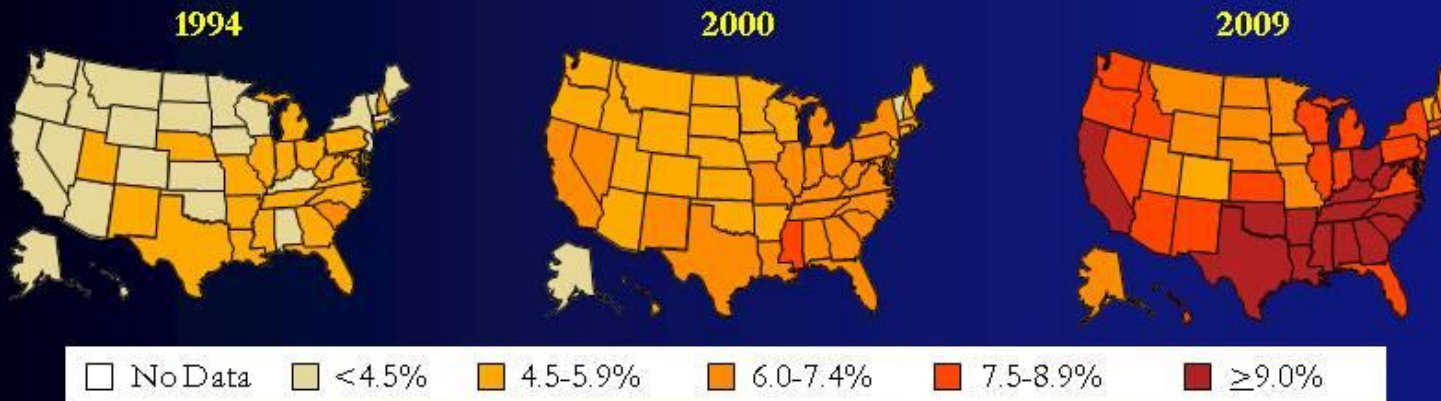


Age-adjusted Percentage of U.S. Adults Who Were Obese or Who Had Diagnosed Diabetes

Obesity (BMI ≥ 30 kg/m²)



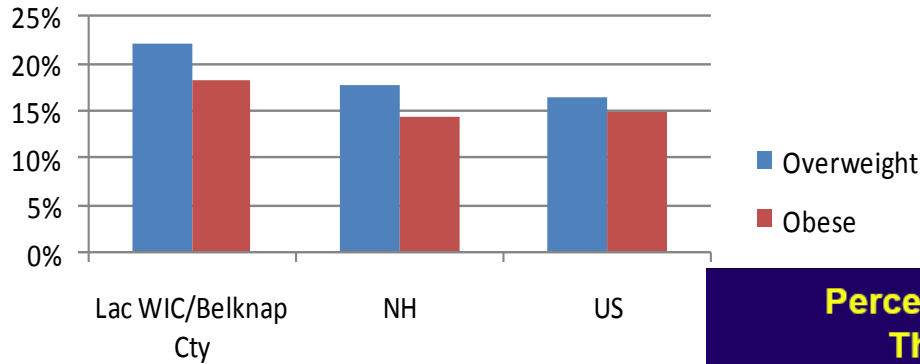
Diabetes



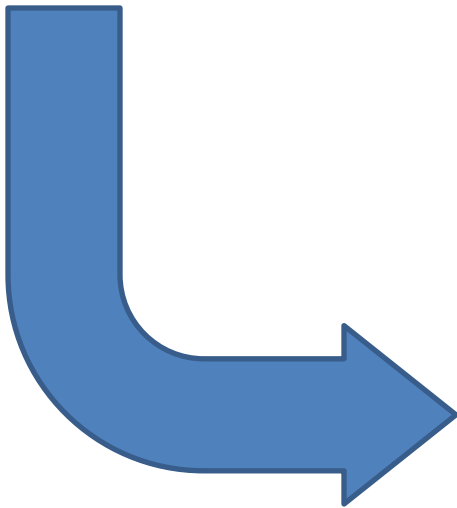
CDC's Division of Diabetes Translation. National Diabetes Surveillance System available at <http://www.cdc.gov/diabetes/statistics>



