

**Let's Move Holyoke 5-2-1-0  
Spring Site Survey Results  
November 2016**

| Fall 2016 Site Survey Responses         |    |
|---|----|
| # of participants sent survey           | 18 |
| # of participants who completed survey  | 14 |
| # of Partner Sites who were sent survey | 11 |
| # of Partner Sites who completed survey | 10 |

| Primary Site Setting* (n=10 Partner Sites)           |           |             |
|--|-----------|-------------|
| <i>Past 6 Months (April 2016 - September 2016)</i>   | #         | %           |
| School   | 3         | 30%         |
| Early childhood education                            | 1         | 10%         |
| Out-of-school program                                | 1         | 10%         |
| Work site  | 0         | 0%          |
| Other community site                                 | 2         | 20%         |
| Clinical site/ Healthcare organization               | 3         | 30%         |
| <b>Total</b>   | <b>10</b> | <b>100%</b> |
| *Evaluator grouped each site by primary site setting |           |             |

| Site Partner Results (n=10 Partner Sites)                       |      |     |
|---|------|-----|
| <i>Past 6 Months (April 2016 - September 2016)</i>              |      |     |
| <b><i>Of the Sites who Completed the 2016 Spring Survey</i></b> | #    | %   |
| Had a Site Champion   | 7    | 70% |
| Had a Site Team that Met Regularly                              | 5    | 50% |
| Implemented Evidenced-based Activity                            | 9    | 90% |
| Implemented at Least 1 LMH 5210 Priority Strategies             | 9    | 90% |
| Implemented at Least 1 LMH 5210 Activity                        | 9    | 90% |
| Incorporated LMH 5210 Message at Site                           | 8    | 80% |
| Posted LMH 5210 Materials at Site                               | 7    | 70% |
| Used 5210 Toolkit   | 6    | 60% |
| Used Healthy Living Plan*                                       | 4    | 40% |
| *# of Healthy Living Plans used                                 | 1174 | --  |
| **# of participants served by all partner sites                 | 5570 | --  |



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\*1142 in Well child visits, 90 in Healthy Weight Clinic, 42 in FVRx, and 500 estimated at Head Start intake. Two sites reported using a HLP in the past 6 months, but did not provide a total number of plans distributed.

\*\* Rough estimate. Some respondents unable to calculate how many served or evaluator doesn't have reference to total numbers to calculate #s served

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| <b>Evidenced-based Practices (n=10 Partner Sites)</b>   |          |          |
|---|----------|----------|
| <i>Past 6 Months (April 2016 - September 2016)</i>  |          |          |
| <b>Of the Sites who Completed the 2016 Fall Survey</b>  | <b>#</b> | <b>%</b> |
| Safe Routes to School program   | 2        | 20%      |
| Structured recess   | 3        | 30%      |
| Physical activity program   | 4        | 40%      |
| Increased recess or physical activity time  | 3        | 30%      |
| BOKS before or after school exercise program  | 0        | 0%       |
| Physical activity breaks in school/preschool day  | 3        | 30%      |
| Food service staff development training   | 2        | 20%      |
| Increase lunchtime  | 1        | 10%      |
| Food mentoring for lunchtime or breakfast   | 1        | 10%      |
| Healthy cooking and food prep infrastructure  | 0        | 0%       |
| Culturally appropriate menus  | 4        | 40%      |
| After School Program  | 5        | 50%      |
| Nutrition program   | 5        | 50%      |
| 5210 Educational Bulletin Board   | 4        | 40%      |
| Cooking demonstrations  | 3        | 30%      |
| 5210 powerpoint curriculum  | 2        | 20%      |
|   |          |          |
| <p>Note: Respondents could select all that apply (i.e., category is not mutually exclusive) and therefore responses may not add up to 100%</p> <p>Note: 9 of 10 (90%) sites reported implementing at least one evidenced-based activity</p> <p>Note: 8 of 10 (80%) sites reported implementing more than one activity</p> |          |          |

| <b>LMH 5-2-1-0 Priority Strategies (n=10 Partner Sites)</b>                |          |          |
|--|----------|----------|
| <i>Past 6 Months (April 2016 - September 2016)</i>                         |          |          |
| <b>Of the Sites who Completed the 2016 Fall Survey</b>                     | <b>#</b> | <b>%</b> |
| Provide healthy choices for snacks & celebrations; limit unhealthy choices | 7        | 70%      |



