

Utah's Healthy Kids/Healthy America Proposal
to the
National Governors Association

**Gold Medal Schools:
Sustainable Action to
Improve Children's Health**

April 27, 2007



Office of the Governor

State of Utah

JON M. HUNTSMAN, JR.
Governor

GARY R. HERBERT
Lieutenant Governor

April 20, 2007

Corey White
National Governors Association for Best Practices
444 North Capitol Street NW, Suite 267
Washington, DC 20001-1512

Dear Mr. White:

I am pleased to provide you with Utah's application for the National Governors Association's *Healthy Kids/Healthy America* Program:

The point of contact for the application is:

LaDene Larsen, Director
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Utah Department of Health
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The team leader for the grant will be:
Sarah Rigby, Gold Medal Schools Coor.
Bureau of Health Promotion
Utah Department of Health
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Salt Lake City, UT 84114-2107

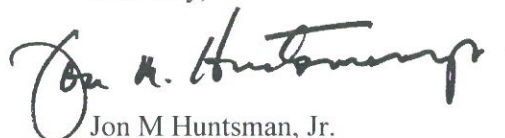
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The fiscal agent for the grant will be:
Shari A. Watkins, Director
Office of Fiscal Operations
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Salt Lake City, UT 84114-4003

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Mary Kaye and I look forward to participating in the implementation of the proposal and helping Utah's children be the healthiest in the Nation.

Sincerely,



Jon M Huntsman, Jr.
Governor

A: VISION, GOAL, OBJECTIVES AND STRATEGIES

In May of 2006, Governor Jon Huntsman, Jr. presented Utah's plan to address obesity prevention, **Tipping the Scales toward a Healthier Population: The Utah Blueprint to Promote Healthy Weight for Children, Youth, and Adults.** We start this proposal to improve the health of Utah's children with the vision of the Blueprint and, from the School section, the goal and some specific objectives and strategies. Please see Appendix A for the Blueprint Introduction and School Section. The Blueprint is available online at <http://health.utah.gov/obesity/docs/ObesityBlueprint.pdf>

Blueprint Vision: The healthy choice is the easy choice at home, school, work, and play in Utah.

Goal - School Section: Utah's schools will assume an active role in addressing childhood and youth overweight.

- **Objective 1:** Increase the number of schools that have policies and an environment that encourage regular physical activity.
 - **Strategy 1:** Encourage elementary and middle/junior high schools to participate in the Gold Medal Schools Program (a program of the Utah Department of Health).
 - **Strategy 5:** Develop, adopt, and fund physical education requirements for all grades.
- **Objective 5:** Decrease the number of school activities and fundraisers focusing on food at events.
 - **Strategy 2:** Encourage parents and teachers to limit foods used in the classroom for rewards and parties.

Building on the Blueprint, the **vision of this proposal** is to increase opportunities for Utah children to eat healthy and be active in the school setting. We will do this by providing leadership and resources that will result in partnerships and increased local capacity, and by accomplishing the strategies listed above for Utah's Blueprint. The specific focus is to help schools meet policy and environmental support criteria for the Gold Medal Schools (GMS) Awards Program. See Environmental Review and Appendix B for GMS description.

The **goals of this proposal** are to:

1. **Enroll** 100% of elementary schools in Davis School District in GMS (from the current 23 to 54 of 54), with a primary focus on helping Title I schools achieve success and learning new strategies for GMS mentor and school coordinator recruitment, training, and retention.
2. **Create** new state level policy team and policies (see Team Membership below) to:
 - a. develop new education/training for elementary school teachers to transition from 90 minutes of PE per week to 150 per week minutes of PE (new Utah State Office of Education Core Curriculum recommendation);
 - b. develop and implement a new Utah Parent Teacher Association policy for non-food incentives in classrooms.
3. **Spread** the lessons learned with Davis School District Title I schools, mentors/school coordinators and state level policy development to all Gold Medal Schools this year and in subsequent years.