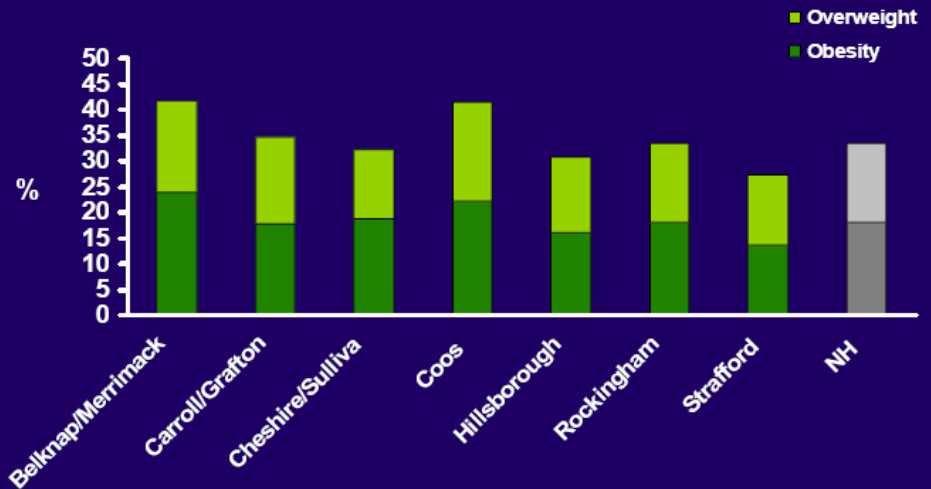
Overweight and Obesity Rates Children Ages 2-4 yrs PedNSS 2009



For the first time in history our child's life expectancy is not expected to exceed our own!



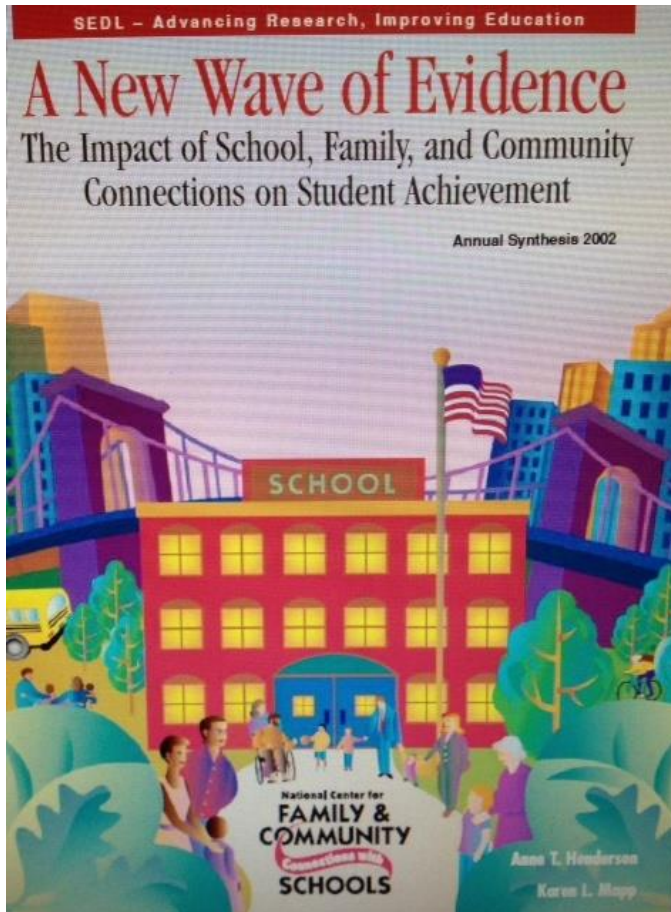
Percent of New Hampshire Third Grade Students That are Overweight or Obese, by Region 2008-2009 School Year



A New Wave Of Evidence:

