



Alberta Project Promoting
active Living & healthy Eating



Progress Report | JUNE 2013



What is APPLE Schools?

The **A**lberta **P**roject **P**romoting active **L**iving and healthy **E**ating (APPLE Schools) is an innovative and exciting strategy to define effective ways to create healthy school communities in Alberta. The purpose of APPLE Schools is to improve healthy living habits of students, increase knowledge about healthy living for parents, students, teachers and the school community; and work with school communities to make the healthy choice the easy choice.

It is the **vision** of APPLE Schools that active people thrive in healthy school communities. The mission is to empower school communities to *make the healthy choice the easy choice*. Students' active living and healthy eating habits will be supported through sustainable changes to school, home and community environments.

Seventeen APPLE Schools have also become *Leader in Me™* Schools which is an innovative, school-wide model emphasizing a culture of student empowerment unleashing each child's potential. The partnership between APPLE Schools and *Leader in Me™* is a powerful demonstration of children taking control of their behaviors and making healthier choices.

To date:

APPLE Schools has demonstrated:

- improved nutritional habits including a 10% increase in vegetable and fruit consumption;
- increased physical activity levels which are now higher than the provincial average; and
- 14% reduction in obesity levels

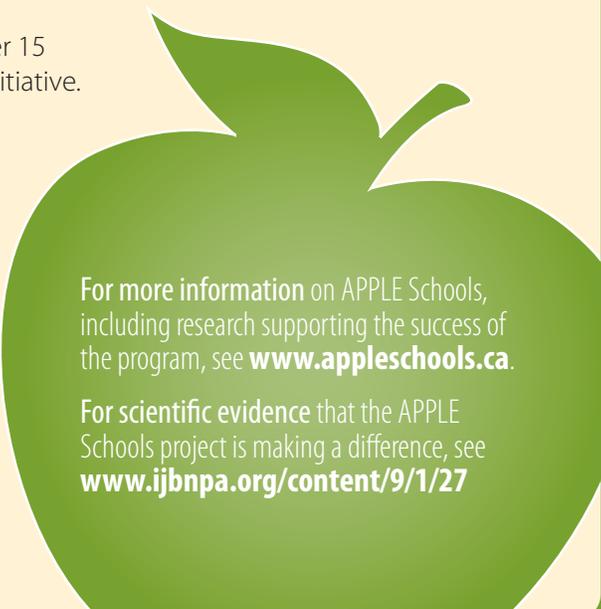
By the numbers:

- 29 full and part-time school health facilitators working across 42 Schools
 - 8 First Nations, Métis and Inuit schools
 - 24 Edmonton and Area schools
 - 10 Fort McMurray Schools
- About 12,500 students influenced by APPLE Schools annually
- About 27,000 Albertans, in addition to students, influenced by APPLE Schools annually

APPLE Schools model has been adjusted and adopted in another 15 Alberta schools, as the *Healthy Schools – Healthy Future* (HSHF) initiative. The modified APPLE school model has:

- .2 lead teachers trained to be school health facilitators
- 15 schools rurally across Alberta
- About 5200 students influenced by HSHF annually
- About 11,000 Albertans, in addition to students, influenced by HSHF

APPLE Schools facilitate change in schools through collaborative planning that engages the entire school community. Parents, students, teachers and community members are partners in creating a positive school environment where students are empowered to make healthy choices to improve health.



For more information on APPLE Schools, including research supporting the success of the program, see www.appleschools.ca.

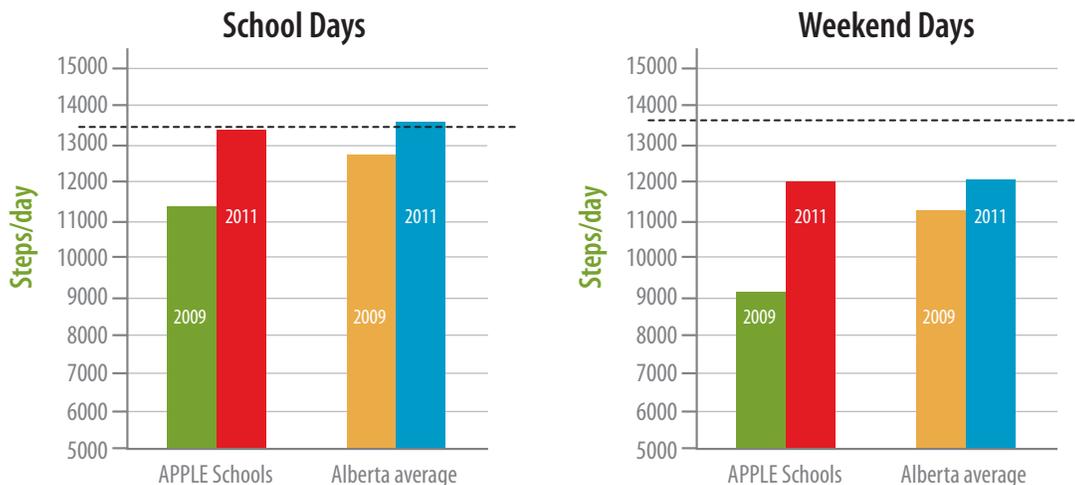
For scientific evidence that the APPLE Schools project is making a difference, see www.ijbnpa.org/content/9/1/27

