



Piloting a School-Based Health-Education Curriculum in a Rural Community to Promote Healthy Behavior

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PURPOSE

The purpose of this poster is to introduce a health-education curriculum titled TigerCHAT (Community Health, Awareness, and Training).

The goal of this health-education curriculum delivered in the school-setting is to develop sustainable healthy behaviors, promote wellness and prevent disease.

The TigerCHAT project focused on 5th grade students, as years 11-13 of age are the starting point for abstract thought and the development of self-image and self-esteem.

This pilot project targeted rural, school-aged children and incorporated undergraduate and graduate nursing students from various disciplines.

PROBLEM

Schools are key players in providing comprehensive health services to children.

Auburn University School of Nursing currently has screening mechanisms in place for rural settings (TigerCheck). However, there is no formal health education currently in place.

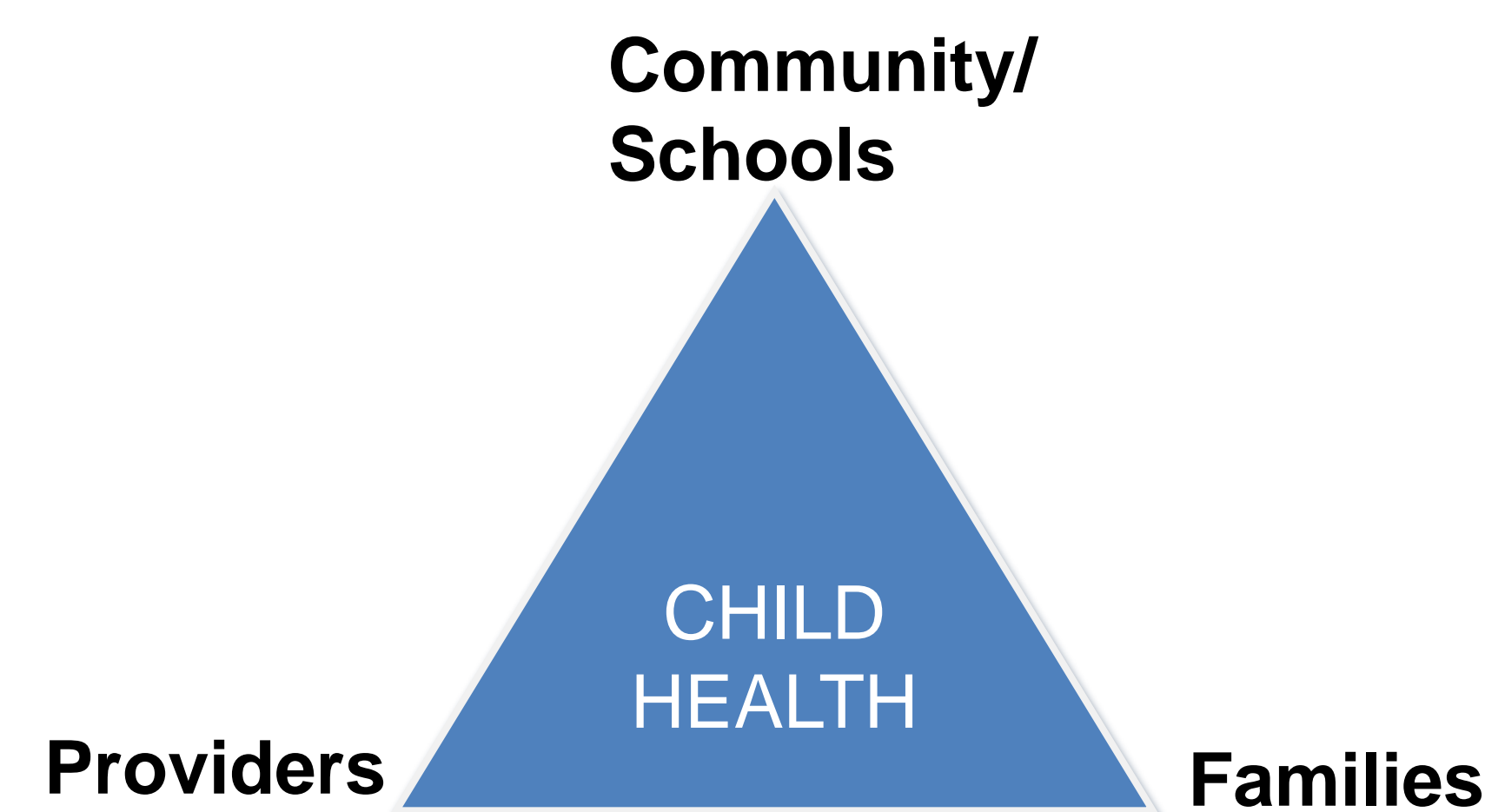
The focus of this pilot was to build on current screening efforts with other disciplines and focus on school-based health education curriculum including: prevention of obesity, diabetes, respiratory, oral health, and sleep disturbances.

