

MUSC Boeing Center for Children's Wellness

2019 Impact Report



Message from the Director

Dear Boeing Center Friends,

Many years ago, as a young pediatrician in training, I was impressed with the power of genetics. I thought the most important thing about a person was their DNA. That was before I learned that someone's zip-code is often more powerful than their genetic code. That's right; where a child lives, goes to school, and plays determines their wellbeing, and it can even determine their length of life. In other words, not all children have an equal chance to do their best in life. Understanding health disparities changed my lens on life. Many of the factors that contribute to health disparities, such as poverty and physical environment, are hard to change. However, some factors, such as wellness and educational attainment, are a good place to start. My passion is to go beyond simply treating illness within clinical walls and surround all children with a culture of wellness, mitigating health disparities and helping all children be healthy.

Our mission at the MUSC Boeing Center for Children's Wellness is to help all children grow up healthy, succeed in school, and thrive in life. We hope to achieve this by helping child care programs and schools create a culture of wellness by implementing evidence-based policies and practices that together can address the needs of the whole child. These policies and practices include opportunities for healthy food, physical activity, social-emotional development, and improved physical and built environments. Teachers and parents are also included because healthy adults raise healthier children.

Through our initiatives this year, we worked with 124 child care programs, 13 school districts, and 194 schools, thereby reaching a total of 134,000 K-12 students.

This work is important to me both personally as a mother and grandmother, but also professionally as a pediatrician, so we need to continually look at whether what we are doing is working. Although our initiatives utilize resources that are proven to work in scientific studies, we need to know that this work is benefitting the children here in our communities. This year we looked carefully at both health and education outcomes and were delighted to find improvement in both! Students who attended schools that put in place more wellness policies and practices through participation in the Docs Adopt School Health Initiative© had healthier weights, missed fewer days, behaved better, and were more likely to be promoted to the next grade. They were even more likely to graduate from high school. These students are on their way to thriving in life.

I want to thank each of you for your continued support. My team and I have been working on these initiatives for many years and while progress has been made, there is still work to do. There is no single initiative or quick fix that will ensure the success for all children. We want to make a lasting impact by changing the culture of each child care program, school, and community to one of wellness for all of its children.



With gratitude,

A handwritten signature in blue ink that reads "Janice D Key MD".

Dr. Janice D. Key, Director

MUSC Boeing Center for Children's Wellness

About Us

Mission

The MUSC Boeing Center for Children's Wellness works in partnership to instill a culture of wellness and prevent obesity such that each child is healthy, succeeds in school, and thrives in life.

Infant and Early Childhood Initiatives

South Carolina Program for Infant/Toddler Care

The South Carolina Program for Infant/Toddler Care (SCPITC) is funded by the SC Department of Social Services, Division of Early Care and Education, to improve the quality of child care throughout South Carolina. SCPITC focuses on the birth to three-year-old period, with a relationship-based, reflective, responsive, and respectful approach to infant and toddler care. Certified Infant/Toddler Specialists provide intensive training and mentoring for child care teachers participating in the state's Quality Rating Improvement System, ABC Quality.

Be Well Care Well

With funding from the W.K. Kellogg Foundation, the Be Well Care Well project supports child care teachers who often struggle to take care of themselves as they juggle the demands of caring for others. Well-being Coaches promote a culture of overall well-being for child care teachers to build resilience to face their day-to-day stresses, and in turn, provide better care for the children they serve. The program uses a checklist tool that was modeled after the School Wellness Checklist©!

Infant-Early Childhood Mental Health

With support from the SC Department of Social Services, Division of Early Care and Education, SCPITC continues to lead the state-wide multidisciplinary Infant-Early Childhood Mental Health (I-ECMH) Committee. The Committee supports outreach and promotion for South Carolina's Competency Guidelines® and Endorsement for Culturally Sensitive, Relationship-Focused Practice Promoting Infant and Early Childhood Mental Health®, to provide professional development pathways for infant-, young child-, and family-serving professionals.



About Us

Docs Adopt School Health Initiative®

The Docs Adopt School Health Initiative® is a school-based initiative that supports schools in creating a culture of wellness through the utilization of the School Wellness Checklist® (SWC).

