

# Healthy Lifestyles Health Education Project

CAVIT National Technical Honor Society Chapter

- CAVIT NTHS Chapter partnered with the CAVIT Medical Assistant program
- CAVIT NTHS Chapter and MA program then provided Healthy Lifestyles Project to West Elementary School fourth grade class
- Healthy Lifestyles Project provided eight days of CAVIT student led lessons that matched Arizona Department of Educational standards in health for fourth graders

## **CAVIT Healthy Lifestyles Health Education Project Introduction**

- Childhood obesity and other related health issues are growing concerns

<http://http://www.azed.gov/health-nutrition/health-ed-sandard/>

<http://www.cdc.gov/obesity/data/childhood.html>

[http://www.healthiergeneration.org/about childhood obesity/get informed/childhood obesity facts/](http://www.healthiergeneration.org/about_childhood_obesity/get_informed/childhood_obesity_facts/)

**CAVIT Healthy Lifestyles Health Education Project: Explanation of need**

- Childhood Health Issues Stay with People Through Adulthood
  - a. Childhood Obesity
  - b. Proper Nutrition and Diet
  - c. Appropriate Exercise for Whole Health
  - d. Cleanliness
  - e. Healthcare Prevention and Care
  - f. Bullying, Social Well Being

**CAVIT Healthy Lifestyles Health Education Project: Explanation of Need**

- Coolidge West School fourth graders were pre-tested on:
  - a. Brushing teeth, handwashing, showering
  - b. Exercise, hydration
  - c. Emotional health, proper sleep
  - d. Food groups
- **21/36 (56%)** students scored a 67% or less on the pre-test, showing the need for more education

## **CAVIT Healthy Lifestyles Health Education Project: Explanation of Need**

- ✓ Research the need. (September)
- ✓ Find a partner in the allied health department. (September)
- ✓ Find partner elementary school. (September)
- ✓ Create lesson plans and activities. (September/October)
- ✓ First Visit/Lesson (November)
- ✓ Six More Visits/Lessons (December-February)

## **CAVIT Healthy Lifestyles Health Education Project: Action Plan**

- ✓ Fourth Graders Visit CAVIT, post test, campus tour (February)
- ✓ NTHS Induction Ceremony (February)
- ✓ CAVIT HOSA/NTHS Team compile documentation book and presentation (November-February)
- ✓ CAVIT HOSA/NTHS Team Present findings at HOSA Spring Conference (March/April)

**CAVIT Healthy Lifestyles Health Education Project: Action Plan continued**



- Introductions
- Explanation of Purpose
- Pre-test
- Height and Weight Measurements Taken

**CAVIT Healthy Lifestyles Health Education Project: Day 1, November 18, 2015**





- Show PowerPoint on Obesity
- Pass Out Fruit and Create a Fun Snack
- Demonstrate that eating healthy can be fun

**CAVIT Healthy Lifestyles Health  
Education Project: Day 2,  
December 2, 2015**



**Day 2: Eating Healthy can be Fun!**



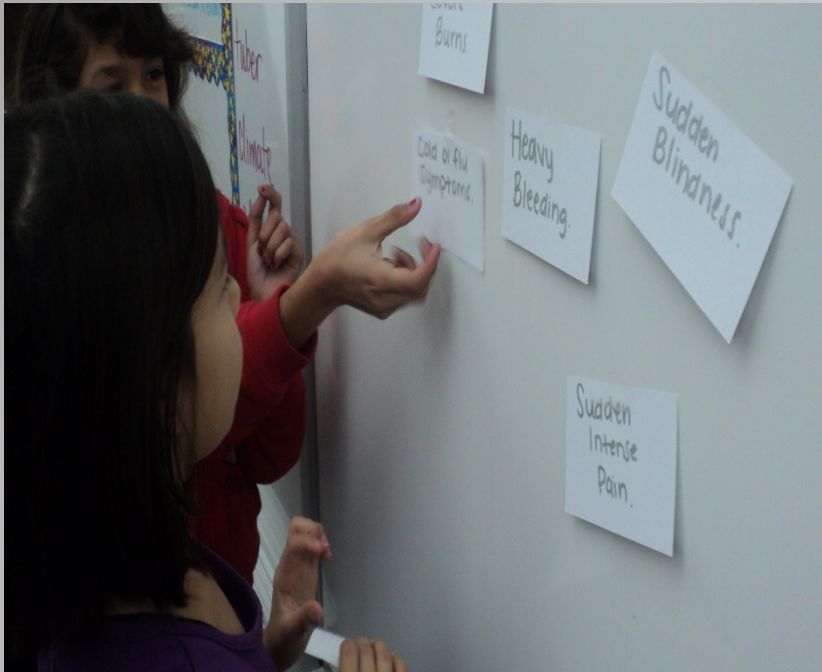
- Review Obesity Lesson
- Play Soccer
- How can Exercise be Fun

