

2012 Height and Weight Surveillance Measurement Plan - Example

Plan:

Beginning in November, we will be measuring height and weight for all approved pre-school through 6th grade students in the CVESD schools.

Rationale:

1. This would give our District a second look at BMI trends for each grade, school, gender and ethnicity group. It will give us an opportunity to compare our 2010 demographic information/data about the growth of our students throughout the span of their school career as well as identify target areas for further program planning.
2. Additionally the data will enable us to compare other district measurements such as academic and physical fitness testing.
3. We need to go after more grant funding to sustain the work we have been doing with our nutrition, physical activity and wellness programs. We know we can build better grant projects based on what we have learned from the past (HEAC, Vitamin Grants, CPPW, etc.) We know having a good base of “data” will help our schools and the district with the grant seeking process as well as targeting more accurately need areas.
4. Furthermore, our original Surveillance Project has provided the district with many additional resources through national, state and local agencies that would not have been possible if not for the Project. These resources have proven invaluable to us in moving our Health and Wellness agenda forward in our schools, district and community.

Purpose:

The second measurement project will allow us to compare groups and individual student data to 2010 baseline data. It will give our district (and others) a “snapshot” on our progress in the Chula Vista Community.

Logistics/Considerations:

- Funding resource for the project
- We would need to hire/train 8-10 people to work in teams of two to go out to schools to measure, record, and enter data for a 6-7 week period of time, and hire someone to supervise day-to-day issues (Lead). I would be the District Supervisor setting up the schedule and timeline

TimeLine:

July through August 2012

- District Administration Approval
- Work with HR on new process for hiring measurement staff (job posting for temporary work?) Need to find subcontractor/Agency to hire staff
- Update Permission/Notification forms – including translation
- Update testing Protocols

September-October

- Communicate with School Staff – Principals and Teachers
- Send out Schedule days/dates at schools
- Generate school recording forms
- Identify/train Measurement Teams
- October 17th – Board Approval for Contract Agency
- Identify/Screen/Hire/Train (3-hour training session)

November– December

- 4 Measurement Teams assigned to 8 schools per week (2 days per school)
- Project Lead begins data entry (we have someone in mind)

January 2013

- CVESD data entry and school-by-school entry re-check
- Print-out of district and school/by school information

Cost Analysis:

STAFF

- (8) Health assistant/Clerk - \$ per hour
- 6 hours per day – 4 days per week x 5-6 weeks (November-December)
- *Lead Health Assistant - \$ per hour
- Lead Person would work 7 hours per day–5 days per week, 8-10 weeks, Nov-January
- **Plus Contractor Administrative Costs**

Equipment, materials, etc. would be supplied by CVESD