

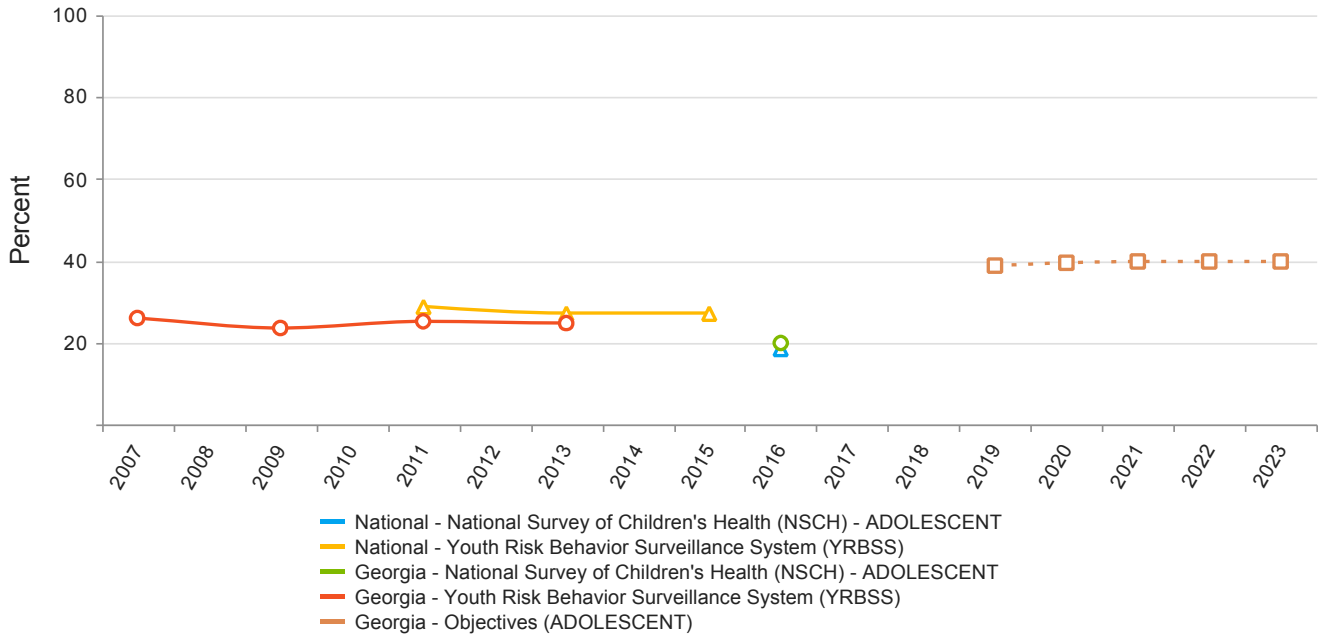
## Adolescent Health

### Linked National Outcome Measures

National Outcome Measures	Data Source	Indicator	Linked NPM
NOM 19 - Percent of children, ages 0 through 17, in excellent or very good health	NSCH-2016	90.3 %	NPM 8.2
NOM 20 - Percent of children, ages 2 through 4, and adolescents, ages 10 through 17, who are obese (BMI at or above the 95th percentile)	NSCH-2016	18.6 %	NPM 8.2
NOM 20 - Percent of children, ages 2 through 4, and adolescents, ages 10 through 17, who are obese (BMI at or above the 95th percentile)	WIC-2014	13.0 %	NPM 8.2
NOM 20 - Percent of children, ages 2 through 4, and adolescents, ages 10 through 17, who are obese (BMI at or above the 95th percentile)	YRBSS-2013	12.7 %	NPM 8.2

**National Performance Measures**

**NPM 8.2 - Percent of adolescents, ages 12 through 17 who are physically active at least 60 minutes per day  
Baseline Indicators and Annual Objectives**