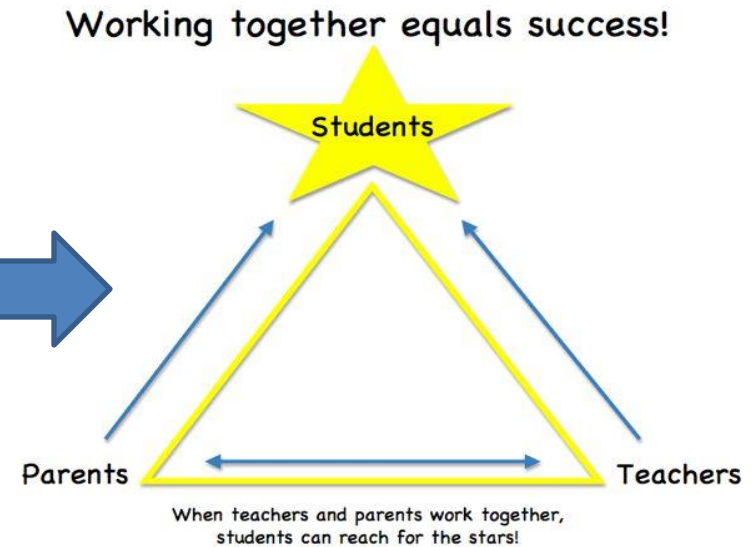
The Impact of School, Family and Community Connections on Student Achievement

National Center for Family & Community Connections with Schools



- Started with a group of 80 studies and literature reviews that focused on the influence of family and community involvement on academic achievement and other outcomes.
- 51 Studies were selected.
 1. Early childhood through high school
 2. All regions of the country
 3. Diverse populations
 4. Community as well as family involvement
 5. A variety of research methods
 6. Different sources of data

Overall Finding:



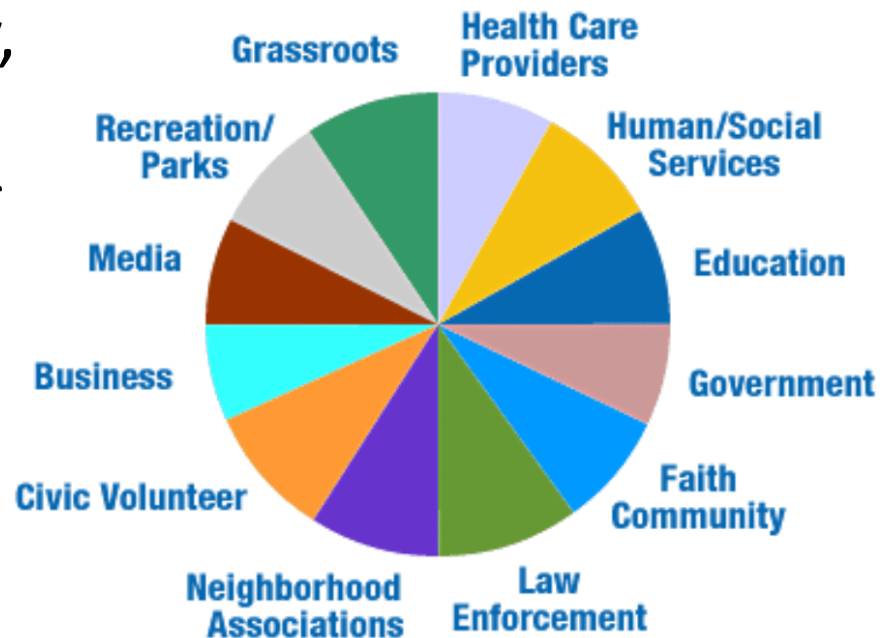
○ Home, School & Community Partnerships:

There is a positive and convincing relationship between family / community involvement and benefits for students, including improved academic achievement. This relationship holds across families of all economic, racial/ethnic, and educational backgrounds and for students at all ages.

Community Organization

In a growing number of districts across the country, community groups are organizing a power base of parents and residents in low-income communities.

The goal of these efforts is to improve outcomes for all students through increased funding and educational resources.