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|  |   |     |
|--|---|-----|
| Provide water and low fat milk; limit or eliminate sugary beverages  | 8 | 80% |
| Provide non-food rewards   | 8 | 80% |
| Provide opportunities for children to get physical activity everyday   | 7 | 70% |
| Limit screen time  | 4 | 40% |
| <p>Note: Respondents could select all that apply (i.e., category is not mutually exclusive) and therefore responses may not add up to 100%</p> <p>Note: 9 of the 10 (90%) sites reported implementing a least one 5-2-1-0 priority strategies</p> <p>Note: 9 of the 10 (90%) sites reported implementing more than one 5-2-1-0 priority strategy</p> |   |     |

| <b>Incorporation of the Let's Move Holyoke 5-2-1-0 message (n=10 Partner Sites)<br/>Past 6 Months (April 2016 - September 2016)</b>  |          |          |
|--|----------|----------|
| <b><i>Of the Sites who Completed the 2016 Fall Survey</i></b>  | <b>#</b> | <b>%</b> |
| I have not incorporated the Let's Move Holyoke 5-2-1-0 message at my site  | 0        | 0%       |
| Posted 5-2-1-0 information on our website or social media  | 2        | 20%      |
| Posted 5-2-1-0 information at our site (physical location)   | 7        | 70%      |
| Distributed 5-2-1-0 materials to students or youth participants  | 6        | 60%      |
| Distributed 5-2-1-0 materials to parents or caregivers   | 4        | 40%      |
| Shared 5-2-1-0 materials with staff, colleagues, or supervisors  | 4        | 40%      |
| Held/sponsored events/fairs that promoted the 5-2-1-0 message  | 4        | 40%      |
| Participated in events/fairs that promoted the 5-2-1-0 message   | 3        | 30%      |
| Incorporated the Let's Move 5-2-1-0 message into an existing curriculum  | 3        | 30%      |
| Other*   | 3        | 30%      |
| <p>Note: Respondents could select all that apply (i.e., category is not mutually exclusive) and therefore responses may not add up to 100%</p> <p>*Other included: summer program curriculum, cooking classes, events, and nutrition education lessons</p> |          |          |

| <b>Promotion of Healthy Eating and Active Living at your site? (n=10 Partner Sites)<br/>Past 6 Months (April 2016 - September 2016)</b> |          |          |
|---|----------|----------|
| <b><i>Of the Sites who Completed the 2016 Fall Survey</i></b>   | <b>#</b> | <b>%</b> |
| I have not incorporated any healthy eating or active living messages at my site   | 0        | 0%       |



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|   |   |     |
|---|---|-----|
| Posted healthy eating or active living information on our website or social media   | 2 | 20% |
| Posted healthy eating or active living information at our site (physical location)  | 7 | 70% |
| Distributed healthy eating or active living materials to students or youth participants   | 6 | 60% |
| Distributed healthy eating or active living materials to parents or caregivers  | 4 | 40% |
| Shared healthy eating or active living materials with staff, colleagues, or supervisors   | 6 | 60% |
| Held/sponsored events/fairs that promoted healthy eating or active living message   | 3 | 30% |
| Participated in events/fairs that promoted healthy eating or active living  | 5 | 50% |
| Incorporated healthy eating or active living into an existing curriculum  | 3 | 30% |
| Other*  | 1 | 10% |
| <p>Note: Respondents could select all that apply (i.e., category is not mutually exclusive) and therefore responses may not add up to 100%</p> <p>Other included using evidenced-based curriculums at YMCA, Holyoke Public Schools, and a bilingual parent newsletter</p> |   |     |