**Federally Available Data**

**Data Source: Youth Risk Behavior Surveillance System (YRBSS)**

	2017
Annual Objective	
Annual Indicator	24.7
Numerator	107,932
Denominator	436,871
Data Source	YRBSS-ADOLESCENT
Data Source Year	2013

Federally Available Data	
Data Source: National Survey of Children's Health (NSCH) - ADOLESCENT	
	2017
Annual Objective	
Annual Indicator	20.0
Numerator	186,178
Denominator	931,402
Data Source	NSCH-ADOLESCENT
Data Source Year	2016

Annual Objectives					
	2019	2020	2021	2022	2023
Annual Objective	38.8	39.5	39.8	39.8	39.8

**Evidence-Based or –Informed Strategy Measures**

**ESM 8.2.1 - 7.1.1. Average HFZ measure (aerobic capacity) among students in grades 4-12**

<b>Measure Status:</b>	<b>Active</b>
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<b>State Provided Data</b>		
	<b>2016</b>	<b>2017</b>
Annual Objective		56
Annual Indicator	53.5	52.4
Numerator	380,890	379,767
Denominator	711,312	724,839
Data Source	DOE Fitnessgram	DOE Fitnessgram
Data Source Year	2016-2017	2017-2018
Provisional or Final ?	Final	Provisional

<b>Annual Objectives</b>						
	<b>2018</b>	<b>2019</b>	<b>2020</b>	<b>2021</b>	<b>2022</b>	<b>2023</b>
Annual Objective	57.0	58.0	59.0	60.0	61.0	61.0

## State Action Plan Table

### State Action Plan Table (Georgia) - Adolescent Health - Entry 1

#### Priority Need

Promote physical activity among children

#### NPM

NPM 8.2 - Percent of adolescents, ages 12 through 17 who are physically active at least 60 minutes per day

#### Objectives

- 7.1. By 2020, improve Aerobic Capacity (AC) HFZ measure for students in grades 4-12 by 1% each year for 4 years.
- 7.2. By 2020, increase the number of Quality Rated Early Care and Learning Centers that are Shape awarded by 100%
- 7.3. By 2020, increase Georgia's student population assessed via Fitnessgram assessment
- 7.4. By 2020, improve the Body Mass Index (BMI) HFZ measure for students in grades 1-12 by 1% each year for 4 years.
- 7.5 By 2019, ensure 63% of males and 49% of females are inside the HFZ measure for AC
- 7.6 By 2019, 64% of Georgia's Students will fall inside the HFZ for BMI

## Strategies

7.1.a. Implement and build sustainability for the Power Up for 30 (PU30) program that trains elementary school educators how to incorporate an extra 30 minutes of physical activity into the day (in addition to quality physical education class)

7.1.b. Implement a Middle School PU30 program in at least 5 middle schools

7.1.c. Implement a Pre-service teacher certificate program that trains educators to incorporate physical activity into the school day

7.1.d. Train at least 300 after school providers with PU30 program to incorporate physical activity into after school programs

7.1.e. Award at least 50 schools through the Georgia Shape Grantee program to increase physical activity and healthy nutrition efforts at the school level with mini grants and expert technical assistance

7.2.a. Collaborate with Department of Early Care and Learning (DECAL) to award at least 75 additional early learning centers that adhere to the 14 Quality Rated Nutrition and Physical Activity assessment items, whereby receiving the Quality Rated Georgia Shape recognition award

7.2.b. Collaborate with DECAL to train at least 50 early learning centers with the Growing Fit Kit curriculum, whereby guiding centers to create physical activity and healthy nutrition policy at the local level

7.3.a. Collaborate with Department of Education to increase the number of students that receive the Fitnessgram assessment through physical educator teacher training, afterschool provider training, and in-service teacher training(s)

7.4.a. All strategies listed above are in place to support this measure

## ESMs

## Status

ESM 8.2.1 - 7.1.1. Average HFZ measure (aerobic capacity) among students in grades 4-12

Active

## NOMs

NOM 19 - Percent of children, ages 0 through 17, in excellent or very good health