**CAVIT Healthy Lifestyles Health Education Project: Day 3: December 9, 2015**



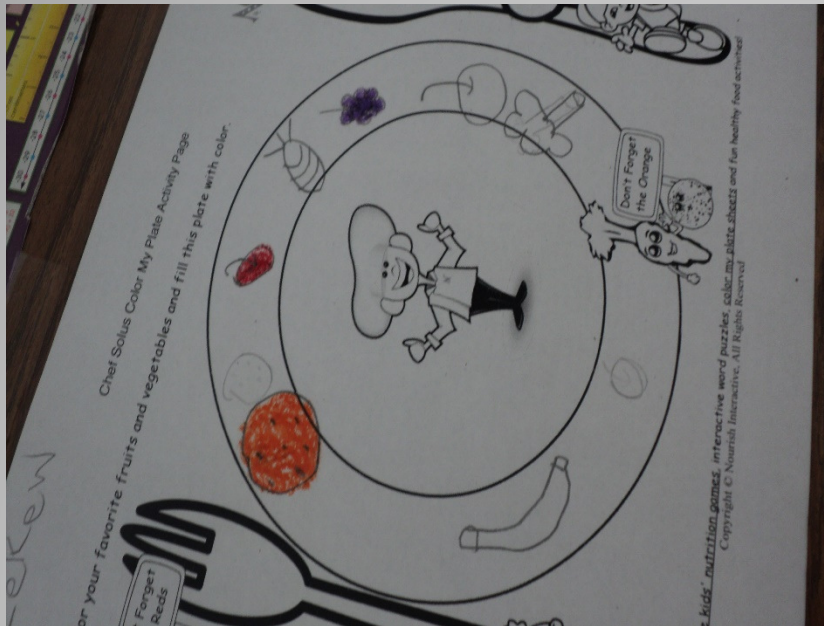
- Show McGruff Anti-Bullying Video and Discuss
- Fill in the Blank Worksheet related to the video

## CAVIT Healthy Lifestyles Health Education Project: Day 4: Anti-Bullying



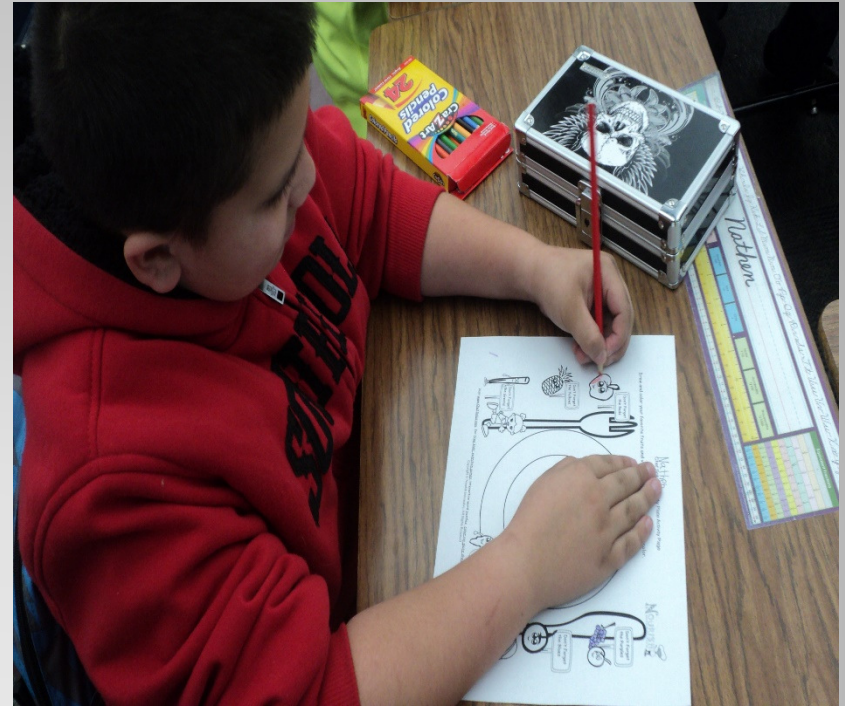
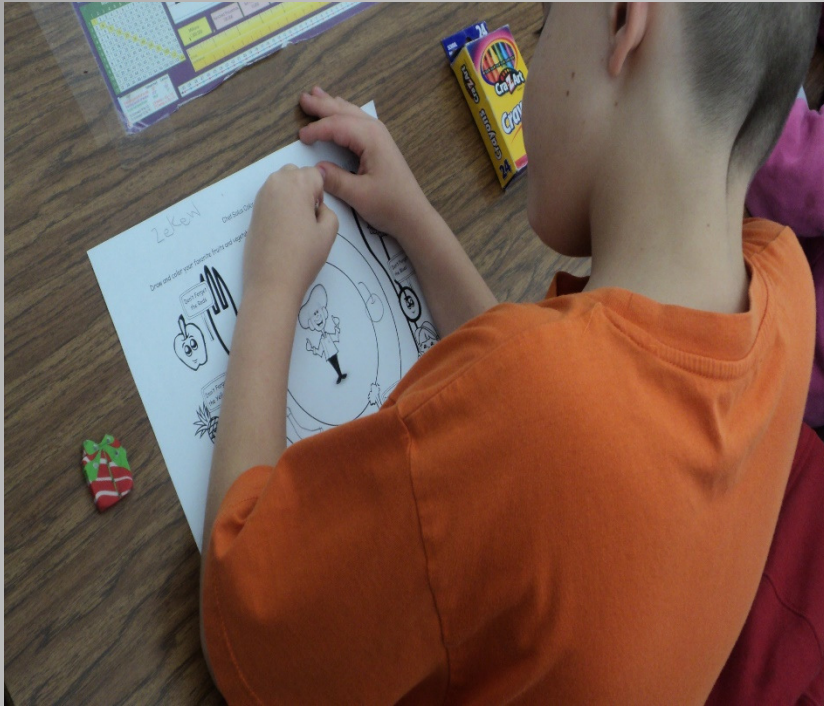
- When to Seek Medical Care
- Show Power Point on making good decisions
- "Do or Don't" Activity on Seeking Medical Care

