

<b>Short-term Objectives</b>	<b>Activities</b>	<b>Indicator (what type of data you will need)</b>	<b>Data (where you will get the data)</b>	<b>Time-frame for Assessing Progress</b>	<b>Staff Responsible</b>
<p>1. By 9/29/2009, assist Addams Elementary School in providing the state requirement of 150 minutes per week of health education &amp; physical activity for children grades K-5, utilizing CATCH curriculum and experiential learning activities.</p>	<p>1. Provide 30 minutes per week of health education &amp; physical activities for children K-5 at Addams Elementary School.  2. Provide after school program for up to 40 youth grades 1 – 5, including 60 minutes per day of MVPA. Includes weekly nutrition &amp; fitness lessons, including CATCH curriculum &amp; experiential learning activities.</p>	<ul style="list-style-type: none"> <li>• Number of classes</li> <li>• Number of students</li> <li>• Number of afterschool participants</li> <li>• Amount of time in health education &amp; MVPA</li> </ul>	<ul style="list-style-type: none"> <li>• Attendance sheets</li> <li>• Lesson records</li> </ul>	<p>9/30/2008 - 9/29/2009</p>	<p>Jennie Howard,  Kevin Heeneey  Sherry Surrell  Alison Arrington</p>

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<p>2. By 9/29/2009, establish an employee wellness program for IHCRC employees that will involve at least 33% of employees.</p>	<ol style="list-style-type: none"> <li>1. Develop plan &amp; get approved by administration</li> <li>2. Present plan at Oct. staff meeting</li> <li>3. Enroll participants</li> <li>4. Wellness staff to teach various classes/activities</li> <li>5. Develop schedule of classes</li> <li>6. Develop evaluation tool</li> <li>7. Implement program</li> <li>8. Evaluate program effectiveness each quarter.</li> </ol>	<ul style="list-style-type: none"> <li>• Number of participants</li> <li>• Number of classes</li> <li>• Program success</li> <li>• Type of activities in the plan</li> </ul>	<ul style="list-style-type: none"> <li>• Sign in sheets</li> <li>• Schedule of classes</li> <li>• Lessons taught</li> <li>• Evaluations</li> <li>• Employee Wellness Plan</li> </ul>	<p>9/30/2008 – 9/29/2009</p>	<p>Jennie Howard, Kay Meek</p>

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3. By 9/29/2009, offer three, 6-week tobacco cessation classes.	<ol style="list-style-type: none"> <li>1. Set up dates for classes</li> <li>2. Market classes to patients</li> <li>3. Have classes</li> <li>4. Complete class evaluations</li> </ol>	<ul style="list-style-type: none"> <li>• Number who attended classes</li> <li>• Successful class evaluations</li> <li>• Number of patients who quit smoking by the end of each class</li> </ul>	<ul style="list-style-type: none"> <li>• Sign in sheets</li> <li>• Class evaluations</li> </ul>	9/30/2008 – 9/29/2009	Clayton Tselee

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<p>4. By 9/29/2009, regularly attend meetings of at least 6 local or state organizations that address health-related policies.</p>	<p>1. Regular attendance at, but not limited to, the following meetings:</p> <ul style="list-style-type: none"> <li>• Fit Kids Coalition</li> <li>• Step Up for Kids Day</li> <li>• Lights on After School</li> <li>• PlaniTulsa</li> <li>• State Health Obesity Plan &amp; workgroups</li> <li>• Healthy Business Academy</li> <li>• REACH</li> <li>• School-based Healthy &amp; Fit Advisory Committees</li> </ul>	<ul style="list-style-type: none"> <li>• Number of meetings attended</li> <li>• Type of meetings attended</li> </ul>	<ul style="list-style-type: none"> <li>• Calendar</li> <li>• Meeting minutes</li> </ul>	<p>9/30/2008 – 9/29/2009</p>	<p>Jennie Howard, Nancy O’Banion, various other Health Education department staff members</p>

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5. By 9/29/2009, provide mentorship to REACH partners and Legacy grantees	<ol style="list-style-type: none"> <li>1. Meet with partners/ grantees at REACH meetings</li> <li>2. Meet with partners/ grantees at trainings</li> <li>3. Work with partners/ grantees individually</li> </ol>	<ul style="list-style-type: none"> <li>• Number of partners/ Legacy grantees</li> <li>• Number of REACH meetings</li> <li>• Number of trainings</li> <li>• Number of individual meetings</li> </ul>	<ul style="list-style-type: none"> <li>• Meeting minutes</li> <li>• Sign in sheets</li> </ul>	9/30/2008 – 9/29/2009	Nancy O'Banion, Jennie Howard

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6. By 9/29/2009, evaluate the effectiveness of the REACH coalition mentoring program and assess the effectiveness of each partner.	<ol style="list-style-type: none"> <li>1. Create evaluation tools for the mentoring program</li> <li>2. Create evaluation tool for REACH partners</li> </ol>	<ul style="list-style-type: none"> <li>• Successfulness of mentoring program</li> <li>• Successfulness of REACH partners</li> </ul>	<ul style="list-style-type: none"> <li>• Mentoring program evaluations</li> <li>• REACH partner evaluations</li> </ul>	9/30/2008 – 9/29/2009	REACH partners & OSDH staff

<b>Intermediate objectives</b>	<b>Data Source/Method of Collection</b>	<b>Data Analysis</b>	<b>Person responsible for data collection/analysis</b>
1. By 2010, all programs will have effective evaluation tools in place.	<ul style="list-style-type: none"> <li>• Evaluation tools, including but not limited to:               <ul style="list-style-type: none"> <li>- Quizzes</li> <li>- Satisfaction surveys</li> <li>- Programmatic assessment/scoring tools</li> </ul> </li> </ul>	Evaluate the use and outcomes of these evaluation tools.	Nancy O'Banion

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2. By 2010, at least 3 Tulsa Public Schools will adopt policies related to physical activities and/or nutrition.	<ul style="list-style-type: none"> <li>• Program records</li> <li>• Meeting minutes</li> <li>• School policies</li> </ul>	Evaluate the improvements in policy changes	Nancy O'Banion

<b>Long-term objectives</b>	<b>Data Source/Method of Collection</b>	<b>Data Analysis</b>	<b>Person responsible for data collection/analysis</b>
1. By Sept 2012, decrease the disparity in the prevalence of diabetes/CVD between American Indians and other races in Tulsa County	<ul style="list-style-type: none"> <li>• BRFSS</li> <li>• Other community survey</li> </ul>	Compare disparity in prevalence of diabetes at baseline and at follow-up	OSDH