

Health and Wellness School Improvement Priority

Section I: School Information

School Name:	Bruno-Pyatt
School LEA Number:	6505017

School Year: 2017-2018

**Section II: Needs Assessment
School Health Index Assessment**

- Check box if completing the SHI Assessment online
- Check box if the school completed the pdf version of the SHI Assessment, upload the Completed Overall Score Card and the School Health Improvement Plan to the Health & Wellness Folder. If completing the SHI Assessment online you must provide a Reference Number.

Reference Number:	973886
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Reviewer Comments:

Body Mass Index (BMI)

<input checked="" type="checkbox"/>	The school can verify the analysis of the School Level Body Mass Index screening data conclusions.
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Description/Conclusion

Ozark Mountain School District 2016 - 2017 Assessment of Childhood & Adolescent Obesity Obesity is a major health problem that frequently begins in childhood and adolescence. Children who are obese usually have too much body fat. Children with too much body fat have higher risks of health problems than those who are a healthy weight. Obese or overweight children are more likely to become overweight or obese adults. Obesity may lead to diabetes, high blood pressure, heart disease, and many other problems. Underweight children may also have health problems. Act 1220 of 2003 made Arkansas the first state in the country to promote comprehensive measures to address the epidemic of childhood obesity. Act 1220 initially required public schools to screen all students for obesity by annually assessing body mass index (BMI). Act 201 of 2007 modified the requirements so that only students in grades K, 2, 4, 6, 8, and 10 are required to be assessed every school year. Schools have the option of measuring all students. The Arkansas Center for Health Improvement (ACHI) obtained data from schools to create individual, confidential Child Health Reports for parents. Schools are then required to report these results to parents to inform them if their child has a health risk. To complement these efforts and help school districts understand the scope of health risks associated with obesity among their students, ACHI has created a school district report on child and adolescent obesity by combining BMI data from schools in the district. Ozark Mountain School District is composed of 6 schools with a total of 305 students in grades K, 2, 4, 6, 8, 10, for which BMI assessments are mandated. BMIs were assessed for students in the district between 08/22/2016 and 05/05/2017. Individual school reports were generated when at least 20% of students enrolled in the mandated assessment grades had a valid BMI assessment. Table 1 describes schools within the district that met or exceeded 20% participation for these grades and are included in this district report. Combating Obesity in Arkansas Ozark Mountain School District Table 1: OZARK MOUNTAIN

SCHOOL DISTRICT - School Participation for BMI Assessment in Required Grades School Participation at least 20% BRUNO PYATT ELEMENTARY SCHOOL Yes BRUNO PYATT HIGH SCHOOL Yes ST JOE ELEMENTARY SCHOOL Yes ST JOE HIGH SCHOOL Yes WESTERN GROVE ELEMENTARY SCHOOL Yes WESTERN GROVE HIGH SCHOOL Yes Because boys and girls grow and develop at different rates and based upon the Centers for Disease Control and Prevention (CDC) recommendations, BMI percentile for children is calculated individually for each child based upon gender, age, height, and weight. It is then used to categorize children according to whether they are underweight, healthy weight, overweight, or obese. A higher BMI indicates greater risk for having or developing obesity-related health problems. Health care professionals group BMI percentiles to identify underweight and obese children as follows: A BMI assessment is a screening tool only. An individual child's BMI should not be considered a final indicator of whether or not a child has a weight problem that requires attention. Further evaluation of a child by a health professional is the recommended next step for a child who is classified as overweight or obese. However, cumulative child BMI assessments are an excellent indication of the extent of the current problem of childhood obesity in schools, school districts, and the state. Obese or overweight children are more likely to become overweight or obese adults. These results may warn about future health problems due to adult obesity. The BMI classifications for male and female students in each grade are presented in Table 1. The classifications for all assessed students are shown graphically in Figures 1 and 2. N/A = not available; data were either not reported or restricted because of the small number of children in a BMI classification. *Due to government recommendations on reporting sensitive health information, BMI categories have been combined as noted because of small numbers of children in individual categories. Ozark Mountain School District(2016 - 2017 BMI Assessments) Page 2 Definition of Body Mass Index BMI is calculated by the following formula: Obese: BMI greater than or equal to 95th percentile Overweight: BMI between 85th and less than 95th percentiles Healthy weight: BMI between 5th and less than 85th percentiles Underweight: BMI less than 5th percentile BMI Classifications for Ozark Mountain School District Table 2: BMI Classifications* for Students by Grade in OZARK MOUNTAIN SCHOOL DISTRICT (2016 - 2017) Males Females Grade N Healthy or Underweight Overweight or Obese N Healthy or Underweight Overweight or Obese K 15 N/A N/A 16 N/A N/A 01 2 N/A N/A 2 N/A N/A 02 13 61.5% 38.5% 19 73.7% 26.3% 03 0 N/A N/A 0 N/A N/A 04 20 70% 30% 11 N/A N/A 05 0 N/A N/A 0 N/A N/A 06 18 44.4% 55.6% 21 57.1% 42.9% 07 0 N/A N/A 0 N/A N/A 08 18 61.1% 38.9% 21 47.6% 52.4% 09 0 N/A N/A 0 N/A N/A 10 20 60% 40% 11 N/A N/A 11 0 N/A N/A 0 N/A N/A 12 0 N/A N/A 0 N/A N/A Total 106 61.3% 38.7% 101 62.4% 37.6% *Due to government recommendations on reporting sensitive health information, BMI categories have been combined as noted because of small numbers of children in individual categories. *Due to government recommendations on reporting sensitive health information, BMI categories have been combined as noted because of small numbers of children in individual categories. *Due to government recommendations on reporting sensitive health information, BMI categories have been combined as noted because of small numbers of children in individual categories. For a resource guide that provides information for schools, parents, and communities, go to www.healthyarkansas.com or go to www.achi.net for helpful links for fighting childhood obesity. Ozark Mountain School District(2016 - 2017 BMI Assessments) Page 3 Table 3: BMI Classifications* for All Students in OZARK MOUNTAIN SCHOOL DISTRICT (2016 - 2017) Males Females N Healthy or Underweight Overweight Obese N Healthy or Underweight Overweight Obese 106 61.3% 19.8% 18.9% 101 62.4% 19.8% 17.8% Figure 1: Percentage* of Males Underweight/Healthy, Overweight/Obese Figure 2: Percentage* of Females Underweight/Healthy, Overweight/Obese Additional Resources 1401 West Capitol Avenue Suite 300, Victory Building Little Rock, Ark