The specifics for the state of child health in rural Alabama are noteworthy. Recently, a Fortune 500 company employing 8,000 across the layers of economic strata was sold and dismantled systematically, with fewer than 300 jobs remaining. The consequences of that dynamic over time have resulted in significant challenges for the community.

COMPONENTS OF TIGERCHAT

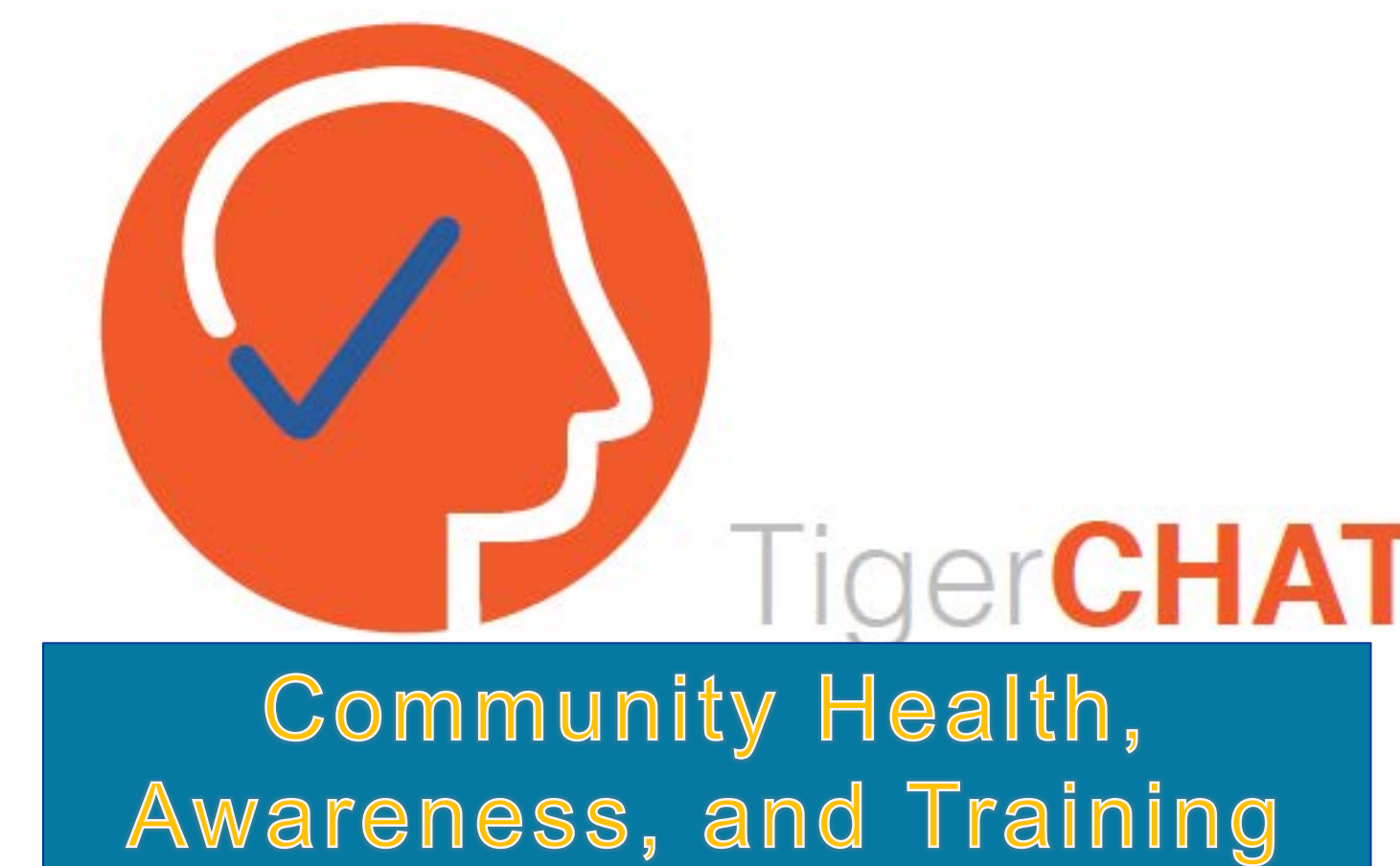
- ❑ Module 1: Nutrition and activity- PREVENTING DIABETES, HYPERTENSION, AND OBESITY
 - ❑ Making Healthy Choices
 - ❑ Initiating movement
- ❑ Module 2: PREVENTING INFECTIONS AND ASTHMA/ALLERGY EXACERBATIONS
 - ❑ Avoiding Respiratory Illnesses
 - ❑ Asthma; How to manage chronic respiratory conditions
 - ❑ Sleep Health
- ❑ Module 3: Oral health- IDENTIFYING AND PREVENTING ORAL HEALTH ISSUES
 - ❑ Brushing
 - ❑ Flossing
 - ❑ Dental Caries
 - ❑ Screening