NOM 20 - Percent of children, ages 2 through 4, and adolescents, ages 10 through 17, who are obese (BMI at or above the 95th percentile)

## **Adolescent Health - Annual Report**

*Priority Need: Prevent Suicide Among Adolescents*

### NPM 9: Bullying

#### *Rape Prevention and Education*

In the reporting year, surveillance of the issue through the death data and hospital discharge data for emergency room visits and inpatient hospital admissions related to suicide attempts and other mental illness were evaluated. As part of the Adolescent and School Health team, The Sexual Violence Prevention Program (SVPP) administered Step Up Step In (SUSI), an awareness campaign that addresses sexual bullying prevention and targets middle and high school students. Sexual bullying behavior includes sexual activity unwanted touching, name calling (sexual identity), sexual rumors, sexting, etc. in the Northwest, Coastal, East Metro, South, DeKalb, Cobb, and West Central public health districts.

#### *Suicide Prevention*

Primary prevention of suicide to address risk and protective factors at the local level, regional, and state levels continued in partnership with the Georgia Child Fatality Review (CFR) Panel.

*Priority Need: Promote Physical Activity Among Children*

### NPM 8: Physical Activity for Children and Adolescents

In the reporting year, Georgia SHAPE continued the management of statewide Fitnessgram (FG) "booster session" contracts with HealthMPowers (HMP), a non-profit educational technical assistance provider with a national presence, and DOE. These contracts allow DPH to train PE teachers to assess students effectively for fitness levels pertaining to Body Mass Index (BMI), aerobic capacity, flexibility, muscular strength and muscular endurance. Approximately 8-12 trainings are conducted a year through DOE or state PE/Health conferences (GAHPERD association) and the FG Certificate program which coordinates state recognition certificates for students that excel in FG components. FG Certificates are sent to all schools in the state to recognize participation and student achievement.

## **Current Year: Oct 2017 – Sept 2018**

*Priority Need: Prevent Suicide Among Adolescents*

### NPM 9: Bullying

#### *Rape Prevention and Education*

Primary prevention of suicide to address risk and protective factors for children ages 8-17 continue during the current year. SUSI activities in participating schools include conducting a pledge drive for students, educators, staff, and administrators to keep their school safe from sexual bullying. Other activities include poster contests, poetry slams, student assemblies, parades, creating PSAs, lunch and learns and a variety of incentives for participants.

#### *Suicide Prevention*

DPH participates and supports several reports which have a specific focus on youth suicide. The CFR Panel, housed at the Georgia Bureau of Investigations (GBI) publishes an annual report. Because of an increase in suicide for the previous calendar year, the GBI in partnership with Voices for Georgia's Children, produced a series of PSA's

to be shared among state agencies, partners and other NGOs, <http://georgiavoices.org/blog/2018/02/07/suicide-prevention-psas/>. This has been shared with the state level CFR Panel members, (see report for list of panel members <https://www.ncfrp.org/cdr-programs/u-s-cdr-programs/spotlight-georgia/>). Most recently this was shared with the Georgia Injury Prevention Advisory Council on April 13, 2018.

Related legislation: HB 198: <http://www.gadoe.org/Curriculum-Instruction-and-Assessment/Curriculum-and-Instruction/Documents/HB%20198%20-%20Jason%20Flatt%20Act-Georgia.pdf>

### **Challenges/barriers:**

Evolving research and promising practice, inconsistent funding, inconsistent strategies and approaches and continued stigma of mental illness, social services, suicide attempts and completions present challenges.