The Community Wheel

Let's Talk about Drugs & our Community



Date: Weds, November 20th

Time: 7pm—8pm **Cost: FREE**



Location: LMS Cafeteria

LHS/LMS PTO and Stand Up Laconia invite parents, grandparents, students grades 6-12, and concerned community members to join us as we take a look at an important issue impacting our community. There will be:

- presentations from local experts
- opportunities to ask questions and discuss concerns
- opportunities to learn about the positive strides taking place within our city to help prevent youth and young adult substance abuse
- time to connect with other concerned community members
- a resource table

Presenters include:

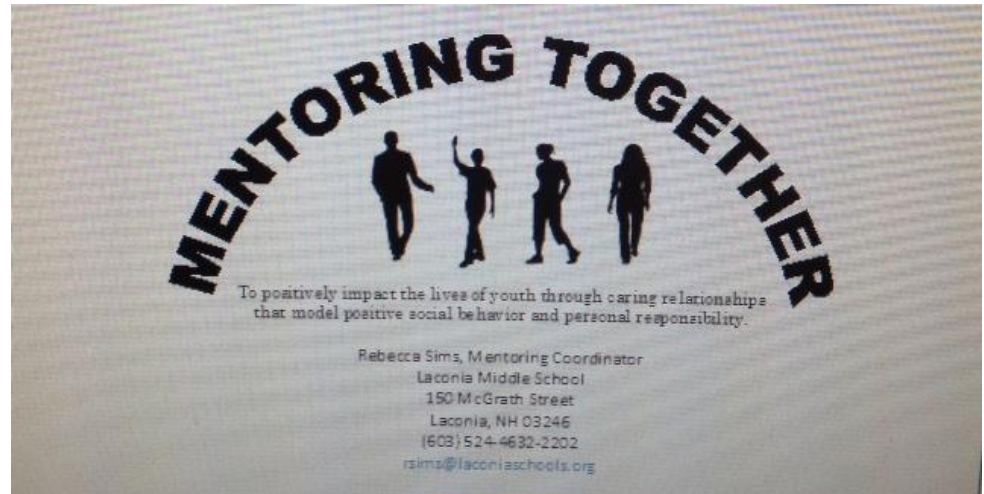
Traci Fowler, MSW, Lakes Region Partnership for Public Health
 Detective Chris Noyes, Laconia PD
 Officer Steve Orton, School Resource Officer at LMS/LHS
 Clare Persson, Stand Up Laconia Chairperson

Childcare and Light Refreshments provided



GOT LUNCH! *LACONIA*

<http://www.gotlunchlaconia.com/Laconia/index.html>



Lakes Region Partnership for Public Health A Healthy Eating Active Living Community



- Immunization
- Community based resources
- Service Link
- CERT
- Home Health Outreach
- Oral Health
- Suicide Prevention
- Emergency Response Plans
- HEAL
- Sun Safety

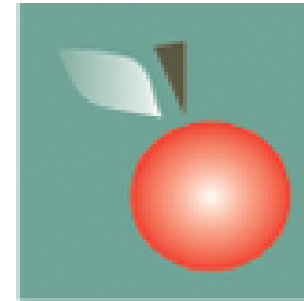
www.lrp-ph.org

www.laconiahealthandwellness.org

State Wellness Partners



"HEAL is a leading resource for healthy eating and active living in New Hampshire. HEAL effects change by advancing strategic policies, environmental changes and practices that increase people's access to healthy foods and opportunities for physical activity by working in collaboration with and providing leadership and support to the many organizations and individuals that promote healthy choices."



FOUNDATION FOR
HEALTHY COMMUNITIES

<http://www.healnh.org/>

<http://www.healthynh.com/>

<http://theweightofthenation.hbo.com/kids>



“The Language of CATCH”

- “Hitting the Track”/ “Mingle-Mingle”
- Lost & Found
- Re-Entry Tasks/Re-Entry Zone
- Challenge by Choice
- Everyday/Sometimes foods
- Go Activities - MVPA
- Eliminate elimination games
- “CATCHify” old favorites
- “CATCH” them making healthy choices!