CONCEPTUAL FRAMEWORK



A vital component of effective child healthcare requires partnership between providers, community/health systems/schools, and families. This approach was utilized to implement the TigerCHAT curriculum for children in the rural school setting.

CLASSROOM ENGAGEMENT



Module 1: "Protect Your Prized Possession!"
20 - 40 minutes

Key Message
Healthy teeth and mouth are important parts of a healthy body. Taking proper care of teeth now helps them last a lifetime.

Student goals
Upon completing this module students should be aware of the three basic steps to good oral health:

- Brush with fluoride toothpaste twice each day, and floss once each day.
- Eat nutritious foods and limit snacks.
- Visit your dentist regularly.

Module Topics (with discussion points and questions)

1. Value. Discuss what makes something valuable. [Write down all answers that apply to teeth: can't be replaced, good quality, lasts a long time, looks nice.] What about your teeth? Are they valuable? [Get opinions.] What do your teeth help you do?

Our teeth help us talk, eat and give us beautiful smiles!
2. Primary and permanent teeth. How many sets of teeth do people get in a lifetime? [Two.] What were your first teeth called? [Baby or primary teeth.] When you were little you got 20 baby teeth. Why did they fall out? [As children grow they need bigger, stronger teeth.] That's right, as you get older you need bigger, stronger teeth. By the time people are about 18 they have all 32 adult, or permanent teeth. [Show Permanent Teeth Development.] How long do permanent teeth last? [Your whole lifetime—more than 60 years with proper care.] If you lose a permanent tooth, will another one grow in? [No.]

We lose our 20 baby teeth and grow adult teeth because we need bigger, stronger teeth to last the rest of our lives. People get 32 permanent teeth, which can last a lifetime with proper care.



Evaluation

- ❖ Schools in this county are grouped by developmental level and 5th grade students are grouped in a school of 5th and 6th grades. TigerCHAT was created by modifying three well-tested curricula and focusing on three modules: nutrition/activity, asthma/allergies, and oral health.
- ❖ Student nursing students evaluated modules, associated learning materials and objectives, and created teaching projects for each session.
- ❖ Graduate and undergraduate students from other health disciplines will be linked into school-based health education delivery in years 2 and 3.
- ❖ Sessions to be delivered over a 10-week period beginning Spring 2018.
- ❖ School wellness coordinator reviewed and approved content in partnership with team.

References

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