B: TEAM MEMBERSHIP

The following entities/individuals have committed to serve on the Policy Team for the GMS Project:

Governor's Office

Dan Schuring, Health Analyst, Governor's Office on Policy and Budget

Utah Department of Health

1. David N, Sundwall, MD, Executive Director
2. LaDene Larsen, Director, Bureau of Health Promotion

Utah Parent Teachers Association

Leslie Dalton, State Health Commissioner

Utah State Office of Education

Frank Wojetch, MS, Curriculum Specialist, Health and Physical Education

Utah Action for Healthy Kids Network

Julie Metos, RD, MPH, Chair

Davis School District

John Robison, MS, Healthy Lifestyles Supervisor

Davis County Local Health Department

Lewis Garrett, APRN, MPH, Executive Director

These members, at the policy making level, represent the agencies with interest and commitment to ensure the successful development and implementation of the Project. See Appendix C for letters of support and commitment. UDOH Team Leader and Project Coordinator will provide staff support.

C: CREATING A HEALTHY KIDS ACTION AGENDA/TECHNICAL APPROACH

In order to reach the stated objectives of the Utah Blueprint to increase the number of schools that have policies and an environment that encourage regular physical activity and decrease the number of school activities and fundraisers focusing on food at events, we will undertake the following:

1. Create partnerships, a policy team, and develop a unified approach;
2. Enhance capacity of Davis County Health Department and Davis School District to recruit and sustain 100% (54 of 54) of Davis County elementary schools' participation in GMS;
3. Utah State Office of Education (USOE) will develop and implement new education/training for elementary teachers for new Core Curriculum recommendation of 150 minutes of PE per week;
4. Utah Parent Teachers Association (PTA) will develop and implement a non-food incentives in classroom policy; and
5. Ensure accountability for and sustainability of Project.

1. Create partnerships, a policy team, and develop a unified approach

As described previously, key stakeholders have stated commitment to the proposed Project and will be involved in various aspects, including the Policy Team. The UDOH Team Leader and Project Coordinator Health will staff the Policy Team and coordinate partnership development. Upon receipt of award, the Policy Team will immediately meet to discuss the timeline and details of the approach described in this proposal. An assessment will be conducted at that time regarding additional stakeholders to invite to participate. Partners will work together to strategically provide technical assistance to schools and key stakeholders. Regular communication among partners will take place as necessary via e-mail, phone and quarterly in-person meetings (face to face or via video conferencing). The Project Coordinator will work in partnership with Davis County Healthy Department, Davis School District, USOE, and PTA to establish clear processes for contracting, reporting, and communication and will communicate regularly with NGA.

2. Provide funding to Davis County Health Department and Davis Schools District

Davis County is a large, mostly urban county just north of Salt Lake City. The County is the home of Hill Air Force Base. Its military and civilian workforce, whose children attend schools in the County, constitute a substantial portion of the population. Most of the Title I schools are in North end of the County near Hill Air Force Base.

Davis County Health Department (DCHD) serves all of Davis County, providing a wide array of public health services. DCHD has been an active participant in the Gold Medal Schools since its inception. To date, DCHD has been able to recruit 23 of the 54 schools (including 7 of 14 Title I) in the District, provide over-site and support to GMS mentors and school coordinators, and report progress and accomplishments. However, the primary source of funding (Preventive Health and Health Services Block Grant) has been limited, with no increase in many years. As a result, DCHD is struggling to provide the needed staff support to continue expanding and then sustaining additional elementary schools'

participation in GMS. We estimate that DCHD will be able to add only 15 schools in the next year with existing funding.

We chose expansion of GMS to a substantial number of schools in Davis County as a primary goal of this proposal because of: DCHD's demonstrated high level of commitment to GMS; the skill of DCHD staff in developing partnerships and rapport with the schools; the very real potential to recruit all of the elementary schools impacting an additional 20,400 students; and, DCHD's expressed desire to learn how to better recruit Title I schools into GMS and spread those lessons to other local health departments and school districts.

DCHD will participate on the interdisciplinary policy team. DCHD, with funding provided from the Project, will dedicate an additional 0.40 FTE Community Health Educator who will:

1. Partner with the Davis School District to recruit the remainder of the elementary schools to participate in GMS;
2. Provide technical assistance to GMS in the district
3. Provide 2 school coordinator training/meetings, including a qualitative assessment (tool already developed) to build knowledge about recruitment and retention.
4. Provide management/support to mentors, including monthly meetings with mentors
5. Conduct school baseline assessment meetings and attend assemblies for Kick-off and end of the year awards
6. Partner with DSD on all activities to provide continuity and prevent duplication or gaps in support to schools
7. Ensure timely and accurate reporting of activities and progress.