*Priority Need: Promote Physical Activity Among Children*

### NPM 8: Physical Activity for Children and Adolescents

In the current year, SHAPE is working to increase physical activity measures for female adolescent populations through private funding in afterschool settings. In partnerships with DPH, DOE, and the Governor's office SHAPE continues to provide the following programs to children ages 12-17 years of age:

- PU30 Middle School Program- This program consists of seven pilot middle schools. Physical activity data is currently being collected and evaluated. Funding is available for approximately 40-50 more middle schools and a modified training will be offered statewide. During the 2017-2018 calendar year, one pilot school, an alternative school for students with previous behavioral issues removed from their zoned school, reported a 90% decline in behavior referrals after implementation.
- Middle School Girls Physical Activity Barriers and Facilitators project- Shape recently received an award for \$181k from the Blank Foundation to identify best practices and ethnographic information from adolescent females to inform organizations and partners of the large gender gap for aerobic capacity statewide between male and female students. Currently there is approximately a 10-percentage point difference between males and females. Spitfire Consultant Firm did online listening, branding best practices, participant interviews and Subject Matter Expert interviews to create a road map of the Georgia initiative collaboration and best practices to motivate and engage the middle school population, whereby hopefully closing the gender gap.
- Middle School girls PAL project (Physical Activity Leader)- Shape received seed money from the Blank Foundation to identify barriers and facilitators to female activity levels, forming a partnership between Georgia Shape, GSU and HMP.
- PU30 Pre-service teacher program- This program is managed through a partnership with the University of West GA (UWG). UWG developed a graduate certificate program for Early Education and Physical Education college majors with the help of HMP. Courses allow students to create educational opportunities for physical activity in the classroom. Upon graduation, a certificate is signed by the Governor, Dr. O'Neal, and the College President and is formalized on their college transcripts.

### *Family Engagement*

*Adolescent Health* focuses on providing integrated and coordinated adolescent-centered services. Adolescent health also focuses on building the capacity of youth in their communities and helping them to become peer support to other youth. Adolescent Health youth participated in over 100 school and community-based trainings and events.





## **Adolescent Health - Application Year**

### *Priority Need: Prevent Suicide Among Adolescents*

#### NPM 9: Bullying

Adolescent suicide was identified as a priority need for Georgia in 2015 with a strategic focus on adolescent bullying. In the coming year, the Title V MCH program revised its state action plan to focus on strategies to address primary prevention efforts to reduce suicide and address risk and protective factors for children ages 8-17 at the local, regional and state levels. MCH will remove the Priority Need: Prevent Suicide among Adolescents and NPM 9 Bullying from its NPMs. Georgia DOE is the primary lead in preventing suicide among adolescents. In the coming year, DPH will continue to serve as a secondary conduit to preventing suicide among adolescents by continuing to serve on its coalition supporting these efforts. In addition, MCH will continue to support Injury Prevention and Adolescent Health activities that support suicide prevention efforts.

#### *Rape Prevention and Education*

SUSI will continue its efforts in the application year and will complete its fourth year of implementation in December 2018 partnering with 15 schools in six public health districts (Coastal, Northwest, DeKalb, East Metro, South, and West Central).

#### *Suicide Prevention*

In the coming year, the Suicide Prevention Program plans to execute a contract with the Suicide Prevention Action Network – Georgia (SPAN-GA). This contract will allow implementation of the Sources of Strength (SOS) wellness program within several of Georgia's middle and high schools. The overall goal of this evidence based strategy for suicide prevention is to utilize peer leaders and adult advisors to change peer social norms around help seeking, and allow youth to identify their own sources of strength to overcome obstacles. At least three middle and/or high schools will be recruited by SPAN-GA to implement SOS over year one of the proposed contract. While the intrapersonal and interpersonal needs of students will be addressed by school peer teams, awareness and education surrounding mental health and suicide will also take place through the engagement of community and family members.

### *Priority Need: Promote Physical Activity Among Children*

#### NPM 8: Physical Activity for Children and Adolescents

In the coming year, Georgia Shape will continue building a network of partners, agencies and athletic teams to promote physical activity to adolescents ages 12-17 years of age. Georgia Shape will continue to work with 120 partners to decrease adolescent BMI measures while increasing aerobic capacity measures and physical activity levels. The PU30 Middle School Program, Middle School Girls Physical Activity Barriers and Facilitators project, Middle School girls PAL project (Physical Activity Leader, and PU30 Pre-service teacher program will continue.