Research

Comprehensive School Health (CSH) is a multifaceted approach to health promotion that involves parents, communities, and stakeholders to provide supportive policies, programs, and environments in the whole school community. A key objective of CSH is to foster positive health behaviours beyond the school environment. CSH is the model implemented in APPLE Schools.

The following pedometer study (publication pending) examines changes in objectively measured physical activity (PA) during and beyond school hours.

In 2009 and 2011 REAL Kids Alberta collected survey and pedometer data from 1,157 grade 5 students throughout Alberta, Canada in 10 APPLE Schools and 20 comparison schools. Students wore time-stamped pedometers for nine consecutive days, providing seven full days of data. Researchers applied multilevel linear regression methods to assess changes in PA during a typical week, on school days and weekends, and during school and non-school hours between 2009 and 2011. Analyses were adjusted for students' gender, parental education, household income, and year of data collection.



Results:

Children in 2011 were more active relative to those in 2009. Improvement has been seen in all schools across Alberta. However, the increase in APPLE Schools students' steps achieved during a typical week, on school days and non-school days, and during non-school hours was statistically significantly greater relative to the changes in students'

steps from comparison schools. The difference in the increase in APPLE Schools relative to comparison schools was most pronounced on non-school days, with a difference of 2,001 steps achieved per day. All increases remained significant after adjusting for gender and overweight status.

These findings provide evidence for the effectiveness of CSH to impact children's PA during critical windows of time. Accordingly, the study provides evidence to justify broader implementation of effective CSH interventions for the primary prevention of childhood obesity. Pedometer data is now being collected in 57 schools (both APPLE and Healthy Schools-Healthy Future) and further results will be analyzed over the upcoming year.

Jamie Oliver Recognizes APPLE Schools Research

- A results study published by one of Dr. Veugelers' post-doctoral staff, Dr. Yen Li Chu, received recognition on the Jamie Oliver's *Food Revolution* website. Dr. Chu demonstrated how cooking classes in schools can positively impact a child's confidence to make healthy choices. See website for further details: www.jamieoliver.com/us/foundation/jamies-food-revolution/news-content/school-food-amp-food-education-in-the-new

APPLE Schools in 2013 – 2014

Beginning in September 2013 APPLE Schools will be focusing on:

- Expansion into new schools within existing school jurisdictions is taking place with 5 schools in Fort McMurray and another school in the Aspenview School Jurisdiction (Athabasca) . Training of new facilitators will be undertaken in August 2013.
- The 2012 results from the original APPLE Schools revealed a leveling-off of improvement for student diet quality. Educational literature demonstrates that most school-based projects plateau after a few years and changes to implementation need to be boosted until the model has been in the school for 7 – 10 years. After that period of time, changes to school culture is sustained. Little literature currently defines the means to boost implementation of CSH; therefore, we will be doing intensive qualitative research to determine the factors that boost and sustain progressive change over the next two years. This will provide the original schools with the full seven years of implementation. Nine out of ten original schools have met and begun plans for how they will increase the implementation of CSH via APPLE Schools during the upcoming school year. The endorsement and support for the booster implementation is strong.
- Due to timetabling difficulties, the school tour of Lee Ridge School with Matt Jeneurex, MLA for Edmonton Southwest and Mr. Sohail Quadri, MLA Edmonton Millwoods, will be conducted in September 2013.

Allan Markin and Dean Lory Lang tour St. Francis of Assisi School in Edmonton, Alberta.



Budget Breakdown

APPLE Schools

The following includes a breakdown of the costs for the reporting period, as well as projections for future expenditures.

