



Quality Improvement Story Board

Title: Healthy Bodies Healthy Minds Program Expansion

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PLAN

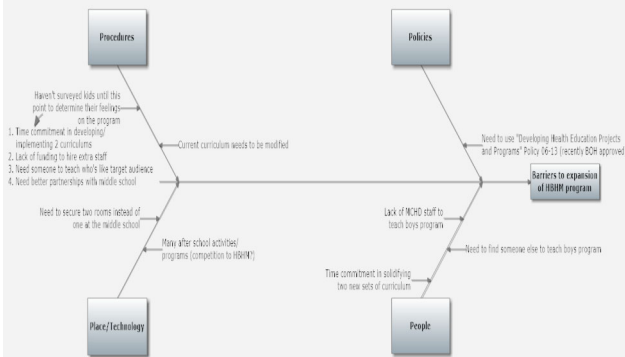
Getting Started—(Understanding the Problem)

Healthy Bodies Healthy Minds (HBHM) is an after school program taught to middle school girls, but it is unclear if the current program could be expanded to boys.

Aim Statement

An opportunity exists to improve the HBHM program by expanding to middle school boys. This effort is important to work on now because boys can benefit from education about nutrition, self-esteem, physical activity, self-care, mental and social health, and stress reduction as much as girls can in today's fast-paced world. 2018 is the third year the HBHM program was taught in the school system (MCHS/McNabb).

Examine the Current Approach



As part of the Community Health Improvement Plan workgroup PATH (Promoting Awareness for Teen Health), HBHM was developed by MCHD to educate middle school aged girls on physical, mental, and social health. To begin the process of expanding the program to middle school aged boys, a brainwriting quality improvement exercise was done by MCHD Health Educators to examine and review curriculum used in previous sections of the program and which could be utilized for boys as well.

Identify Potential Solutions

- Identify someone who can teach a boy's version of HBHM
- Get feedback/suggestions from person teaching the boys
- Develop and ensure a curriculum with common main themes can be personalized to a girl and boy group
- Survey students to see how they like the program

Improvement Theory

If we implement a boys version of HBHM, then we will be able to educate a larger population of middle school age students in Montgomery County on physical, mental, and social health.

DO

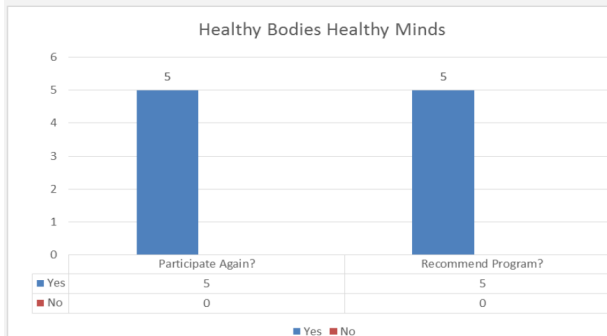
Test the Theory

After brainstorming who would be the best person to teach the boys class and speaking with school personnel, the Family Resource Director at McNabb Middle School agreed to teach the boys version of HBHM (called the Strong Man Club). He was asked for his suggestions on the scope of what to cover for the boys. A similar curriculum was taught to boys and girls, yet activities were still individualized to each group. A survey was developed that would be given to both boys and girls at the completion of the programs. HBHM/Strong Man Club ran from 2/26-4/30/18.

CHECK

Study the Results

Following the conclusion of the 2/26-4/30/18 classes, an evaluation survey was given to participants. The survey was available to non-English speaking participants or those hard of hearing using MCHD's interpretation services, and staff were also on hand to assist filling out the form/facilitate participant's needs as requested. Evaluations were received from five participants of the program.



Qualitative data collected:

- What would you like to change about Healthy Bodies Healthy Minds?
 - "I would like to change nothing"
 - "I would change how we split up the boys from girls. I would put them all together!"
 - "Nothing"
 - "Nothing at all it is so fun"
 - "No"
- What did you like the most about Healthy Bodies Healthy Minds?
 - "When we all played and made fun jokes"
 - "My teachers"
 - "The food"
 - "Running around the school"
 - "Spending time and knowing each other better"
- Has the program impacted you in any way?
 - "Yes"
 - "Yes!"
 - "Weight"
 - "Yes to eat better"
 - "Yes"
- Comments?
 - "Keep up the great work!"
 - "I loved how we got to know new people and have teachers act like they were sisters to us"
 - "Love the food but people sometimes are allergic"
 - "Next time can we do slime? See you next year"

ACT

Standardize or Develop New Theory

After reviewing survey results, the intake form was revised to include questions about any health conditions participants might have, any allergies to food/insects/medications they have, types of games/activities participants are most interested in, lessons regarding health/mental health/nutrition/social issues they are most interested in, what participants enjoy doing for fun, and anything participants would like to share about themselves. The Health Education Director approved the suggestions for implementation. MCHD will continue to survey future participants of the program. MCHD Health Educators are responsible for continuing the development of the program and implementing suggestions students have.

Future Plans

Course planning and development for the 2019 program (newly named the "Warrior Club", open to both boys and girls meeting as one group in the middle school) will pick up where HBHM left off. MCHD will include the new intake form, and plan on combining boys and girls together in one class. Efforts will be made to implement participant suggestions collected on the intake form. With consistent surveying, evaluation of the program will improve. Program adjustments based on feedback will continue to be made.