Davis School District (DSD) serves 35,535 elementary school children. DSD is progressive in its approach to student health, and was an early adopter and supporter of GMS. In addition, DSD was 1 of 7 school districts recognized in 2006 by Utah Action for Healthy Kids Network for developing and implementing a comprehensive wellness policy. Since there are 40 school districts in Utah, this was a notable achievement. DSD, similar to all school districts in Utah, has had a substantial decline in the amount education time that can be used for health, PE, and nutrition education. As a result, DSD is very interested in strategies that improve student well being and also have a minimal impact on classroom time. DSD will participate on the interdisciplinary policy team and, with funding provided from the Project, will dedicate additional staff time to:

1. Partner with Davis County Health Department (DCHD) to recruit 100% of elementary schools to participate in GMS;
2. Provide a District Letter of support for GMS recruitment packet;
3. Identify and support a GMS coordinator in participating schools;
4. Link District web page with the GMS web page;
5. Present GMS to Davis District School Board and obtain Board support;
6. Attend schools' Kick-off and end of the year award assemblies;
7. Attend 1-2 meetings, in partnership with DCHD, with each new GMS; and,
8. Partner with DCHD on all activities to provide continuity and prevent duplication or gaps in support to schools.

3. Provide funding to Utah State Office of Education (USOE) to develop and implement new education/training for elementary teachers for new Core Curriculum recommendation of 150 minutes of PE per week

USOE was one of the founding partners of GMS, including funding for the first 2 years of the Program. However, funding since then has been very limited and restricted USOE's ability to actively participate, except for PE training for elementary school teachers. On a more positive note, one of USOE's primary

responsibilities is to develop core curriculum recommendations for all subjects, including health, nutrition and physical education (PE). After review of the literature and assessing PE requirements in many states, the Utah Core Curriculum recommendation for PE for elementary schools was recently revised to 150 minutes of PE per week from 90 minutes per week.

Because compliance with USOE's PE recommendations is a core criteria for GMS at the bronze level, it is critical that the transition from 90 to 150 minutes per week be introduced in a way that is conducive to widespread adoption. However, USOE does not have sufficient resources to develop a new training curriculum for teachers, pilot it, and then implement. USOE, with funding provided from the Project, in addition to participating on the interdisciplinary policy team to guide and implement the project, will:

1. Develop an education/training plan to implement the new core curriculum recommendation of 150 minutes of PE for all elementary schools;
2. Pilot the education/training plan with several Davis School District GMS schools; and
3. Provide at least 1 training session to all elementary school teachers in Davis county schools for transition from 90 to 150 minute per week of PE starting in 2008-09 school year; and.
4. Provide the training to all elementary school teachers in subsequent years.

4. Provide funding to Utah PTA to develop and implement a non-food incentives policy

As in most communities in the U.S., Utah PTAs play a critical role in helping students achieve academically and socially. Utah PTAs have been essential to the success of GMS in many schools. However, parents have also played a role in the lack of adoption of non-food incentives in schools. Along with teachers, parents have historically provided "treats" for all kinds of activities, including reaching learning goals, appropriate behaviors, and class achievement parties. Because the goals of GMS and the DSD wellness policy are to provide an environment that supports healthy behaviors, Utah PTAs' support is critical to reaching those goals. Utah PTA, with funding provided by the Project, will:

1. Participate on the interdisciplinary policy team to guide and implement the project;
2. Convene a meeting of regional Utah PTA Health Commissioners and Utah Action for Healthy Kids to develop a PTA policy for non-food incentives in schools;
3. Obtain approval of the PTA Board and members for the policy;
4. Coordinate a state level stakeholder meeting to introduce the policy and address non-food incentives in the classroom with regional Utah PTA presidents, State Office of Education, Utah Educators Association, Utah Association of Local Boards of Education, and State and Local Health Departments; and
5. Develop, in collaboration with GMS, a compendium of PTA generated non-food incentive ideas and distribute to elementary schools via local PTAs.

5. Ensure sustainability and long-term accountability of Gold Medal Schools project

The fact that NGA funding is only for a one-year period was one of the major determinants in choosing the Gold Medal Schools Program (GMS), PE training, and PTA policy as the foci of Utah's proposal. The agencies responsible for these programs and policies are well established and have a history of successful partnerships that will enhance the success and sustainability of the one year project.