<http://catchusa.org/>

info@CATCHUSA.org



Move To Improve Mental Fortitude

- “Some researchers suspect exercise alleviates chronic depression by increasing serotonin (the neurotransmitter targeted by antidepressants) or brain-derived neurotrophic factor (which supports the growth of neurons). Another theory suggests exercise helps by normalizing sleep, which is known to have protective effects on the brain.” -American
- Exercise may boost a depressed person's outlook by helping him return to meaningful activity and providing a sense of accomplishment. "Exercise may be a way of biologically toughening up the brain so stress has less of a central impact," Otto says

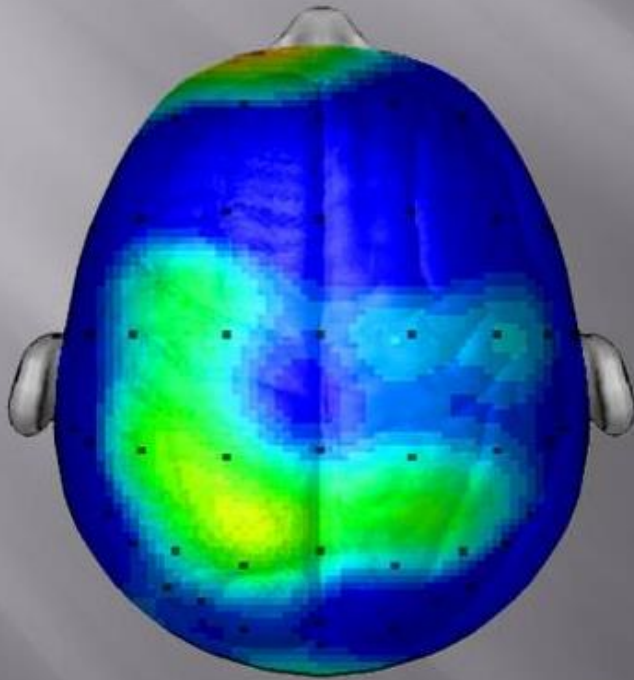
-American Psychological Association Journal, Kirsten Weir, December 2011, Vol 42, No. 11, Print version: page 48

In Shape- In SHAPE individualized health promotion intervention for adults with mental illness.

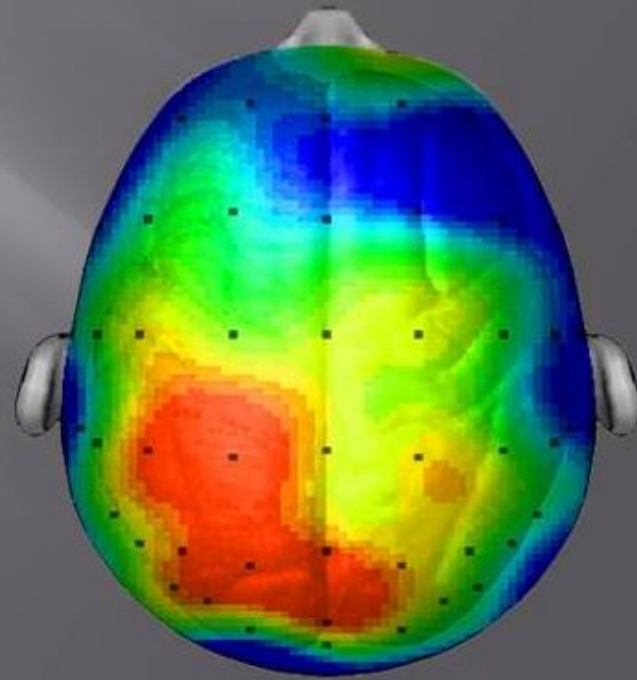
- Americans with a serious mental illness have a life expectancy 15 to 30 years less than the rest of the population-
<http://now.dartmouth.edu/2012/02/in-shape-local-pilot-becomes-national-model/>
- In SHAPE pairs participants with a personal health mentor, someone who is trained in fitness and nutrition, as well as in skills “to motivate people with mental-health challenges,” Bartels says

Movement Breaks

BRAIN AFTER SITTING
QUIETLY



BRAIN AFTER 20 MINUTE
WALK



Research/scan compliments of Dr. Chuck Hillman University of Illinois

Movement Break Resources



• <http://psspewithmrsg.weebly.com/blog> (active apps)