The SWC is an implementation tool that provides participating schools with evidence-based strategies and resources that will assist them in making the policy, systems, and environmental changes required to build and sustain a culture of wellness. Schools earn points for each item completed on the checklist and at the end of the school year, are eligible for funding that will aid in furthering their wellness initiatives.

As part of this initiative, schools engage the community in their wellness strategies to aid in sustainability. Schools are encouraged to invite health care professionals to serve on their wellness committees, develop partnerships with local businesses and community organizations for donations or funding, and bring in community members to teach students and staff about different components of wellness.



School Wellness Checklist®

Schools utilize the SWC as a guide for implementing and recording the strategies they complete each year. It includes seven categories for a holistic approach to school-based wellness with a variety of options for schools to choose from based on the needs of their students and staff.

Getting Started

- Establish or continue an active wellness committee
- Create a health plan for your school

Sustainability

- Apply for and receive a wellness related grant
- Cultivate a wellness-related community partnership

Physical Activity

- Incorporate Action Based Learning in the classroom
- Adopt and promote open community use

Nutrition

- Post nutrition facts for cafeteria menu items
- Start or maintain a food-based garden project

Social-Emotional Wellbeing

- Implement an incentive program for healthy choices
- Create a relaxation space for employees

Establishing a Wellness Culture

- Offer non-food or healthy food fundraisers
- Create and support a student-led wellness committee

Employee Connections

- Offer employee health screenings
- Implement an incentive program for healthy choices

MUSC Boeing Center for Children's Wellness

By The Numbers

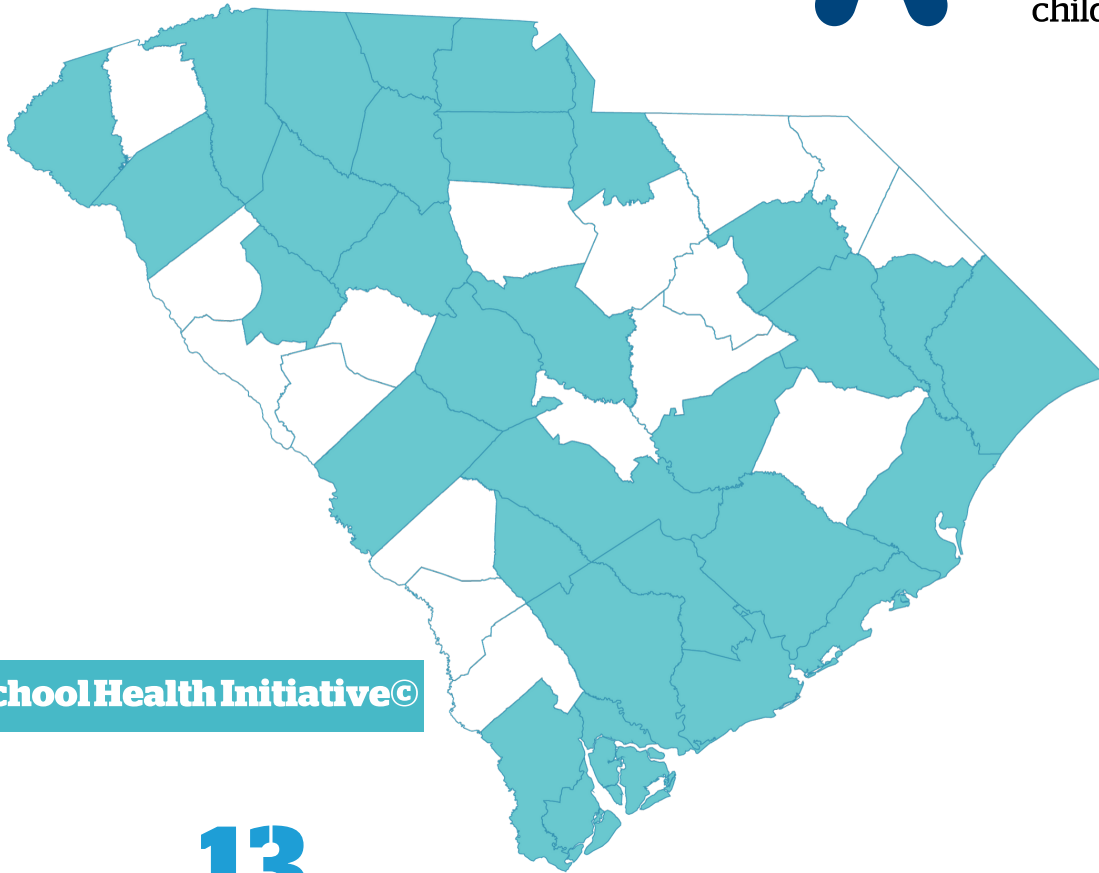


Infant and Early Childhood Initiatives



124
child care programs

731
child care teachers



Docs Adopt School Health Initiative[©]