Our experience with GMS over the past 6 years has taught us that, while changing policy and environment is difficult, the changes are more long lasting than programs that are focused on individuals and that are activity or event driven. Of the 285 schools participating in GMS, 160 (56%) have reached Gold, Platinum, or Platinum Focus levels, indicating continuing and sustained improvement in policy and environmental supports. We are optimistic that, because of the competitive nature of school districts in Utah, expanding GMS to all of the elementary schools in a major school district in Utah will provide impetus for more districts to do the same.

Utah PTA's establishment of a non-food incentive policy will strengthen our schools' ability to have healthy eating environments, and help to make the healthy choice the easy choice at school.

A well developed training course delivered to elementary school teachers on how to incorporate 150 minutes of PE per week will help to remove some barriers to instituting the new Core Curriculum recommendation. This training will help develop a cadre of teachers with the knowledge and skills to successfully use the PE Core Curriculum.

Thus, with this one year funding, we will: increase the number of GMSs over what would have been possible with existing funding; spread statewide the lessons learned in recruiting and supporting Title I GMS schools and mentors/school coordinators; develop and implement a training course for the new PE Core Curriculum that will continue in future years; and establish a Utah PTA policy that will influence PTAs in every community to support the GMS Gold level criteria of non-food incentives.

Management and Accountability Strategy:

Management: As indicated in Governor Huntsman's cover letter, the Utah Department of Health (UDOH) will be the lead management agency.

Dr. David N. Sundwall, Executive Director, is fully committed to obesity prevention.

LaDene Larsen, Director, Bureau of Health Promotion, has been assigned to provide administrative over-site for all aspects of the Project and general supervision of the Team Leader and Project Coordinator. See Appendix D for resumes and organizational charts.

Sarah Rigby, Gold Medal Schools Coordinator, will serve as the Team Leader and provide day to day supervision for the Project Coordinator

Chelsea Hussey, Health Program Specialist II, GMS, has been designated as the Project Coordinator. Ms. Hussey joined the GMS in November 2004 after graduating from the University of Utah. Her primary focus is strengthening Gold Medal Schools policies by providing up-to-date resources and support to schools and Program facilitators. She also oversees the 5 A Day Grocery Store Tours and manages the Gold Medal Schools web pages. Ms. Hussey will dedicate 25% of her time to manage the Project and will: 1) oversee contracts, 2) work with subcontractors to develop work-plans, 3) collect evaluation information, 4) provide technical assistance to subcontractors for project management/budget and expenditure review, 5) provide technical assistance to GMS mentors and coordinators, 6) staff interdisciplinary policy team, 7) coordinate and submit required reports, and 8) communicate progress to NGA, Utah Department of Health, Policy Team, partners and Governor's Office. If, as the Project progresses, it is deemed necessary to increase Ms. Hussey's time as Project Coordinator, that adjustment can be made within existing resources and contribute to the match.

Shari Watkins, Director, Office of Fiscal Operations, will provide over-site for all aspects of the financing of the Project, ensuring that all state and federal rules and regulations are observed and financial reports submitted as requested.

Accountability: The Team Leader and Project Coordinator will develop an evaluation plan with the Policy Team to ensure that all Project activities are monitored. In addition, evaluation of physical activity education/trainings, and satisfaction evaluation of stakeholders meetings. Contractors will report to project coordinator in December and June. Project coordinator will report to NGA in January and July. Post project evaluation will continue to assess implementation of policies for 150 minutes of PE and non-food incentive in all Gold Medal Schools statewide. In addition, UDOH conducts bi-annual height and weight surveillance on a sample of 1st, 3rd, and 5th grade students, which will provide "outcome" evaluation for GMS over time. A baseline survey was conducted in 2002, another in 2006, and plans are in place for 2008 and 2010 surveys. The sample size is sufficient to compare GMS with non-GMS – at least until all signed up! Appendix E for 2006 survey report or

<http://www.health.utah.gov/obesity/data.html>

D. ENVIRONMENTAL REVIEW and READINESS for CHANGE

The **Utah Department of Health** has been actively engaged in improving physical activity and nutrition for children since 2000 with development of the Gold Medal School Program. In the past 2 years, several major milestones have been achieved, including: first Utah report of overweight and obesity released in Aug. of 2005; Childhood Obesity Forum in Aug. of 2005; produced, with partners, the Utah Blueprint to Promote Healthy Weight which was released by the Governor in 2006; staffed the Blueprint Partner Kick-off meeting at the Governor's mansion in Sept. 2006; and provides staff support to the newly created **Utah Partnership for Healthy Weight**. The Partnership is comprised of over 30 organizations that have committed to implement the Blueprint. It has filed articles of incorporation and for non-profit 501c3 status (see Appendix F for membership, partner commitment form, and articles of incorporation). Both Dr. David Sundwall and LaDene Larsen are on the Board of Directors of the Partnership.