• <http://www.eatsmartmove.morenc.com/Energizers/Texts/K-5-Energizers.pdf>

• <http://catchusa.org/>

• Pinterest

Partnership Opportunities

- Walk & Talks
- Story Walks
- WOW Trail-Murals
- Bike / Pedestrian Opportunities-John Rogers- Laconia Area Bicycle Exchange
- <http://cnhbc.org/programs/>
- Lions Club-Bike Rodeo & Free Helmets
- Farm to School
- Snack Shack
- Nicholas J. Coates (Nik) Active Living Coordinator, HEAL NH Foundation for Healthy Communities
ncoates@healthynh.com

Lebanon Safe Routes to School Laconia Walk To School Wednesdays

Strategic Partners

Evaluation

Education

Encouragement

Enforcement

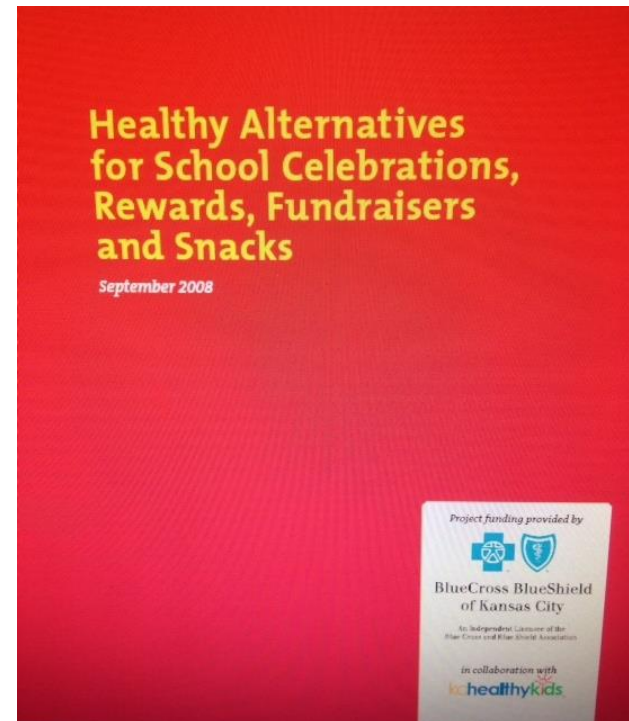
Engineering



Insurance Companies



[http://www.schoolcare.org/
health_wellness_programs.
html](http://www.schoolcare.org/health_wellness_programs.html) (Fitbit)



[http://www.kchealthykids.org/Resource_/Resour
ceArticle/29/File/HealthyAlternativesforSchoolSna
cksandRewards.pdf](http://www.kchealthykids.org/Resource_/ResourceArticle/29/File/HealthyAlternativesforSchoolSnacksandRewards.pdf)

Medical Partners

Weight Institute
of New Hampshire

Your Journey to Healthy Living

Medical Office Building
85 Spring Street, Laconia, NH 03246
Tel 603-527-2946 Fax 603-527-2949 www.winh.org
A Department of Lakes Region General Hospital

GETTING REAL ON WEIGHT

G . R . O . W .

Teens Helping Teens.....

Peer support for teens struggling with being over-weight.