| <b>What best describes how you have used the 5-2-1-0 toolkit? (n=6 Partner Sites Used Toolkit)<br/>Past 6 Months (April 2016 - September 2016)</b>  |          |          |
|---|----------|----------|
| <b><i>Of the Sites who Reported Using the Toolkit</i></b>   | <b>#</b> | <b>%</b> |
| To identify activities or policies to implement at my site  | 3        | 50%      |
| To help implement activities or policies at my site   | 3        | 50%      |
| To spread awareness about healthy eating and active living  | 4        | 67%      |
| To find resources about healthy eating and active living  | 5        | 83%      |
| Other   | 1        | 17%      |
| <p>Note: Respondents could select all that apply (i.e., category is not mutually exclusive) and therefore responses may not add up to 100%</p> <p>Other included using the toolkit to build informational resource handouts</p> |          |          |

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**Please share any additional comments, information, or needs related to your 5-2-1-0 work.  
(n=14)**

*Past 6 Months (April 2016 - September 2016)*

Collaborating with Holyoke's Prevention and Wellness Trust Fund obesity initiative. Will incorporate into CORD 2 (Childhood Obesity Research Demonstration) project in next reporting period. Have trained 6 HHC RNs to do RN Healthy Weight visits using the LP and 5210 tool kit. Trained 5 Community Health Workers on healthy weight management and use of HLP and 5210 tool kit. Trained all providers at HHC to do structured healthy weight visits for adults and children using the HLP and 5210 tool kit-approximately 20. Trained all clinical staff on BMI measurement and use of HLP-approximately 75. 4 Advisory Board members attended the Let's Go! Conference in Portland, Maine (a 5210 conference).

I recommend to revisit the program vision, mission and objectives.

We as a hospital are working hard to eliminate all sugary drinks, education about nutrition to our staff and patients daily, provide the right foods to all people

In our 2016-2017 Operational Plan, we have included increased lunch and recess time (40 minutes, up ten minutes from prior years) along with structured recess that is connected to Second Step, a program to support students in social skills, at the K-5 level.

Parent Newsletter sent this past school year (Bilingual) at schools participating in nutrition program- "Grains, Fruits and Vegetables", "Jump Start your Brain with Breakfast" , "MyPlate for Good Health", "Too Much Screen Time" Total of 1763 k-5 students participated.

## Clinical and Healthcare Activities

### Holyoke Medical Center

#### **Healthy Eating and Active Living Activities Being Implemented:**

- Food service staff development training
- Culturally appropriate menus
- Educational Bulletin Board

#### **5210 Priority Strategies Being Implemented**

- Provide healthy choices for snacks and celebrations; limit unhealthy choices
- Provide water and low fat milk; limit or eliminate sugary beverages
- Provide non-food rewards

#### **Key 5210 Activities Implemented in the past 6 months**

- **Eliminate all non-healthy foods in our educational and all community events (Continued)**

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*Target Population(s): Adolescents and Adults*

- **Message Promotion in Pediatrician offices (New)**  
*Target Population(s): School-age children and Adolescents*  
Hang flyers, place child-friendly coloring books, shopping guides in pediatrician offices
- **Weight Check/Healthy Weight visits with RN and Dietitian in Pediatrician offices (Continued)**  
*Target Population(s): School-age children and Adolescents*

## Holyoke Health Center

### **Healthy Eating and Active Living Activities Being Implemented:**

- Physical activity program
- Culturally appropriate menus
- Food mentoring for lunchtime or breakfast
- After school program
- Nutrition program
- Educational Bulletin Board
- Cooking demonstrations
- 5210 powerpoint curriculum
- 

### **5210 Priority Strategies Being Implemented**

- Provide healthy choices for snacks and celebrations; limit unhealthy choices
- Provide water and low fat milk; limit or eliminate sugary beverages
- Provide opportunities for children to get physical activity everyday
- Provide non-food rewards
- Limit screen time

### **Key 5210 Activities Implemented in the past 6 months**

- **Fruit and Vegetable Prescription Program (New)**  
*Target Population(s): Young children, School-age children, Adolescents, and Adults*  
Group healthy weight clinic. Patients have monthly class with medical component done by pediatrician. 5210 coordinator teaches class using 5210 curriculum. HLP used for goal setting. Classes done weekly for program with families attending monthly. Each group visit attended families received a FVRx for Holyoke Farmers Market to be used every week till the next visit. Families received \$20 per week to buy fresh fruits and vegetables.
- **5210 at the Holyoke Farmer's Market (New)**  
*Target Population(s): School-age children, Adolescents, and Adults*  
Promoted the message of the program at the Holyoke Farmer's Market. The activities included sugar display, flyers, giveaways, and the obstacle course.
- **YMCA 5210 Summer Program (New)**  
*Target Population(s): School-age children*  
Developed and incorporated the Let's Move Holyoke 5210 curriculum to be used by the wellness coaches for the Holyoke Public School 5210 YMCA Summer Program. The activity also included training on the use of the curriculum as well as the tool kit to the program wellness coaches (2). Every day the kids going through the program had the opportunity to learn about the Let's Move Holyoke 5210 message. The curriculum also included physical activity tips, nutrition tips and

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hands on demonstration when possible. The wellness coaches provided outdoor physical activity opportunities for the kids.

- **Head Start Let's Move Holyoke 5210 Cooking Classes (New)**  
*Target Population(s): Young children and Adults*  
The activity was a partnership between Head Start, Enlace de Families and the Let's Move Holyoke 5210 program. The aim is to educate families hard to reach (homeless, shelter families or new comers) about the 5210 message utilizing hands on food demonstrations and cooking from scratch as a learning tool. Every week each number of the message was presented using the 4 weeks Let's Move Holyoke Power Point presentation developed for this particular class and the recipe assigned for the topic of the day. Head Start widely promoted the program amount city wide shelters and other agencies using flyers and using their email contact list. No registration was required to participate on the class. Every week the class participants attracted 12 to 15 people including their children's. Childcare was provided to allow parents to focus on the class. The class was very interactive and allowed participants to participate on the cooking if they choose to creating an enhancing and reach opportunity to learn basic cooking skills, food safety tips, healthy cooking techniques, and basic nutrition and physical activity skills.
- **Let's Move Holyoke 5210 Paulo Feire Charter School administrators training (New)**  
*Target Population(s): Adolescents, and Adults*  
Training to the Paulo Feire Wellness team and some administrators on the Let's Move Holyoke 5210 program. This is a work in progress activity. However, from several meetings and conversations with the wellness team it is interest from their part to not only embrace but to champion the program. Our goal is to be able to provide educational workshops for parents and students around the Let's Move Holyoke 5210 message and to incorporate the use of the Healthy Living Plan. Note: October scheduled parent/student workshop was postponed.
- **Main Lobby Exhibit : Fruits and Veggies (New)**  
*Target Population(s): Young children, School-age children, Adolescents, and Adults*  
Presentation Board with Benefits, Nutritional Value, Advantages of Eating your Colors of fruits and veggies. / Educational Materials, Recipes
- **Zero Sugary Beverage Exhibit for the Staff at Holyoke Health Center (New)**  
*Target Population(s): Adults*  
A Zero Sugary Beverage Exhibit was place in the lunch room for Holyoke Health Center Staff, this includes Infuse Water / Flyers: Zero Sugary Beverages, Amount of Sugar in Common Beverages, The Role and Benefits of Water. The staff drank infuse water and took flyers distributed.
- **Program Flyers and Educational Materials provided to La Linda Manita Staff (New)**  
*Target Population(s): Young children*  
La Linda Manita is a parenting program for children under 5 years old. The staff useD to provided unhealthy snacks to the children. I took the initiative in providing Program Flyers, Educational Materials with Activities and Healthy Snacks options to the staff in order to help change the children habits. Right now we are in the process of scheduling a training for the 5210 Tool Kit.
- **Wise Clinic (Continued)**  
*Target Population(s): Adults*  
WISE Clinic is a shared medical appointment initiative with a curriculum for patients with a diagnosis of Metabolic Syndrome, these patients have diagnosis of: obesity or overweight, hypertension, pre- diabetes, diabetes, high LDL cholesterol, low HDL
- **Healthy Future Clinic-Multidisciplinary Healthy Weight Clinic (Continued)**  
*Target Population(s): School-age children and Adolescents*  
Healthy Future Clinic-Multidisciplinary Healthy Weight Clinic includes provider (pediatrician) assessment and medical nutrition therapy with an RD. HLP is used to goal set at each monthly visit. A medical assistant serves as case manager. Many families are referred to the Greater



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Holyoke YMCA for an income based membership to promote physical activity. The YMCA referral is a collaboration with Prevention Wellness Trust Fund, that LMH 5210 is a partner.

- **Acrylic Boxes with the Amount of Sugar of Common Beverages (Continued)**  
*Target Population(s): Adults*  
Our team has acrylic boxes with common sugary beverages and the amount of sugar in a zip lock bag in every floor. These acrylic boxes have a label with the portion and number of sugar teaspoons per beverage.
- **Healthy Living Plan (Continued)**  
*Target Population(s): Young children, School-age children, and Adolescents*  
We incorporate the HLP into all Well Child Exams from age 2-18 years old. The HLP is used as a goal setting tool for the primary care provider during these visits.
- **Holyoke Health Center Work Site Wellness Program- (Continued)**  
*Target Population(s): Adults (Yoga, Zumba), all ages (Family Fun Day)*  
Offering yoga and Zumba classes to staff 3-5 times a week. Family fun day for all ages included bounce house, volleyball, tug of war, field games
- **Community events and outreach (Continued)**  
*Target Population(s): Young children, School-age children, Adolescents, and Adults*  
Health fairs, community events, and/or 5210 educational
- **Let's Move Holyoke 5210 Facebook page (Continued)**  
*Target Population(s): Adolescents and Adults*

## School Activities

### Kelly

#### **Healthy Eating and Active Living Activities Being Implemented:**

- Safe routes to school program
- Structured recess
- Physical activity program
- Increased recess or physical activity time
- Physical activity breaks during school day
- Culturally appropriate menus
- After school program

#### **5210 Priority Strategies Being Implemented**

- Provide healthy choices for snacks and celebrations; limit unhealthy choices
- Provide water and low fat milk; limit or eliminate sugary beverages
- Provide non-food rewards
- Provide opportunities for children to get physical activity everyday

#### **Key 5210 Activities Implemented in the past 6 months**

- **YMCA during school day (New)**  
*Target Population(s): School-age children*  
Increasing the amount of exercise or physical activity

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**Healthy Eating and Active Living Activities Being Implemented:**

- Structured recess
- Increased recess or physical activity time
- Physical activity breaks during school day
- Increased lunchtime
- After school program
- Nutrition program

**5210 Priority Strategies Being Implemented**

- Provide healthy choices for snacks and celebrations; limit unhealthy choices
- Provide non-food rewards
- Provide opportunities for children to get physical activity everyday

**Key 5210 Activities Implemented in the past 6 months**

- **UMASS Nutrition Program at the K-5 level (*Continued, but newly reported*)**  
*Target Population(s): School-age children*

District-wide

**Healthy Eating and Active Living Activities Being Implemented:**

- 5210 Educational Bulletin Board

**5210 Priority Strategies Being Implemented**

- Provide water and low fat milk; limit or eliminate sugary beverages
- Provide opportunities for children to get physical activity everyday

**Key 5210 Activities Implemented in the past 6 months**

- None reported

## **Out of School Activities**

YMCA

**Healthy Eating and Active Living Activities Being Implemented:**

- Physical activity program
- After school program
- 5210 powerpoint curriculum

**5210 Priority Strategies Being Implemented**

- Provide healthy choices for snacks and celebrations; limit unhealthy choices
- Provide water and low fat milk; limit or eliminate sugary beverages
- Provide non-food rewards
- Provide opportunities for children to get physical activity everyday