The UDOH **Gold Medal Schools Program (GMS)** began in 2001 as part of a collaboration among the Utah Department of Health, the Utah State Office of Education, and the Salt Lake Olympic Organizing Committee's "A Healthier You TM". The mission of GMS is to create opportunities for students to eat healthy, be active, and stay tobacco free. It is an incentive program for elementary schools to develop policies and supportive environments for healthy choices. GMS was designed using the School Health Index from the CDC's Division of Adolescent and School Health, Healthy People 2010 objectives, and Utah State Office of Education recommendations. Now in its sixth successful year, GMS has reached almost 60% of elementary schools, impacting more than 142,000 students and 6,000 teachers, and adding an average of 50 new schools each year. In addition to the 1,704 policies and 1,597 environmental changes established in GMSs statewide, there is a steady stream of success stories provided by principals, school coordinators/mentors which can be read at <http://www.hearhighway.org/gms/testimonials.html> and the Gold Medal School of the Month page at <http://www.hearhighway.org/gms/month.html>. GMS is funded with a combination of state, federal and private dollars (increased participation each year has been possible, in part, due to a substantial grant from Intermountain HealthCare). See Appendix B for a more complete GMS description or visit <http://www.hearhighway.org/gms/index.html>.

UDOH also has an internal coordinating workgroup, **Healthy Weight Workgroup (HWW)**, with representatives from 10 programs in 3 Divisions. HWW provides support to the Partnership for Healthy Weight and coordinates planning and obesity prevention efforts among GMS, A Healthier You, the Perinatal Task Force (pre-conception & BMI subgroups), Check Your Health, surveillance and reporting, etc.

Utah State Office of Education provides leadership for all Utah curriculum, including developing health education, nutrition and fitness, and physical education (PE). Due to funding shortfalls, many Utah school districts have eliminated PE specialists in elementary schools. To ensure that PE curriculum is delivered in a standardized and meaningful way, USOE provides PE in-services/trainings statewide to over 1,000 certified elementary school teachers annually. USOE recently issued the 2007 Revised Elementary Education Core Curriculum in which 150 minutes per week is recommended. For more info, visit (http://www.schools.utah.gov/curr/pe_health/documents/2007_Elem_PE_Core_Curr.pdf). This change in the requirement from 90 minutes per week to 150 minutes per week will require that the PE training course be revised and teachers/principals be given both the rationale for the change and tools to implement it. USOE is a member of AFHK and the Partnership for Healthy Weight.

Utah's local health departments (LHDs) have been active participants in GMS, and have signed on to the Partnership for Healthy Weight (both the local health officers association and the local health education directors association). **Davis County Health Department** is a role model for other LHDs in its GMS, allocating a substantial amount, \$23,000 (55%), of its Preventive Health and Health Services Block Grant contract funding to support GMS. DCHD reaches out to community partners and engages in innovative efforts, which is reflected in its commitment to participate in this Project and spread new knowledge to other LHDs.

Utah's school districts are now engaging in developing wellness councils and policies, addressing improved physical activity and nutrition for students, as required by USDA. In a survey conducted in fall of 2006, 30 of the 40 districts had established wellness councils and written wellness policies. It is anticipated that all 40 districts will be in compliance by the end of the 2006-07 school year. Most district superintendents have fully supported GMS; 35 of 40 districts have participated. **Davis School District** is a role model for other school districts, and, as evidenced by its commitment to participate in the Project, it will develop a more solid link between the wellness policy and GMS, participate in USOE's new PE training development, and spread new knowledge to other school districts.

Utah PTA has a long standing interest in children's health. It has been an active member of Action for Healthy Kids, and a strong supporter of GMS – both at the state level and in communities. Its volunteer structure provides an interesting challenge in developing and implementing statewide policies. However, it has done so with many health issues, including promoting health food vending, use of helmets and car restraints. Utah PTA has joined the Partnership to Promote Healthy Weight.

