

STUDENT HEALTHY WEIGHT PROGRAM

Student Healthy Weight Program Overview

More than 25 million American children and teenagers are overweight or obese. The mission of this program is to identify those elementary students at greatest risk and coordinate a team approach of intervention at schools incorporating the primary health care providers, families, school nurses, and school physical education teachers. Begun in 2014 and funded with national CDC support through the Maryland DHMH 1305 Chronic Disease and Prevention Grant, this is a pioneering program to improve communication between health care providers and school system wellness staff. The program provides discrete monitoring and education in nutrition and physical activity for the student and the family using school system resources and the 5-2-1-Almost None Wellness Resources from Nemours Children's Hospital in Delaware.

Criteria:

1. Elementary school students in Maryland Public Schools
2. BMI percentile above the 95% (established obesity)
3. Referral prescription form completed by primary health care provider for parent to take to school nurse
4. Signed parental consent form, for parent to take to school nurse (provided in English and Spanish)

Responsibility of the Student:

1. Focus on wellness education as a goal for the program and not only weight loss.
2. Bring all school assignments home and work with the family to complete them.
3. Return all completed assignments from the nurse and physical education teacher on time.

Responsibility of the Parent or Guardian:

1. Discuss student's health concerns with the family health care provider and sign consent form for student participation in the program.
2. Take referral prescription form and signed consent form to the student's school nurse
3. Serve as a role model for the student in the areas of healthy eating and drinking, physical activity and screen time use.
4. Participate in an initial discussion with the school nurse and PE teacher on program goals for the student.
5. Focus on wellness education as one goal for the student and not only weight loss.
6. Provide assistance in completing wellness assignments from the nurse and physical education teacher
7. Provide on-going family support and encouragement for the program goals and activities

Responsibility of the Healthcare Provider:

1. Identify students with established obesity above the BMI 95%ile
2. Discuss concerns with the family and obtain signed consent form for student participation in the program.
3. Complete referral prescription form for school
4. Have parent take the referral prescription and consent forms to the student's school nurse
5. Email or fax the completed patient referral prescription and consent form notification to the school systems' nurse coordinator

Responsibility of the School Nurse:

1. Serve as the link between the health care provider and the school
2. Provide an email or fax confirmation of receipt of referral prescription and signed consent form to health care provider and school systems' nurse coordinator
3. Meet and collaborate with the PE teacher about the program and the student
4. Schedule an initial meeting with the parent to discuss goals for the student in the program
5. Serve as direct contact with student and parent on the nutrition and sleep discussion topics and education
6. Use the School Nurse Toolkit and Nemours 5-2-1-Almost None Resources, found on the DHMH website, as the basis for the education discussion topics on nutrition education and sleep habits
7. Provide via email or hardcopy completed student progress reports for health care provider and parents

Responsibility of the PE Teacher:

1. Meet and collaborate with school nurse about the program
2. Schedule an initial meeting with the parent to discuss goals for the student in the program
3. Serve as direct contact with student and parent on the physical activity and screen time discussion topics and education
4. Use the PE Teacher Toolkit and Nemours 5-2-1-Almost None Resources, found on the DHMH website, as the basis for education discussion topics on physical activity and screen time
5. Provide via email or hardcopy completed student progress reports for healthcare provider and parents