13
districts

194
schools

134,000
K-12 students

MUSC Boeing Center for Children's Wellness

By The Numbers

Students attending schools that earned a higher number of points on the SWC had healthier weights as measured by BMI's adjusted for age and gender.

Schools who participated longer in the SWC had higher student attendance, lower suspensions/expulsions, and fewer students repeating a grade.

The initiative works equally well in all types of schools, including elementary, middle, and high schools, and even in schools where most students are from low income families, and are more likely to be overweight or obese.



For every 50 points a school achieved on the SWC, a high school's graduation rate is 1.5 percentage points higher.

For example, in a high school with a graduating class with 300 students, about ten more graduated.



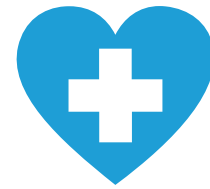
185

Schools awarded funds to further wellness initiatives, totaling nearly **\$140,000**



144

Schools implemented wellness programming for staff



130

Health care professionals adopted schools in their community



39%

Schools had an open community use or joint use policy

Opening school recreational facilities to the community during non-school hours is an affordable and effective strategy to increase physical activity and combat obesity. Open community use and joint use allow community members and organizations access to these facilities for activities such as sports leagues, family leisure, group fitness, and more!



50%

Schools had community partners who collaborated on healthy activities



56%

Schools had food-based gardens



63%

Schools actively promoted water drinking

MUSC Boeing Center for Children's Wellness Docs Adopt School Health Initiative®

Spotlight On:

Ashley Ridge High School Student-Led Wellness Initiatives

Ashley Ridge High School has worked to implement environmental changes and policies to shift the culture of their school to one focused on wellness. Assistant Principal Brooke Matthews feels that engaging students in these efforts has been key in building and sustaining this initiative.

A major component of student engagement has been the creation of the Fit Foxes, a student-led wellness committee. During the last school year, the Fit Foxes choose to focus on promoting water drinking among their peers. Through this process, the Fit Foxes not only recognized the benefits of drinking water, but in an age where students are increasingly dependent on technology, they also found value in the face-to-face interaction they were able to facilitate between peers.

Ashley Ridge has also focused on creating an environment that encourages students to grow as leaders and advocates. Through participation in student organizations and leadership classes, students were introduced to real-life experiences such as the workings of school budgets and funding, community partnerships, and some of the issues youth face today, specifically issues around mental health and wellbeing.

As a next step, students wrote to numerous SC State Representatives inviting them to attend their annual health fair. In their letters they expressed the impact health and wellness has had on their school, hoping that by sharing these successes, representatives would see the need to support initiatives such as the Docs Adopt School Health Initiative®. A number of representatives did attend the event and one student said that they "listened to what we had to say, we just hope it will also open doors for new funding for health and wellness." With support from school leadership, like Assistant Principal Matthews, we hope the momentum of student-centric advocacy will continue over time.



"We hand someone a bottle of water and say hi and when they smile back, we know their day is probably made."



"Mental wellness is something our generation really struggles with. If we can do something to help students at our school, we'll do it. Through this, we can touch more people who may not know about the issues. This lets them know they're not alone."

MUSC Boeing Center for Children's Wellness Docs Adopt School Health Initiative[®]

Spotlight On:

Manning Primary School Healthy Student Reward System

Manning Primary School has embraced wellness by incorporating it into all aspects of the school's culture. School wellness leaders, Shelly Brooker and Annelise Martens, created High Five for P.R.I.D.E., which combines the school's PBIS (Positive Behavior Interventions and Support) system with wellness to positively reinforce healthy behavior choices. When students are observed making healthy choices, they earn PAW-SOME tickets, which can be redeemed for a STEM or art project reward!