Reporting Period

| | | Current Period |
|-----------------|------------------------------------|---------------------|
| | | April-June 2013 |
| Opening Balance | | -\$1,948,118 |
| Funds Received | Markin APPLE | 1,154,437 |
| | Other Donor | 3,000 |
| | Subtotal | \$1,157,437 |
| Funds Expended | Salaries | 728,040 |
| | Operating, Travel & Research Costs | 87,258 |
| | Subtotal | \$815,298 |
| | Closing Balance | -\$1,605,979 |

Expenditures Projections by School Year

| Reporting Period | 2013-2014 | 2014-2015 | 2015-2016 | 2016-2017 | 2017-2018 |
|--------------------------------|---------------------|---------------------|--------------------|--------------------|--------------------|
| Item | | | | | |
| Total Costs | \$2,257,971 | \$1,529,482 | \$1,036,324 | \$539,679 | \$549,929 |
| Donations Received | \$2,142,856 | \$2,142,856 | \$2,142,856 | \$2,142,856 | \$535,714 |
| NEW BALANCE BY PERIOD | -\$115,115 | \$613,374 | \$1,106,532 | \$1,603,177 | -\$14,215 |
| Cumulative Net Balance* | -\$2,098,804 | -\$1,485,431 | -\$378,899 | \$1,224,279 | \$1,210,063 |

*includes previous period overexpenditure

Future collaborations

Many grant submissions and corporate sponsorship opportunities have been explored and developed over the past three months. The summary below provides an outline of work in progress.

Fort McMurray Proposal

A partnership between APPLE Schools, Fort McMurray Public Schools, Fort McMurray Catholic Schools and Alberta Health Services has been forged to meet the needs of all schools in the region. A proposal prepared with Alberta Health Services to increase the impact of CSH and include all K – 12 schools in the Wood Buffalo region has been written. Application will be made to the Northern Lights Health Foundation to support this work. The application submission is being reviewed and funds are being raised to support the application. We are not anticipating approval prior to 2014.

Alberta Healthy School Communities Wellness Fund Grants

Three of our partner school jurisdictions applied for and received funding from Alberta Health as part of their Alberta Healthy School Communities Wellness Fund Grants. The grants are designed to work within jurisdictions developing district-wide plans to increase CSH implementation. We have worked with all three districts on the grant submissions and will continue to collaborate through the 2013-2014 school year, sharing what has been learned through APPLE Schools across their districts.

Corporate support

Saputo, Loblaw's and Sobey's have been approached to assist with other food needs in schools. Further discussions, with support from the Development Office of U of A, will continue throughout the summer.

CNRL and Wabasca area

A proposal has been submitted to CNRL to provide funding for 2013 – 2015 for OPK School in Wabasca, Alberta. The funding would include costs for a school health facilitator, resources and inclusion as well as support of the secondary school in the community. The proposal is pending approval, but the initial response has been very positive.

Municipal District (MD) of Wabasca Desmarias

St. Theresa School in Wabasca has approached the local MD to provide further support for a School Health Facilitator in their school as they feel that the 0.2 position funded by APPLE Schools should be expanded to a full time position. They are hopeful that the MD will approve their proposal. The meeting will be held on June 27, 2013.

Calgary Board of Education (CBE)

Talks of collaboration with CBE continue to focus on ways to share APPLE Schools resources, training program, Leader in Me results, and research with CBE. Marsh Levy and Marg Schwartz are working on a proposal and process for future collaboration to be implemented in September 2013. These talks are under the direction of Naomi Johnson, Superintendent of Schools for CBE.

Quebec Grant

Dr. Veugelers was invited to share APPLE Schools research at a provincial obesity strategy meeting in Quebec. During this process, he developed relationships with other researchers in Quebec who are implementing school health programs. The development of further research partnerships in Quebec will facilitate an application process for the *Lucie and Andrea Chagnon Foundation* to be submitted in 2014. For further details on this Foundation see: www.fondationchagnon.org/en/index.aspx

Alberta Health Services (AHS)

We have been asked to join the Comprehensive School Health Education Resource Working Group of AHS. We will share resources from APPLE Schools and learn from our other provincial partners in AHS.

Summary

The 2012-2013 School Year has demonstrated a positive move forward for APPLE Schools. The Healthy Schools-Healthy Future funding has increased the collaboration between all CSH partners in the province and we have forged many positive relationships as a result of this collaboration.

The upcoming school year will see expansion into new schools, an extensive redesign of our APPLE Schools website, reorganization of the management structure and an exciting opportunity to work with a wide variety of stakeholders to increase the health of Alberta students. New and extended research opportunities will continue to increase the knowledge of effective CSH implementation in school communities.

The enclosed book, *Picture an APPLE School*, provides a visual representation of 5 key strategic activities occurring in each of the 42 APPLE Schools. The pictures and words were chosen by the school community to share their achievements.

A group of APPLE Schools staff and partners gather at St. Francis of Assisi to see an APPLE School in action.





Alberta Project Promoting
active Living & healthy Eating



Making the Healthy Choice the Easy Choice