Other health and wellness related data (Optional)

Description/Conclusion

The committee will analyze the respective data from Body Mass Index. The different portion sizes, fats, sodium, calories, etc. will be monitored and evaluated via our working with Nutrition Director to ensure each guidelines are met for Headstart, K-5, 6-8 and 9-12 age groups.

Reviewer Comments:

Section III: Health and Wellness Goals

(Provide a detailed description of each required activity)

Indicate the LEA's compliance with the following Act 1220 requirements:

The LEA will coordinate with child nutrition personnel to ensure menus are reviewed quarterly by the district wellness committee.

The LEA will ensure that the district policy is in compliance with state and federal mandates.

Goal 1: How will the LEA provide coordination and support to create a healthy nutrition environment for students? {Requirements: see 1 required activity.}

Goal 1 Measurable Objective

The objective of will met via all students served by the LEA via receiving grade-appropriate nutrition education in Physical Eduaction and Health Class.

Goal 1

Activity	Person Responsible	Timeline
Grade-appropriate health and physical education curriculum offered.	Physical Education Teacher	Daily

Reviewer Comments:

Goal 2: How will the LEA provide coordination and support to create an environment that promotes physical activity and provides quality physical education for students? {Requirements: see 2 required activities.}

Goal 2 Measurable Objective

The committee will ensure that minimum levels of physical education and physical activity are being provided in each respective Physical Education class and that that physical activity is implemented across the curriculum for all grade levels. This will also be achieved the use of Go Noodle in the elementary class rooms at the beginning of each day.

Goal 2

Activity	Person Responsible	Timeline
Elementary Go Noodle activities	Elementary Staff	Daily

Reviewer Comments:

Goal 3: How will the LEA provide professional development for school staff on nutrition and physical activity? {Requirements: see 1 required activity.}

Goal 3 Measurable Objective

We will have specific committee members attend professional development at the OUR Cooperative regarding Health, Wellness and Physical Education and includes nutrition and physical activity.

Goal 3

Activity	Person Responsible	Timeline
Annual collaborative session at OUR Co-Op	Physical Education Teacher	Annually in June

Reviewer Comments:

Goal 4: *(Optional)* How does the school address other health disparities trending among students identified from the Needs Assessment?

Goal 4 Measurable Objective

The committee will continue to monitor and adjust as needed in the area of those students with diabetes, seizures, etc. A coordinated effort between nutrition director, nurse, administration and staff will also be maintained to ensure students' intake of carbohydrates and exposure to any foods they may be allergic to.

Goal 4

Activity	Person Responsible	Timeline
Ensure proper student carbohydrate and caloric intake.	HW Committee members and cafeteria staff	Daily

Reviewer Comments:

Reviewer Response:

ADE Reviewed

Reviewer Comments: