

GAVA

GO! AUSTIN/VAMOS! AUSTIN



Michael & Susan Dell
FOUNDATION

Neighborhoods Working Together for
Health
A five year initiative with goals at the child, family, and community
level

Year 1 Updates

GAVA goals

Community driven, Aligned partnerships

Increased
access to
healthy
food and
safe
physical
activity



Improved
knowledg
e and
motivation



Improved
healthy
eating
and
physical
activity
behaviors

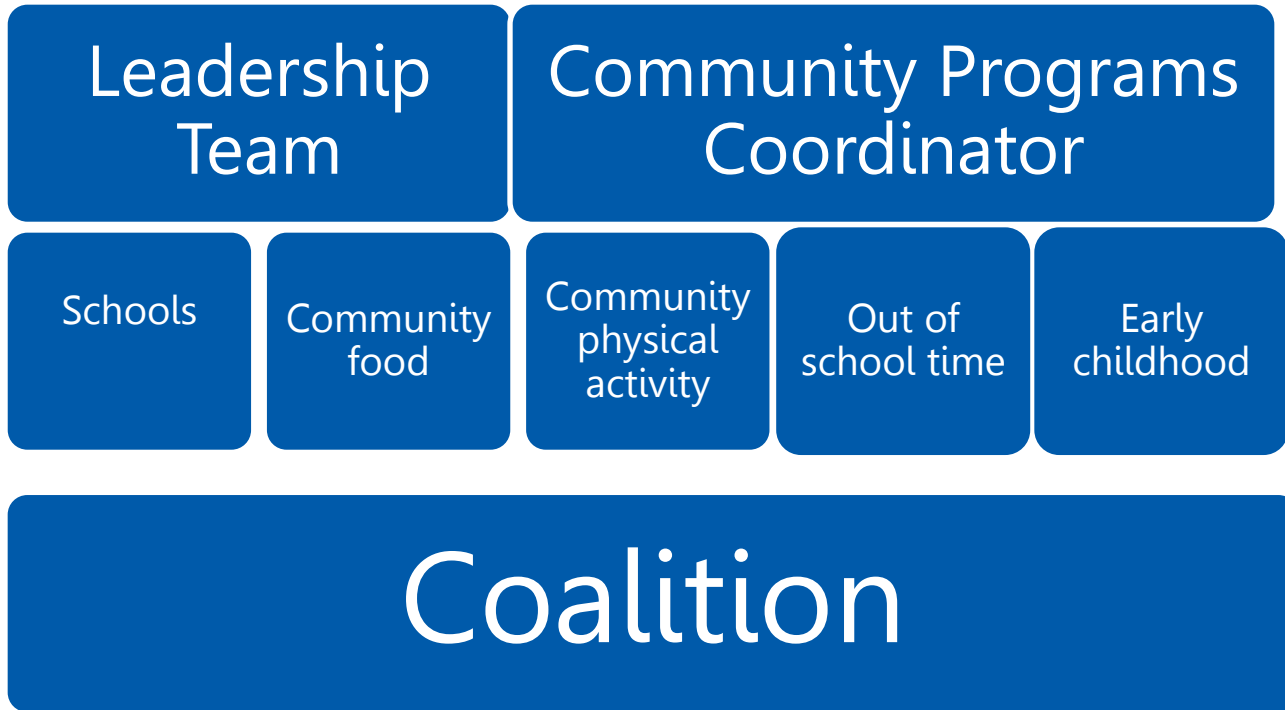


Improved
BMI
Improved
fitness



Improved
student
attendance
Improved
student
achievement

GAVA structure



Leadership Team

Austin Interfaith
The Austin Project
Sustainable Food Center
UT School of Public Health/CATCH
United Way
Austin Parks Foundation
Marathon Kids

CPC – Kurt Cadena Mitchell

Schools – Carmen Llanez Pullido/Megan Conklin

Houston Elementary
Rodriguez Elementary
Perez Elementary
Widen Elementary
Langford Elementary
Mendez Middle

Community food – Andrew Smiley/Simone Benz

No site specific teams yet

Community PA – Eric Courchesne

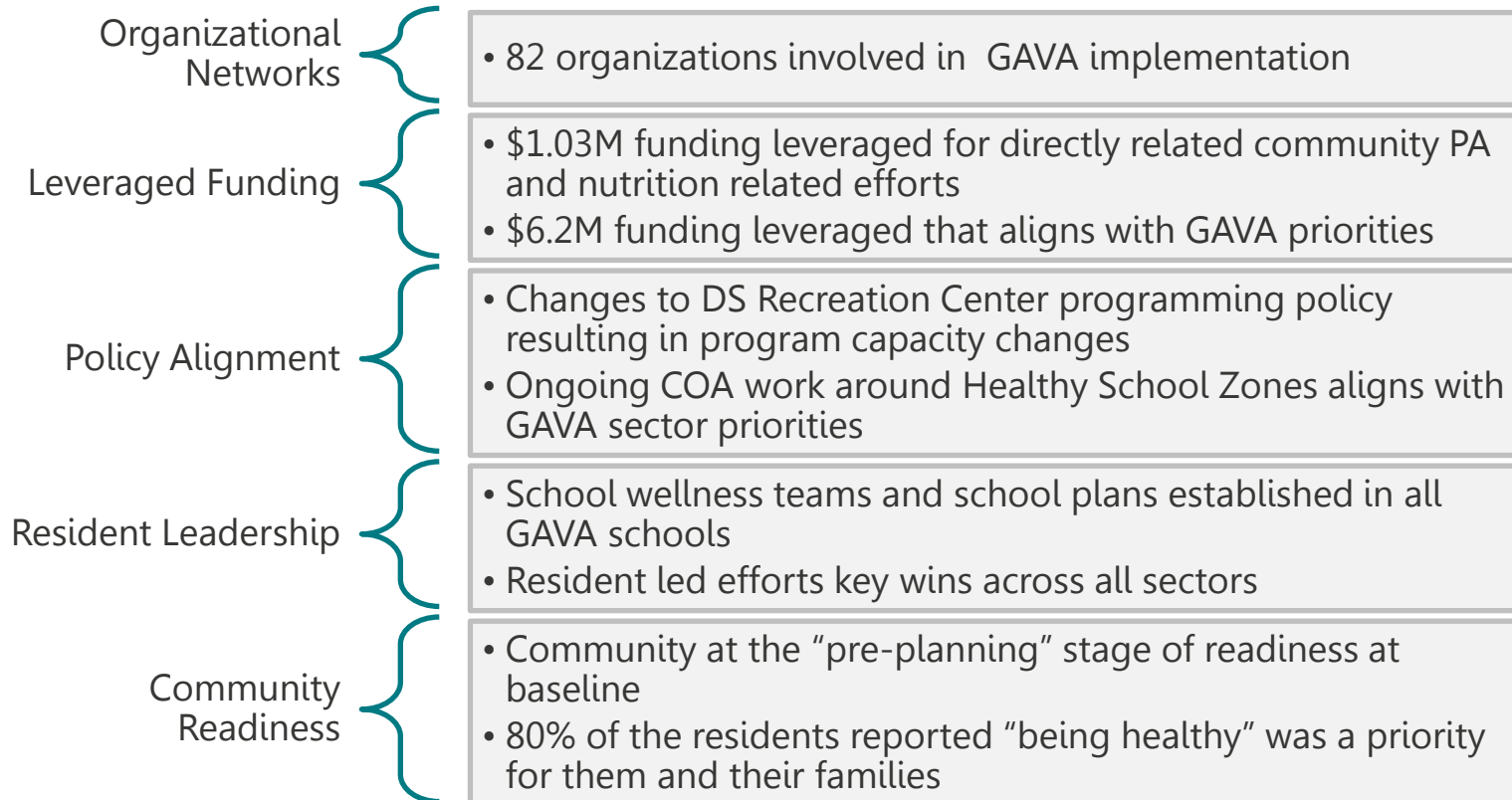
Dove Springs District Park Team
Franklin Park Team
Houston Park Team
Ponciana Park Team
Onion Creek Park Team

Early childhood- Kaley Horton

No site specific teams yet

Coalition

Overview of Key Wins for GAVA Year 1

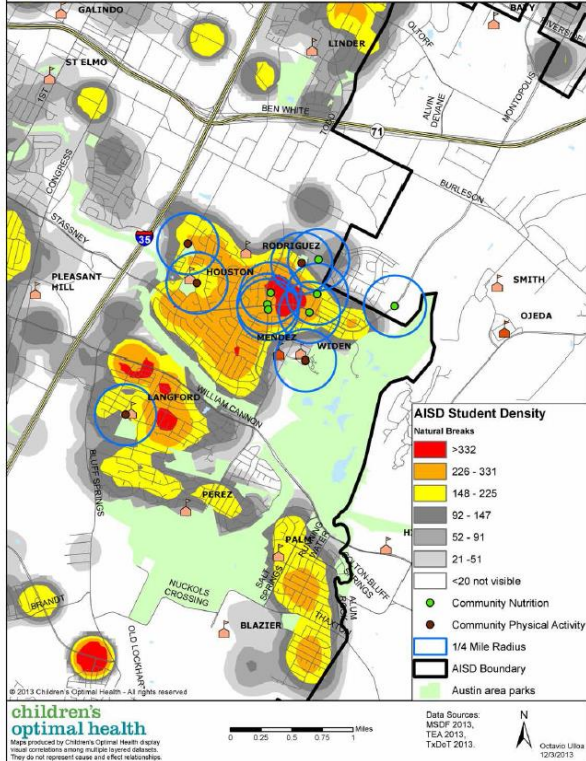


Expected Timeline of Outcomes

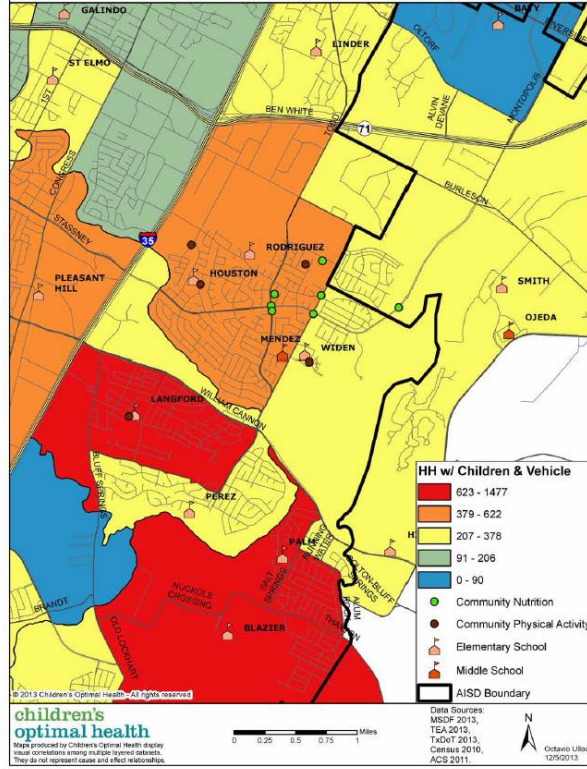
Evaluation Outcomes	Expected Timeline	Levels of Influence
Access	Year 1- Year 2	Site Level Sector Level Community Level
Quality		
Utilization	Year 2- Year 5	Sector Level Community Level
Knowledge/Attitudes/Behaviors		
Health Outcomes	Year 3- Year 5	Community Level
Sustainability Outcomes	Ongoing	Sector Level Community Level

Year 1 Focus- Access

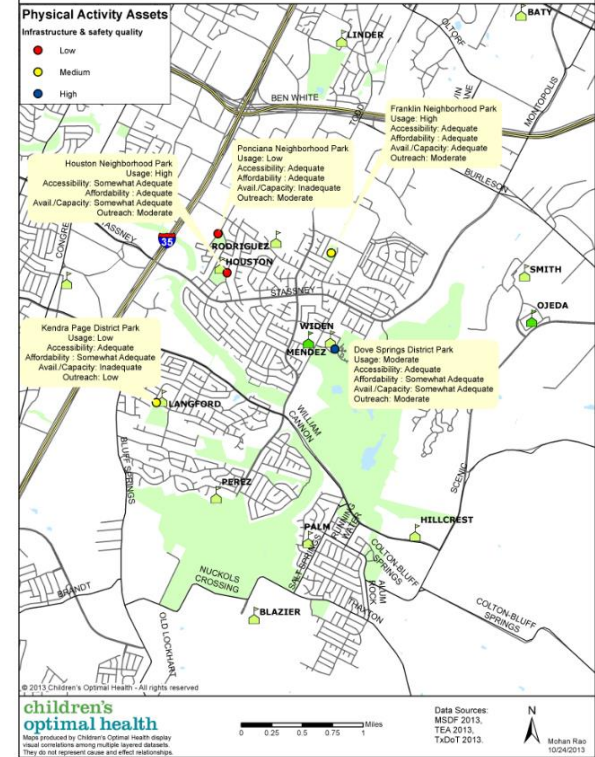
Access by Walking: Density of AISD Students With 1/4 Mile Radius of GAVA Assets

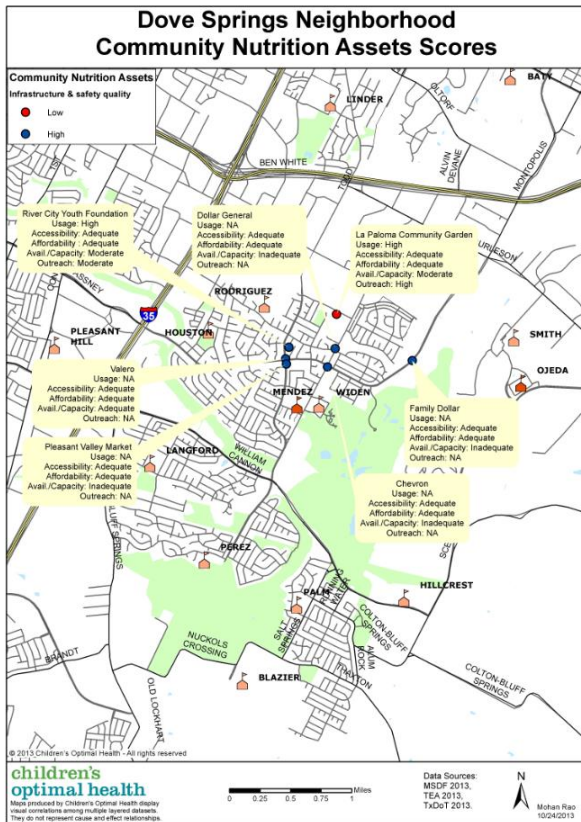


Access by Car: Count of Households per Census Tract with Children Age ≤19 and At Least One Car



Dove Springs Neighborhood Physical Activity Assets Scores





Perceived Quality

•38% residents responded that fresh fruits and vegetables were of low quality or were not available at most of their existing locations

•49% residents responded that having more locations would make it easier to buy fresh fruits and vegetables

•61% residents responded that having more affordable options would make it easier to buy fresh fruits and vegetables

1. COMPONENTS OF A STRONG SCHOOL PLAN





- Nutrition**
 - Improve and support enforcement of the district nutrition policy including cafeteria, a la carte, fundraising, vending, and food and beverage options at all events
 - Highlight and support the school cafeteria's healthy options through messaging/education
 - Promote school gardens and other Sustainable Food Center school programming
 - Encourage the availability and consumption of clean drinking water above other beverages
- Physical Activity**
 - Integrate physical activity into the day using strategies like Active Play/Feel Up to Play 60, WOD Time, daily recess breaks and brain/activity breaks
 - Ensure adequate equipment and playground facilities for WOD Time, recess, open gym, PE, etc.
 - Support supervised open gym and other physical activity opportunities in the morning, during lunch, and/or during out of school time
 - Promote and support district physical activity initiatives to include Marathon Kids, Volleyball Play Day, CATCH Family Nights, etc.
- Physical Education**
 - Ensure the school is meeting or exceeding requirements for minimum minutes of PE per week
 - Ensure that PE is taught by certified and highly qualified PE teachers, and support ongoing PE teacher training/staff development that promotes non-elimination games and other strategies to keep students active as possible during PE time
 - Ensure that PE classes are the same size as other classes
- Safety/Safe Routes to School**
 - Create walking school buses, bike trains, and other activities to encourage safe, active transportation to and from school, promote physical activity, and reduce traffic
 - Promote active transportation to school through events like International Walk to School Day
 - Develop biking/walking incentive programs and workshops
- Healthy Modeling**
 - Encourage staff and parents to model healthy eating and physical activity behaviors
 - Provide a comprehensive employee wellness plan, promote staff wellness
 - Provide parents with information, through educational newsletters or activities, on healthy nutrition and physical activity at school
- Sustainability**
 - Ensure that there is a single Coordinated School Health (CSH)/Wellness Team on campus that is generating, promoting and facilitating campus wide wellness/CSH activities. CSH/Wellness team should:
 - include (broader recruitment may be necessary) parents, students, the Coordinated School Health/Chair, classroom teachers, PE teacher, Cafeteria Manager, Principal or Assistant Principal, Nurse, community members, a Safe Routes to Schools advocate
 - Have a defined plan (like the GAVA School Action Plan) that includes accountable leaders assigned to particular CSH efforts and a general timeline for implementation
 - Have a standing meeting about every six weeks to ensure forward movement, meeting should be on a consistent day/time, so everyone interested knows when to attend
- Accountability**
 - Incorporate the Wellness Policy into the Campus Improvement Plan (and ensure that it is reported on in the Campus Advisory Council meetings)

Schools

pg. 1

Evaluation Overview

Evaluation At A Glance

Design	Sample	Constructs Measured	Evaluation Team Lead
Study 1 Repeated cross-sectional study $X-X-X-X-X$	<ul style="list-style-type: none"> 200 5th grade students and their parents 150 Dove Springs residents 	<ul style="list-style-type: none"> Height and weight, BMI Eating/PA behavior Motivation/social norms Perceived access to healthy foods and safe PA 	MSD Center
Study 2 Longitudinal cohort study 	<ul style="list-style-type: none"> 300 parent-child (KG) dyads 	<ul style="list-style-type: none"> Height and weight, BMI Eating/PA behavior Motivation/social norms Perceived access to healthy foods and safe PA 	
Study 3 Annual evaluation of food and PA environment 	<ul style="list-style-type: none"> Community food/PA assets 	<ul style="list-style-type: none"> Access to food and safe PA Quality of built environment Community participation and utilization of assets Community engagement and cohesion 	
Study 4 GIS maps 	<ul style="list-style-type: none"> Geospatial analysis of reach and access of food and physical activity infrastructure Asset mapping 	<ul style="list-style-type: none"> Access to food and PA opportunities Reach of food and PA opportunities based on housing concentrations Patterns of nutrition and physical activity behaviors based on geospatial analysis 	Children's Optimal Health
Study 5 Network analysis 	<ul style="list-style-type: none"> Community stakeholders Organizational leaders Community residents 	<ul style="list-style-type: none"> Organizational networks Community engagement Community participation Community readiness 	Internal-MSDF team

GAVA Results Tracker

The tracker is provided in order to systematically capture implementation related events, and wins along with contact information for individuals who have contributed to key wins. Data from this tracker will inform planning efforts as well provide evidence for GAVA implementation successes

Click on any one of the buttons to access the appropriate form:

