Healthy Hearts Impact Study

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Abstract

Healthy Hearts elementary aged education program is a population based in-school program offered by the Poudre Valley Health System (PVHS). The program is aimed at reducing a child’s risk for CVD, through education and empowerment. The purpose of this study was to determine the impact of the HHC program on knowledge and behaviors related to CVD risk in two classrooms over a 6 month period.

Teacher and Student Feedback

“I LOVE the Healthy Hearts program. It is a huge help to me with meeting health standards and science standards. I use it as a kick-off to my lessons on the circulatory and respiratory systems. I also really like the free screenings, especially because our lower income students can’t usually afford to get the screenings.”

“It is nice to have someone else present to the students as an expert, as the listening does change. It will be fun for this program to see how kids will change over the years.”

“The students really enjoyed the program. They learned new things about human bodies, hearts, cholesterol, and stress. They also said they will make healthier choices in the future as a result of the class! Thank you!”

Control School vs. Intervention School

<table>
<thead>
<tr>
<th>Ideal Health Behaviors</th>
<th>Pre Healthy Hearts Education</th>
<th>Post Healthy Hearts Education</th>
</tr>
</thead>
<tbody>
<tr>
<td>7 Ideal Behaviors Measured</td>
<td>26%, 0-2; 25%, 3 to 5; 68%, 6 to 7</td>
<td>72%, 0-2; 30%, 3 to 5; 68%, 6 to 7</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Second Hand Smoke Exposure</th>
<th>Pre</th>
<th>1 Week</th>
<th>3 Months</th>
<th>6 Months</th>
</tr>
</thead>
<tbody>
<tr>
<td>Control</td>
<td>70%</td>
<td>59%</td>
<td>60%</td>
<td>60%</td>
</tr>
<tr>
<td>Intervention</td>
<td>45%</td>
<td>26%</td>
<td>15%</td>
<td>15%</td>
</tr>
</tbody>
</table>

Results

Northern Colorado children may benefit from implementing the HHC to all 4th and 5th grade classrooms as a standard part of their Health and Wellness curriculum.

Future study considerations: 1) Measure impact of program instruction led by the classroom teacher versus health educator; 2) Analyze student’s recapture data in 10th grade for sustained impact; 3) Compare students receiving 5th and 10th grade Healthy Hearts education versus those who receive the additional 7th grade time point; 4) Evaluate program effectiveness when delivered as part of a district curriculum versus a district that the program is offered site-based.

Implications

References


Acknowledgments

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