Friday's 3:30 - 4:30 p.m.
WINH Conference Room

Facilitated by a Registered Dietitian

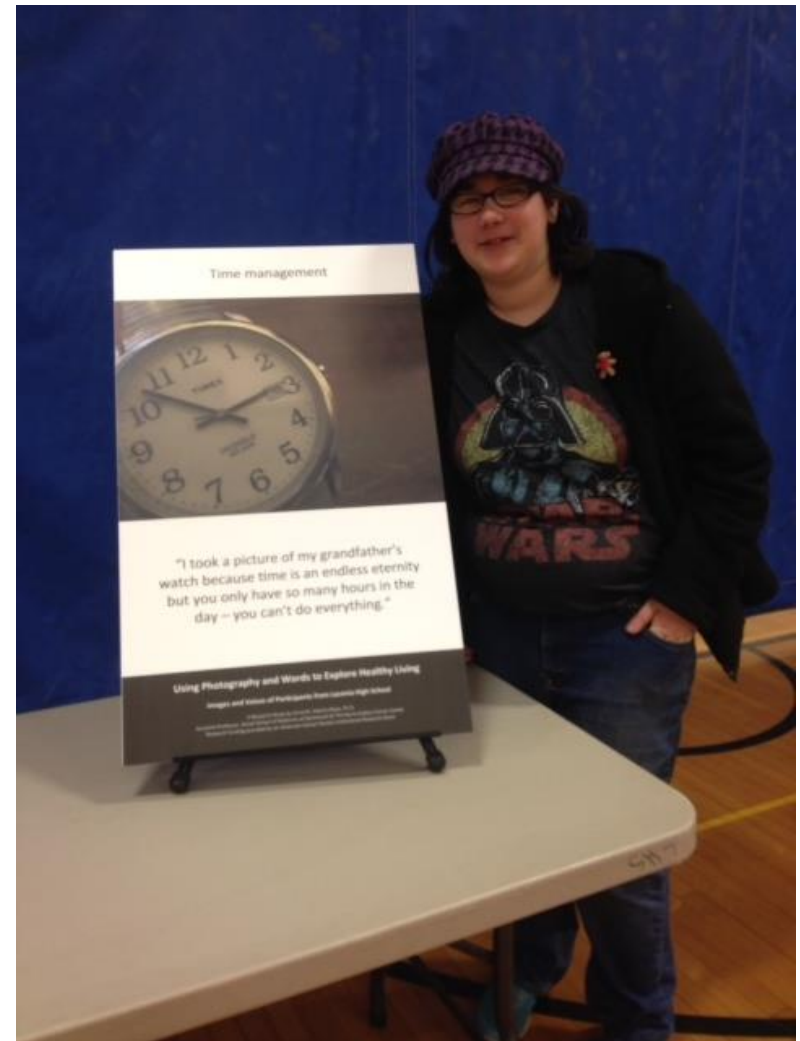
Each session will address a different topic:

- ◆ A Balanced Plate
- ◆ Managing Peer Pressure and Food
- ◆ Healthy Drinks
- ◆ Coping Without Food
- ◆ Loving Yourself
- ◆ Your Choices at School
- ◆ Eating Out or At Events
- ◆ Many other Topics

Individual goals and plans set at each meeting

This program is held in conjunction with HealthFirst Family Care Center
Call today if you or a family member is interested in joining our group!

527-2850



Community Resources

- <http://www.dhhs.nh.gov/dphs/nhp/children/index.htm>



- <http://www.lrfn.org/>
- <http://www.somervillema.gov/departments/health/sus>
- <http://www.dhhs.nh.gov/dphs/nhp/healthfoodoutlets.htm>
- <http://www.cdc.gov/nutrition/everyone/fruitsvegetables/index.html>
- Ron Christie, UNH Cooperative Extension
[unhce@unhce.ccsend.com]

Connecting to our food



<http://www.msgn.org/resources/curricula/69-curricula-grade.html>

Early
Sprouts™

<http://www.earllysprouts.org/>



<http://www.nhfoodbank.org/>

<http://extension.unh.edu/Belknap-County>

Seed to Plate Projects

- I Don't like it yet
- TBC-Two Bite Club



Take care of you!!!!

- <http://www.unh.edu/healthyunh/node/272>
- <https://www.plymouth.edu/healthy-psu/>



Let's FISH!

Choose your
Attitude....

*...the attitude you
have now is the one
you are choosing. Is
the one you want?*



PLAY

*.....not just an
activity, it's a state
of mind that brings
energy and sparks
creativity*



Make Their Day

*...the world becomes a
better place the
moment you act on an
intention to serve
another*

BE THERE

*...to be present, to be
fully engaged in the
moment,*



Tammy Levesque

Community / School Health Specialist,
Lakes Region Partnership for Public Health
Laconia School District Health & Wellness Academy
tlevesque@lrpph.org

Work: 528-2145 Cell: 630-2038...text me!!!