Action for Healthy Kids (AFHK) is a nationwide initiative dedicated to improving the health and educational performance of children through better nutrition and physical activity in schools. Utah AFHK (UAFHK) started in 2002, immediately after the first AFHK national summit. UAFHK works actively works with GMS and local school boards on policy and environmental changes. In 2006, it conducted a review of Utah's school districts to determine compliance with the USDA requirement for school wellness councils and policies: 30 of 40 were in compliance. As a result of the review, UAFHK recognized 7 of the 30 districts (with \$1000 each) as having strong policies that were being implemented. UAFHK has developed a growing reputation as a resource for school boards. UDOH, USOE, and Utah PTA are all members of UAFHK. UAFHK has joined the Partnership for Healthy Weight and is serving as the Leadership Team for implementation of the school section of the Blueprint. For a snapshot of UAFHK, visit http://www.actionforhealthykids.org/state_profile.php?state=UT.

Intermountain HealthCare (IHC) is the major health care plan and provider in Utah, with over 50% of the population either using its providers, hospitals or insurance plan. In addition to supporting GMS, IHC is a leader in obesity prevention in its own right. IHC has developed a medical care process for adult obesity treatment and now reimburses providers for non-surgical obesity treatment. In February, IHC launched a new statewide campaign to address physical activity in "tweens" and childhood/youth obesity. The multi-year statewide LiVe campaign (with tweens and parents as target audiences) includes TV, radio, web, print, outdoor, and school assemblies; and a children/adolescent weight management care process for health care providers. See Appendix G or www.intermountainlive.org for more information.

A Healthier You™ (AHY) is the Healthy Legacy Program from the 2002 Salt Lake Olympic Winter Games. AHY is an incentive award program for schools (GMS, described above), communities, worksites and college campuses, with criteria for award levels in 5 focus areas: physical activity, nutrition, safety, preventive services and substance abuse prevention. The goal of AHY is to serve as the impetus for these 4 settings to be multiplicative in making the healthy choice the easy choice at home, work, school, and play in Utah. UDOH provides the staff support to AHY. AHY is represented on the Partnership for Healthy Weight. See Appendix H or www.health.utah.gov/ahy for more information.

Governor Jon M. Huntsman, Jr. is a visionary leader for obesity prevention. He welcomed the participants to the Childhood Obesity Forum in 2005, issued the Utah Blueprint to Promote Healthy Weight at a press conference kicking off NGA Healthy America Week in May 2006, and hosted the Blueprint Partner Kick-off meeting in Sept. 2006 at the Governor's mansion. Mrs. Mary Kaye Huntsman has been an advocate for GMS, including participating in schools' events. She is also the founder of "The Power in You" focused on empowering youth, including a healthy weight teen champion and message. See <http://health.utah.gov/obesity> for Gov. Huntsman's signing of Healthy America Week proclamation.

E. Gold Medal Schools Project Timeline – July 2007–July 2008

Activity	July	Aug	Sep	Oct	Nov	Dec	Jan	Feb	Mar	Apr	May	Jun	July
Utah Department of Health													
Conduct policy team meeting	X			X			X			X			X
Write and process contracts	X												
Conduct mentor/school coordinator training		X		X			X						
Provide TA to partners	X	X	X	X	X	X	X	X	X	X	X	X	X
Develop an evaluation plan	X	X											
Conduct evaluation		X										X	
Collect mid-year and final reports from contractors						X						X	
Submit mid-year NGA report							X						
Attend mid-year NGA meeting (with Partners)							X						
Submit final NGA report													X
Davis Co. Health Dept:													
Recruit Gold Medal Schools with DSD	X	X	X	X						X	X		
Hire mentors	X	X	X	X									
Conduct baseline assessment		X	X	X									
Provide mentor support	X	X	X	X	X	X	X	X	X	X	X	X	X
Conduct mentor/coordinator meetings/trainings					X				X				
School kick off and award assemblies (with DSD)			X	X						X	X		
Davis School District:													
Link GMS on DSD homepage			X										
Obtain Superintendent letter of support for recruitment		X											
Obtain Board letter of support for 08-09 recruitment pkt.								X					
Identify school coordinators	X	X	X	X						X	X		
Provide coordinator support	X	X	X	X	X	X	X	X	X	X	X	X	X
Utah PTA:													
Meeting with PTA health commissioners and AFHK				X									
Board and member approval of non-food policy							X						
Convene stakeholders mtg.									X				
Compile non-food incentive ideas into a resource guide							X	X	X	X			
Distribute guide to all PTAs											X	X	
Utah State Office of Educ:													
Develop training for 150 mins/week PE			X	X	X								
Conduct pilot of training						X	X						
Train DSD teachers									X	X			