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- Limit screen time

**Key 5210 Activities Implemented in the past 6 months**

- **Power Scholars Academy - Achievement Gap/Summer Learning Loss program (New)**  
*Target Population(s): School-age children*  
This past summer we worked with approximately 240 Holyoke Public Schools students in a 5-week summer learning loss program. The students/scholars were entering 1st, 2nd, 3rd and 4th grades. The morning was spent in academic instruction and the afternoon was spent in enrichment activities. One of our enrichment's was Let's Move Holyoke 5210. All scholars rotated through Let's Move Holyoke 5210 during the program. We used the Power Point curriculum and Ana Jaramillo, Let's Move Holyoke 5210 Coordinator trained the Enrichment staff.
- **Kelly School - Enrichment Programs (New)**  
*Target Population(s): School-age children*  
As a part of Kelly Schools extended day model, the 3rd, 4th and 5th grades come to the Y two-days a week. Each grade rotates through enrichment activities and Let's Move Holyoke 5210 is one of the enrichment activities that all students rotate through. We are using the power point curriculum.

## Early Childhood Activities

### Head Start

**Healthy Eating and Active Living Activities Being Implemented:**

- Safe routes to school
- Structured recess
- Physical activity program
- Increased recess or physical activity time
- Physical activity breaks in school/preschool day
- Food service staff development training
- Culturally appropriate menus
- Nutrition program
- Cooking demonstrations

**5210 Priority Strategies Being Implemented**

- Provide healthy choices for snacks and celebrations; limit unhealthy choices
- Provide water and low fat milk; limit or eliminate sugary beverages
- Provide non-food rewards
- Provide opportunities for children to get physical activity everyday
- Limit screen time

**Key 5210 Activities Implemented in the past 6 months**

- **Parent Information is handed out monthly including 5210 (Continued, but newly reported)**  
*Target Population(s): Young children and Adults*
- **Healthy Habits (Continued, but newly reported)**  
*Target Population(s): Young children and Adults*
- **Different Fruits and Vegetables (Continued, but newly reported)**

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*Target Population(s): Young children*

- **Be an Active Family (Continued, but newly reported)**  
*Target Population(s): Young children and Adults*
- **Cut Back on Sweets and Smart Beverage choices (Continued, but newly reported)**  
*Target Population(s): Young children and Adults*

## **Other Community Partners Activities**

### WIC

#### **Healthy Eating and Active Living Activities Being Implemented:**

- Nutrition program
- 5210 educational bulletin board

#### **5210 Priority Strategies Being Implemented**

- None reported

#### **Key 5210 Activities Implemented in the past 6 months**

- **Re-think your Drink Bulletin boards in WIC offices (New)**  
*Target Population(s): Young children*  
Bulletin boards titled : Re-think your drink illustrating the amt. of sugar in popular beverages that children drink : Gatorade, Chocolate Milk and Sunny D. Also charts with information about artificial sweeteners.  
  
**Pop Up Grocery Tours (New)**  
*Target Population(s): Adults*  
Share Our Strength is planning on conducting these pop up tours once a month at the Holyoke WIC site for approx. 15 parents each time. This pop up tour is to encourage label reading during grocery shopping.

### UMASS Extension Nutrition Program

#### **Healthy Eating and Active Living Activities Being Implemented:**

- After-school program
- Nutrition program
- Cooking demonstrations

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**5210 Priority Strategies Being Implemented**

- Provide healthy choices for snacks and celebrations; limit unhealthy choices
- Provide water and low fat milk; limit or eliminate sugary beverages
- Provide non-food rewards
- Provide opportunities for children to get physical activity everyday
- Limit screen time

**Key 5210 Activities Implemented in the past 6 months**

- None reported

River Valley School-based Health Center

**Healthy Eating and Active Living Activities Being Implemented:**

- None reported

**5210 Priority Strategies Being Implemented**

- Provide water and low fat milk; limit or eliminate sugary beverages
- Provide non-food rewards

**Key 5210 Activities Implemented in the past 6 months**

- **Coordination of care with HHC Healthy Weight program (New)**  
*Target Population(s): Adolescents*  
We have begun to see students on a weekly or biweekly basis who are being followed in Healthy Weight program