



# Creating Intersections for Policy, Practice, Research, and Community Collaboration: A State Based Example

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EMORY

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HEALTH

# HealthMPowers

**Established: 2000**

**Founding Sponsors:**

CDC, Children's  
Healthcare of Atlanta,  
Emory University

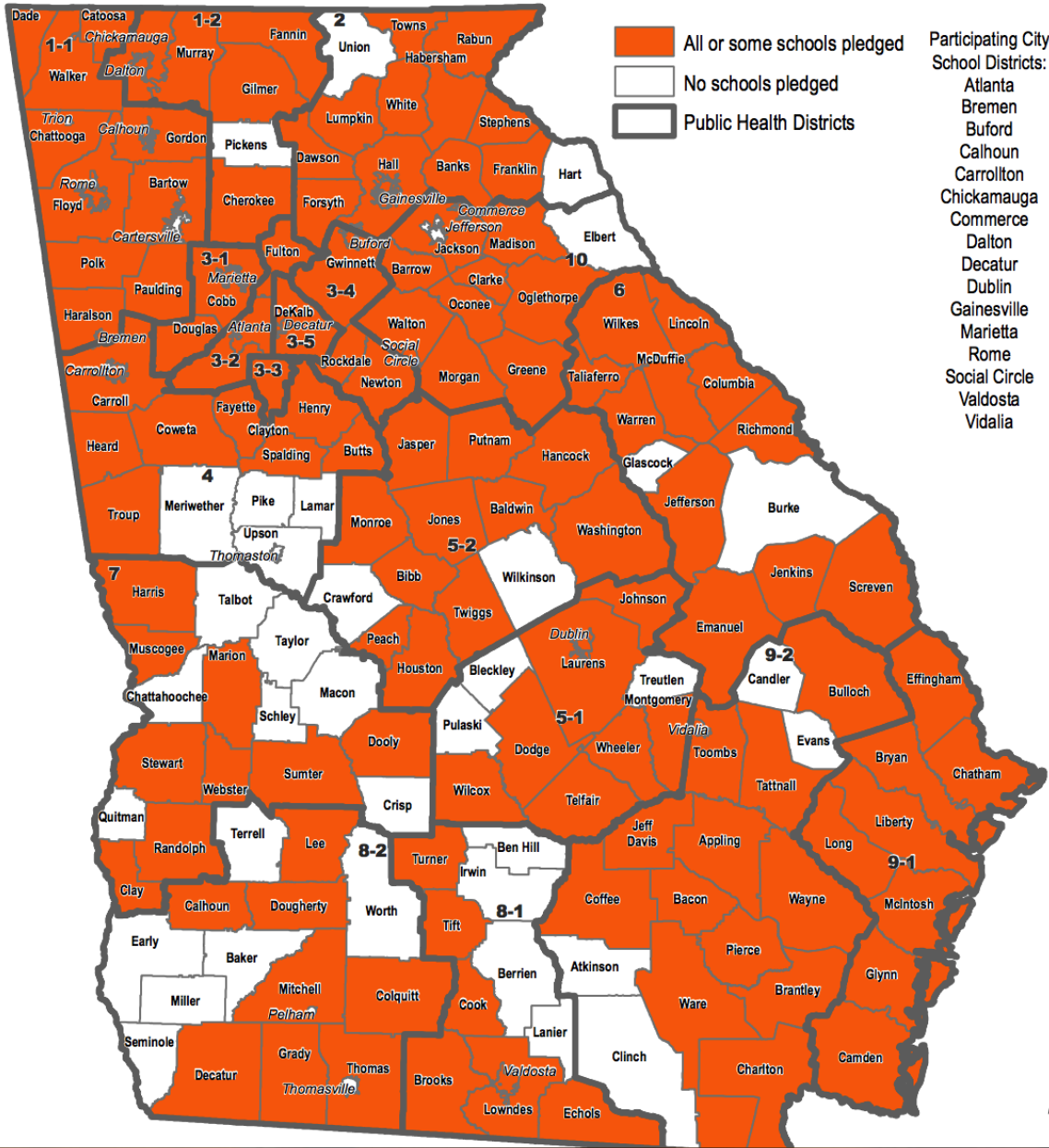
**Mission:** To empower  
healthy habits and  
transform environments  
where children live, learn  
and play.



