

Ardmore Institute of Health

Report Abstract for Awarded Grant

Organization Name*

The Mentoring Alliance

Project Title

A Comprehensive Approach to Improve Fitness at Rose City Summer Camps

Project Start Date

June 5, 2017

Project End Date

August 4, 2017

Number of People Impacted

550

Actual Number of People Impacted*

743

Project Overview*

We need Ardmore Institute of Health to join us on a new journey in our ministry, a journey of improving the health of the kids and families we serve through our summer camp program, Rose City Summer Camps. Any child in our community is welcome to be a part our Rose City Summer Camps, however, we aim all of our programs at children and families that come from challenging circumstances. We consider “challenging circumstances” to be single parent families, families living in poverty, children that have emotional or behavioral issues, or families that live in the lower socioeconomic parts of town. We have a blend of families that are involved with Rose City Summer Camps. Some want their children involved in a high quality summer day camp program, and are able to pay our premium amount. Other families have limited resources but want access to a great

summer camp program for their child. The current enrollment numbers state that 93% of the campers are on some sort of financial aid.

We have come up with a comprehensive approach to impact the overall health of our kids and families through Rose City Summer Camps. We have broken down this approach into 3 different main components:

1. Help us improve our fitness at Rose City Summer Camps.
2. Help us start a journey of a focus on healthy lifestyles.
3. Help us connect with the families that we both desperately want to serve.

Results*

Rose City Summer Camps learned at the end of the 2016 camp season that many of our families, particularly Hispanic families, noticed a weight loss in their campers. Because this was just a coincidence and not intentional we thought with the help of the Ardmore grant money we would be able to implement healthy activities and track the actual progress and be able to add a healthy component to Rose City Summer Camps. In our original grant proposal we outlined a few ways that we would implement this healthy component and would use the 2017 camp season as a baseline to work off of and build upon to make Rose City Summer Camps not only a fun interactive environment for our campers but also a health environment where they are learning healthy concepts that they can use throughout their lives.

While the results gathered were inconclusive as far as a noticeable trend in the BMI measurements or in the number of steps increasing per week among campers that attended 4 or more weeks, we were able to develop a baseline and a strategy for moving forward. It is our intent to continue implementing these healthy lifestyle choices and educate our future campers on the benefits of a living a healthy lifestyle.

Use of Funds*

This project consisted of three components. The total budget for all three components was \$385,852.00. Of this amount, \$95,466.00 was requested from the Ardmore Institute of Health.

The first component, Supporting Fitness, was budgeted at \$29,500.00. The funds were used to purchase pedometers and equipment/games for physical activity.

The second component, Healthy Lifestyles, was budgeted at \$32,000. The funds were used for staff salary, FPL's "An Apple a Day" books for kids, and FPL cookbooks in both Spanish and English.

The third and final component, Scholarships, was budgeted at \$33,966. The funds were used for scholarships for kids from challenging circumstances and allowed them to get involved in an active program for the summer months.

The remaining amount, \$290,386.00, came from other sources.

Key Challenges*

With any grant writing and reporting consistency is key. Moving forward we would make sure that the same person that is writing the grant proposal would also implement the data collection process with the Rose City Summer Camp staff as well as be the person to complete the grant reporting. We would begin the data collection process at the beginning of the camp season rather than waiting and starting mid-camp season. There would be more training in the way of collecting the data to insure that all staff at all camp sites were using the same forms and collecting the information in the same way to keep everything consistent. More attention would be put into how the pedometers were working to insure accurate step data was being collected. The staff would also make sure that the information was being documented in the same way at each camp and delivered to the grant reporter in a timely manner. We would be sure that the campers who received a pedometer were mindful that we were collecting data for a reason and encourage them not mess with or interfere with our data collection efforts.

Key Learnings*

The Rose City Summer Camps staff noticed that the students that received the pedometers were more willing to participate in the activities for a longer time period and enjoyed being rewarded for their efforts. They also realized that the students were unaware of many of the basic healthy lifestyle tips that they were being taught throughout the week. With continued Ardmore funding our staff would be able to expand upon this aspect and infuse more healthy lifestyle information into the day to day teachings going on in the camp activities.

Recommendations for Future Projects*

For the summer of 2018 Rose City Summer Camps will continue hosting Rose City Summer Camps at 2 locations but will be expanding for 10 weeks. We would like to continue incorporating the healthy aspects from the Ardmore grant by building upon them and making them a more effective practice with more planning and better implementation of the healthy principles.

Project Lead

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Project Lead Title

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