**CAVIT Healthy Lifestyles Health  
Education Project: Day 5:  
January 13, 2016**

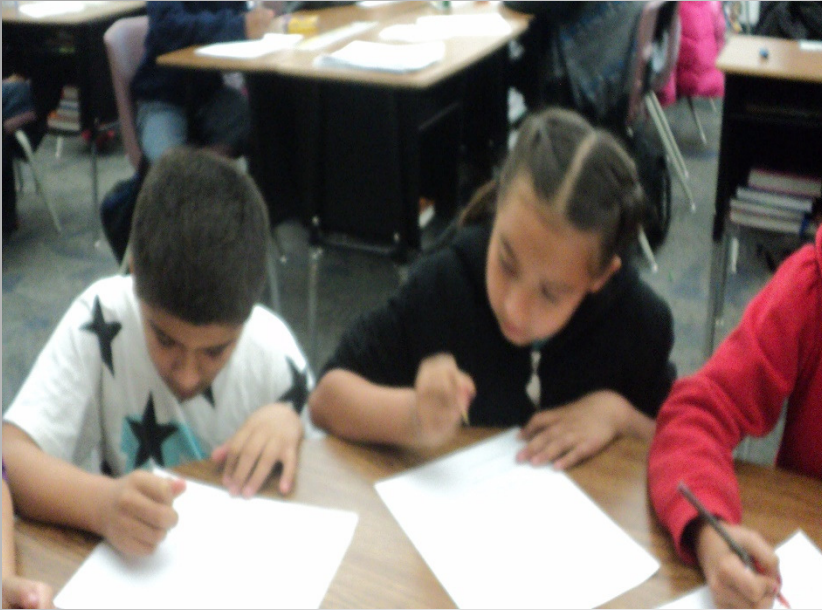


- My Food Plate
- Talk more in depth about Healthy Eating and choices
- Show Food Plate template
- Fruits and Veggies Worksheet

## CAVIT Healthy Lifestyles Health Education Project: Day 6: January 20, 2016



## Day 6: My Food Plate!



- Discuss personal hygiene and staying clean
- What is the importance of washing your hands?

**CAVIT Healthy Lifestyles Health  
Education Project: Day 7:  
February 3, 2016**





**Day 7: Let's see the germs!**



- Visit CAVIT and take a tour!
- Post Test
- Height and Weight Final Measurements