**Healthy Kids, Healthy America Proposed Budget
State of Utah**

Category	\$100,000 Project Budget	Matching Budget*	\$10,000 Scan Project Budget
Salaries and Wages	8,390	6,700	
Fringe Benefits at 61%	5,118		
GMS mentors-no benefits	7,123	6,677	
Total Personnel	20,631	14,510	0
Direct Costs			
Consultant/Subcontractor	56,000	5,750	
Total Subcontract	56,000	5,750	0
Travel - in-state	350		
Meeting Expenses	350		
Incentives for GMS	18,276	17,500	
Printing	1,000		
Office support expenses	2,180		
Mailing	200		
Total Direct Costs	78,356	23,250	0
Indirect Costs at 7.5%	1,013		
See Appendix I for Indirect Rate Agreement			
Total	100,000	37,760	0

***Matching Budget Detail:**

Personnel - inkind:

LaDene Larsen, Bureau Director - Project over site

Sarah Rigby - GMS Coordinator, Healthy Kids Team Leader and supervisor of Project Coordinator

50% of 10 GMS mentors for new schools for project year

Direct Costs - inkind:

1. Subcontractor: Davis County Health Department support (PHHSBG contract funds) for new GMSs

2. Incentives for GMS for 15 of 31 new GMS schools = \$17,500

15 bronze (\$200), silver (\$300) and/or gold (\$500) level awards = \$13,965

15 school plaques @ \$113 = \$1,695

15 school stipends for student recognition @ 100 = \$1,500

5 GMS assembly banners @ \$68 X 5 = 340

BUDGET DETAIL	Total: \$100,000
Utah Department of Health -	\$44,000
Personnel:	\$20,631
1. GMS Health Program Specialist II (Chelsea Hussey): 0.25 FTE (salary and fringe) = \$13,508	
• Coordinate the Project	
• Technical assistance to Gold Medal Schools	
• Technical assistance to Davis School District and Davis LHD at least monthly	
• Assist and attend baseline assessment meetings	
• Assist with school Kick-off and end of year award assemblies	
2. GMS mentors – 50% of 10 GMS metntors @ \$1,380 each = \$7,123	
3. Indirect @ 7.5% of salary and fringe - \$1,013 (See appendix I for indirect rate agreement)	
UDOH Direct Costs:	\$22,356
1. Travel – instate, meeting expenses, printing, mailing, office support for 0.25 FTE (phones, wide area network, insurance and bonds, office space) = \$4,080	
2. Incentives for Gold Medal Schools - \$18,276	
a. Banners, plaques, incentives for schools – 16 @ \$1,142 each	
Subcontractors:	\$56,000
A. Subcontractor - Utah State Office of Education -	\$10,000
• Develop an education/training plan to implement the new core curriculum recommendation of 150 minutes of PE for all Gold Medal Schools	
• Pilot the education/training plan with a sample of Davis District schools	
• Provide at least 1 training session to all elementary schools in Davis county schools for transition from 90 to 150 minute of PE	
B. Subcontractor - Davis School District -	\$15,000
• Recruit 100% of elementary schools to participate in Gold Medal Schools	
• Identify and support a Gold Medal School coordinator in participating schools	
• Link district web page with the Gold Medal School web page	
• Present Gold Medal Schools to Davis District School Board and obtain Board support	
• Attend Kick-off and end of the year assemblies	
• Assist with school recruitment (coordinate efforts with LHD)	
• Letter of support for recruitment packet	
• Attend 1-2 meetings per year with each new GMS	
C. Subcontractor - Davis County Local Health Department -	\$20,000
Community Health Educator – 0.40 FTE	
• Provide and managing all mentors to all GMS in the district	
• Provide 2 school coordinator training/meeting	
• Provide management/support to mentors and schools, including monthly meetings with mentors	
• Attend baseline assessment meetings, Kick-off and end of the year award assemblies	
C. Subcontractor - Utah Parent Teacher Association -	\$11,000
• Convene a meeting of all regional PTA Health Commissioners and Action for Healthy Kids to develop a PTA policy on non-food incentives in schools	
• Coordinate a state level stakeholder meeting to address non-food incentives in the classroom with the State Office of Education, Utah Educators Association, Utah Association of Local Boards of Education, and State and Local Health Departments	
• Develop a compendium of non-food incentive ideas and distribute to elementary schools	