Individual Profile

mp/planzshor - CPC, Sector Managers, In or Out

If an individual is contacted and has an interest in GAVA, or is a new contact, sector or geo based on fax (GAVA contact database paper copies of this form read and submitted to:

Event Attendance

info.com/planzshor - GAVA involved staff leading/attending event

When: during regularly occurring sector or When: (should)

Key Wins

9. Which of the following types of food assistance does your family receive? (Check all that apply)

None

Free and Reduced Lunch program at school

Food stamps/SNAP (Supplemental Nutrition Assistance Program)

TANF (Temporary Assistance for Needy Families)

WIC (Women, Infants & Children)

10. How often do you run out of food at the end of the month because you can't afford to buy more?

Austin Store Assessment Form

STORE NAME: _____

FULL ADDRESS: _____

Completed by: _____ Date: _____

Store Exterior

Exterior Marketing	Y	N	Store Facade	Y	N
Exterior ads present			Storefront is free of trash/debris		
Alcohol ads present			Storefront is well-maintained, free of unsale conditions		
Healthy ads present (ex. WIC, fresh produce, health info)			Interior is visible from the outside		
Does store accept SNAP/OneStar/EBT?					
Does store accept WIC?					

Store Interior

Store Layout	Estimate	Inventory
Number of aisles		Number of fresh produce varieties
Approximate square footage (sq. ft)		0 1-5 6-10 11-20 >20
Refrigeration units (sq. ft)		
Store layout comments:		Y N
Dairy products		
Tobacco products		
Alcoholic beverages		
Prepared foods/deli		
Store inventory comments:		

Store Community

Within a four block radius of the stores are there:	Y	N	If yes, how many?
Other corner stores			
Other food retailer			
If yes, type:			
Parks			
Schools			
Public transportation			
Other community assets			
If yes, type:			

that you have any of these medical conditions? (Check all that apply)

_____ pounds, OR _____ kg (fill in one)

_____ feet/inches, OR _____ cm (fill in one)

Dove Springs? _____ Years

ACCESS TO HEALTHY FOODS

in your community? (Check all that apply)

It is too far for me

It is too expensive for me

It does not stock the food I like to buy

The food is of poor quality

No grocery store in my community

No grocery store in my community

Fruits and vegetables for your family? (Check all that apply)

Walmart, HEB, Hantel's, Fiesta

Michaicas, Wheatville, El Rancho

gas station

vending, farm stand

city garden

UTHealth
 PHS NUMBER: PHS-SPH11-1007
 PHS APPROVAL DATE: 04/09/2014

	F	M	A	M	J	J	A	S	O	N	D	J	F	M	A	M	J	J	A	S	O	N	D	J	F	M	A
	e	a	p	a	u	u	u	e	c	o	e	a	e	a	p	a	u	u	u	e	c	o	e	a	e	a	p
	b	r	r	y	n	l	g	p	t	v	c	n	b	r	r	y	n	l	g	p	t	v	c	n	b	r	p
	13	13	13	13	13	13	13	13	13	13	13	14	14	14	14	14	14	14	14	14	14	14	14	15	15	15	15
DATA COLLECTION ACTIVITY																											
UTHSC-IRB Application																											
AISD IRB Application - Cohort study																											
AISD IRB Application - Cross-sectional study																											
Recruit 5 DS schools for cohort study																											
Recruit 4 control schools for cohort study																											
Data collection from child-parent dyads for cohort study																											
Recruit participants from 5 DS schools for cross-sectional (CS) study																											
Parent survey data collection from child-parent dyads for CS study																											
Data collection from 200 5th grade students at 5 DS schools																											
Door-to-door survey data collection from community adults for CS study																											
Staff-Teacher Surveys																											
Staff-teacher surveys and principal semi-structured interview at 5 DS schools																											
Environmental audit at 5 DS school sites																											
Stakeholder surveys																											
Safer Routes to Schools Evaluation																											
Community environmental assessment																											
Farm stands evaluation																											