**CAVIT Healthy Lifestyles Health  
Education Project: Day 8:  
February 10, 2016**



**Day 8: We get to visit CAVIT!**

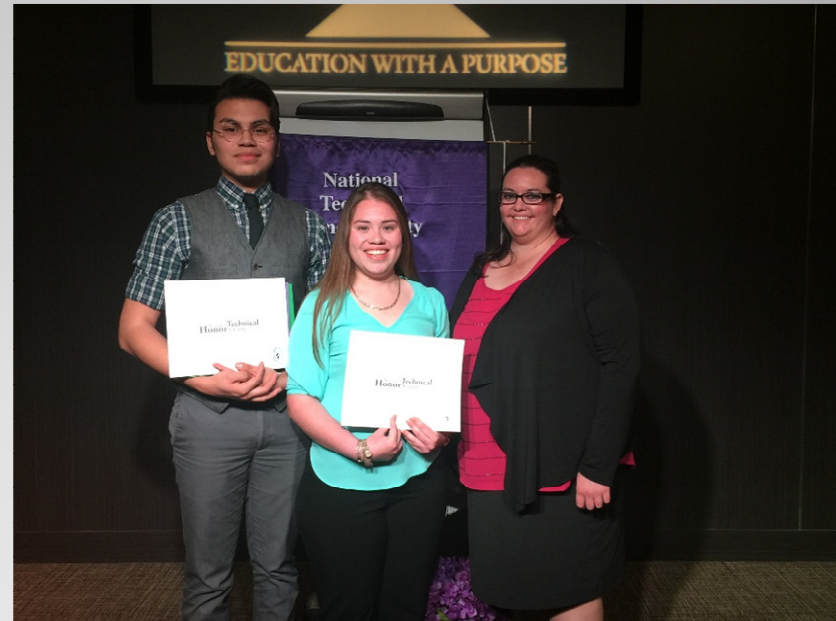


**Group Picture**

## Medical Assistant Inductees



## Dental Assistant Inductees



**CAVIT NTHS Induction Ceremony:  
February 2016**

## Law Enforcement Inductees



## Veterinary Assistant Inductees



**CAVIT NTHS Induction Ceremony:  
February 2016**

❖ **NTHS Chapter Members:** Denise Alvarado, Mercedes Ashbey, Olivia Bradford, Meghann Brashier, Andrea Corona, Gisell Garcia, Janelle Garcia, Gissel Heraldez, Brandon Jimenez, Abraham Macias, Nyssa Montoya, Elizabeth Morazan, Kiana Perkins, Miranda Ramirez, Tyler Rodriguez, Alice Sanchez, Anastasia Stamatis, Dominique Taylor, Amber Turner, Ciera Walker

**CAVIT Healthy Lifestyles Health Education Project: Participants**

- ❖ Brenda Costales, Medical Assistant Student
- ❖ Mr. Wooley's Medical Assistant Students
- ❖ Mr. Mike Glover, CAVIT Superintendent
- ❖ Mrs. Michelle Martinez, CAVIT Coordinator
- ❖ Ms. Diane Pretchett, West Elementary School Fourth Grade Teacher
- ❖ Ms. Pretchett's Fourth Grade Class

**CAVIT Healthy Lifestyles Health Education Project: Participants continued**



## NTHS Member Duties:

- Medical Assistant members will assist with height/weight measurements and campus tours (Denise Alvarado, Mercedes Ashbey, Andrea Corona, Gissel Heraldez, Abraham Macias, Elizabeth Morazan, Kiana Perkins, Miranda Ramirez, Dominique Taylor)
- Veterinary Assistant members will assist with campus tours and discussion of careers in vet science (Nyssa Montoya, Tyler Rodriguez)

**CAVIT Healthy Lifestyles Health  
Education Project: Participant  
Duties**

- Dental Assisting members will assist with campus tours and discussion of careers in dental science (Brandon Jimenez, Alice Sanchez, Anastasia Stamatis, Amber Turner, Ciera Walker)
- Law Enforcement members will assist with campus tours and discussion of careers in law enforcement (Olivia Bradford, Meghann Brashier, Gissell Garcia, Janelle Garcia)

## **CAVIT Healthy Lifestyle Health Education Project: Participant Duties Continued**

- Students were asked the same questions as the pre-test.
- 13/32 students (40%) scored a 70% or better on the post test. (compared to 8/32 (25%) on the pre test)
- Student weight did not significantly change. We determined that this was not an overall goal, because at this age, a large amount of weight loss would not be appropriate for overall health.
- Student comments throughout the process showed impact of rapport, relationships, and learning. Students liked the CAVIT NTHS students coming to their school to visit and teach them.

## **CAVIT Healthy Lifestyles Health Education Project: Results and Impact**



- CAVIT NTHS students were impacted by the relationships built with the class as well.
- "I didn't know that what I said would be taken so seriously by someone."
- "I felt like a professional."

## CAVIT Healthy Lifestyles Health Education Project: Results and Impact



**CAVIT NTHS Chapter Members**



## Presented By:

CAVIT NTHS and  
Medical Assisting  
student Gissel  
Heraldez

CAVIT Medical  
Assisting student  
Brenda Costales