Ms. Brooker and Ms. Martens recognize the impact that the reinforcement of these behaviors has on both the culture of the school and the wellbeing of the students. For example, many students come to school without having had breakfast in the morning and do not take advantage of the free school breakfast. This can greatly impact a student's behavior and performance in the classroom. In an effort to increase participation in school breakfast and mitigate classroom behavior and performance issues, students earn PAW-SOME tickets for eating school breakfast. Christy Nexsen's class echoed the importance of eating breakfast by saying, "Healthy bodies equal healthy minds!"



"Healthy bodies equal healthy minds!"



Ms. Brooker also recalled a student who brought a lunch to school every day that was lacking fruits and vegetables. The student saw others earning PAW-SOME tickets and went home and requested fruits and vegetables in her lunch. As a result of rewarding healthy choices in school, this student changed her eating habits and encouraged these behaviors in her home environment. By creating a culture of wellness in the school, it sets the stage to bring wellness into the home environment, impacting the family unit as a whole.

MUSC Boeing Center for Children's Wellness

New Initiatives

Spotlight On:

Healthy Me - Healthy SC

Partnership with MUSC and Clemson University

MUSC and Clemson University have collaborated on a statewide partnership called Healthy Me - Healthy SC. This partnership was developed to improve the health of all South Carolinians through rapid deployment of innovative programs focused on the primary health concerns of the state.

The Docs Adopt School Health Initiative[®] is one of four initiatives in this partnership. Our team is working with Clemson Health Extension Agents to expand the initiative to 10 school districts in South Carolina over the next three years. Schools in these districts utilize the School Wellness Checklist[®] and are provided additional funding to create gardens, as well as training opportunities to enhance school gardens using The Garden STEM, Curriculum for Your Garden Classroom. This training helps educators bring the school garden into the classroom.



Spotlight On:

Be Well Care Well

Anchors Away Child Development Center

Caring for, nurturing, and providing a stable environment for children all day, every day takes a great deal of energy and teachers often find it difficult to recharge. When child care teachers experience high levels of stress, depression, or anxiety, they are less likely to have positive, supportive interactions with the children in their care. The Be Well Care Well initiative helps child care teachers prioritize taking care of themselves, by supporting their physical, emotional, economic, and social well-being, so they can take better care of the children in their classroom.

The Anchors Away Child Development Center has launched a number of new initiatives to support their staff since becoming involved in the Be Well Care Well initiative. Over the last year, the school incorporated teacher walking teams into the school day. School Director, Samantha Meares, noted that this has “been a great outlet for our teachers”. It creates opportunities not only for exercise, but also social connections, both of which are important pieces of supporting teacher wellness.

Anchors Away has also added an exercise bike on-site that teachers can utilize during their breaks. Ms. Meares said “I know a 10 to 20-minute ride doesn’t sound like a lot of time, but for teachers it’s a lot.” Directors like Ms. Meares recognize how important initiatives like Be Well Care Well are in helping child care teachers “help themselves first” so they can provide the best care to children and families.

MUSC Boeing Center for Children's Wellness

Thank You!

Initiatives made possible by support from:

Cooper River Bridge Run

John and Francie Downing

Medical University of South Carolina

Pottstown Area Health and Wellness Foundation

SC Department of Education

SC Department of Social Services

Self Family Foundation

Self Regional Healthcare

The Boeing Company

The Duke Endowment

W.K. Kellogg Foundation

Giving

The Boeing Center for Children's Wellness relies on grants, donations, and sponsorships to carry out its mission.

To support our initiatives, donations can be mailed or made online following instructions below.



- 1. Visit <https://givenow.musckids.org/donate> -**
- 2. In the "My gift supports" drop down menu, select "A fund of my choosing..."**
- 3. In the text box that appears, type the following:
Boeing Center for Children's Wellness**



musC
Children's Health
Medical University of South Carolina

MUSC Boeing Center for Children's Wellness

1 Carriage Lane | Unit J | Charleston, SC 29407

843-876-2039 | leanteam@musc.edu

<https://MUSCkids.org/BoeingCenter>



@BoeingCenter



@MUSCBoeingCenter