# What We Do:

- Focus on **priority behaviors** (increase physical activity, healthy eating; reduce screen time)
- Promote a **supportive environment**
- Engage **multiple populations**: Students, peers, teachers, school staff, families
- Engage **multiple interventions**  
(Instruction, policy, social support, media, direct intervention, resources)
- Establish/Empower sustained coordination & leadership via **school health councils/teams**

# HealthMPowers' Reach



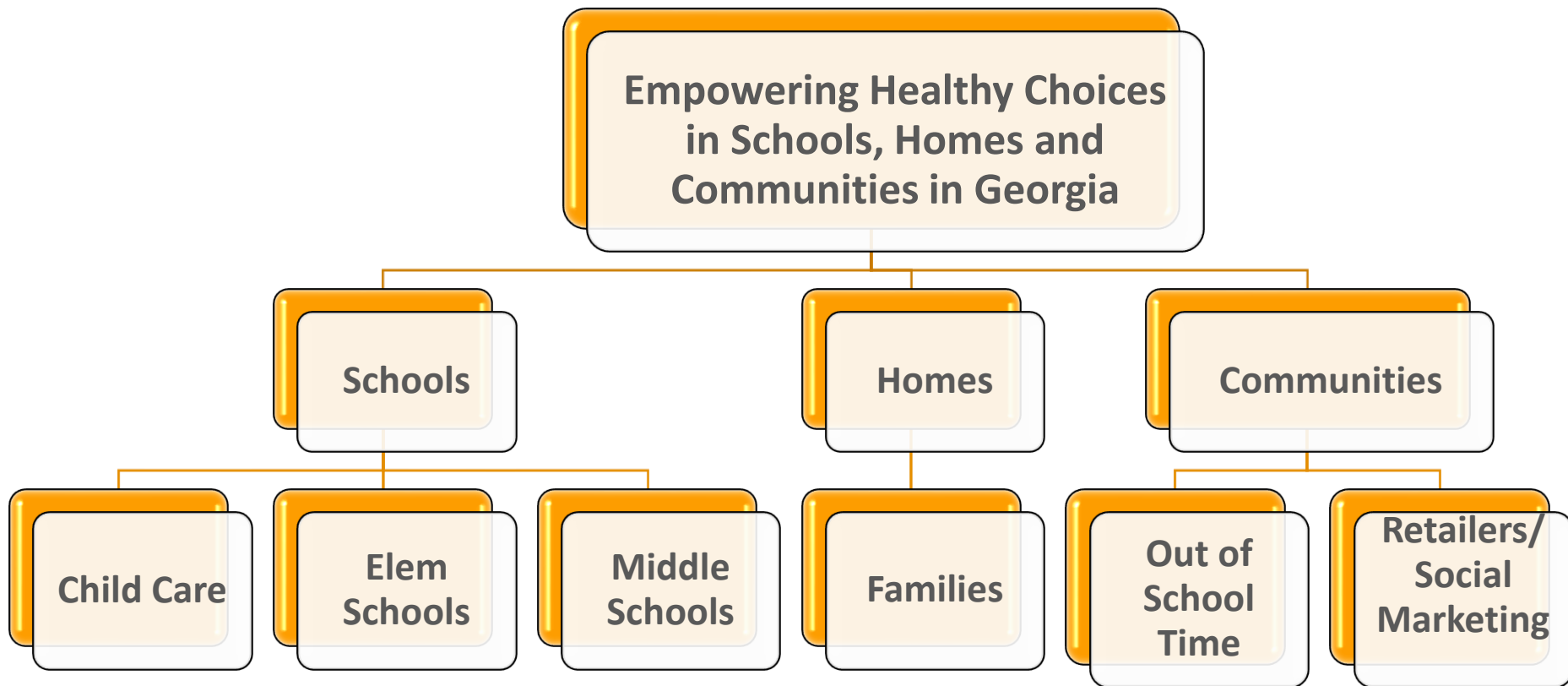
# 2015-16

**Students:**  
Over 330,024  
students, their  
school staff and  
families

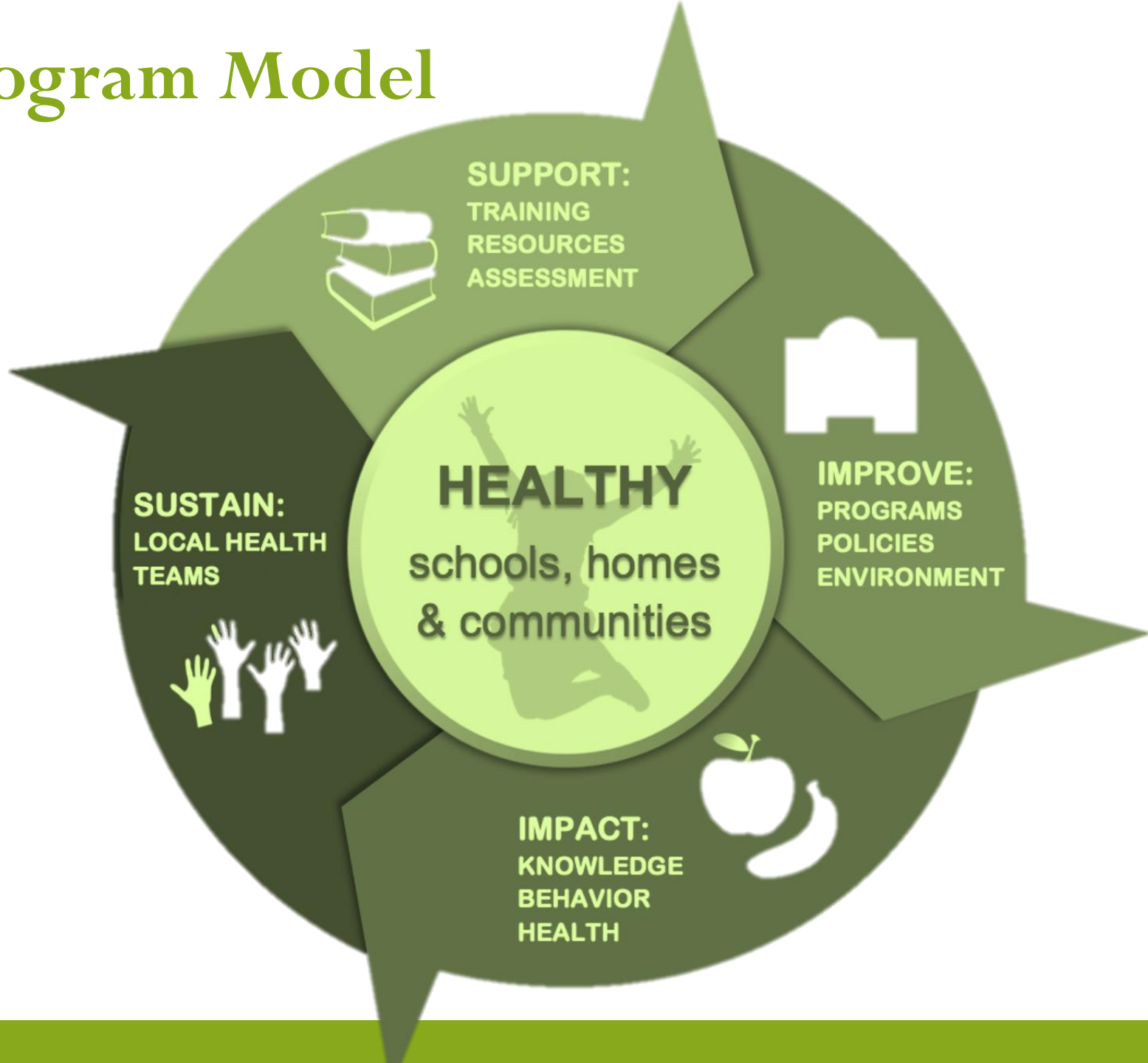
**Service Area:**  
Over 815  
schools

**Average Free  
and Reduced  
Lunch Rate:  
89%**

# HealthMPowers Organizational Structure



# Program Model



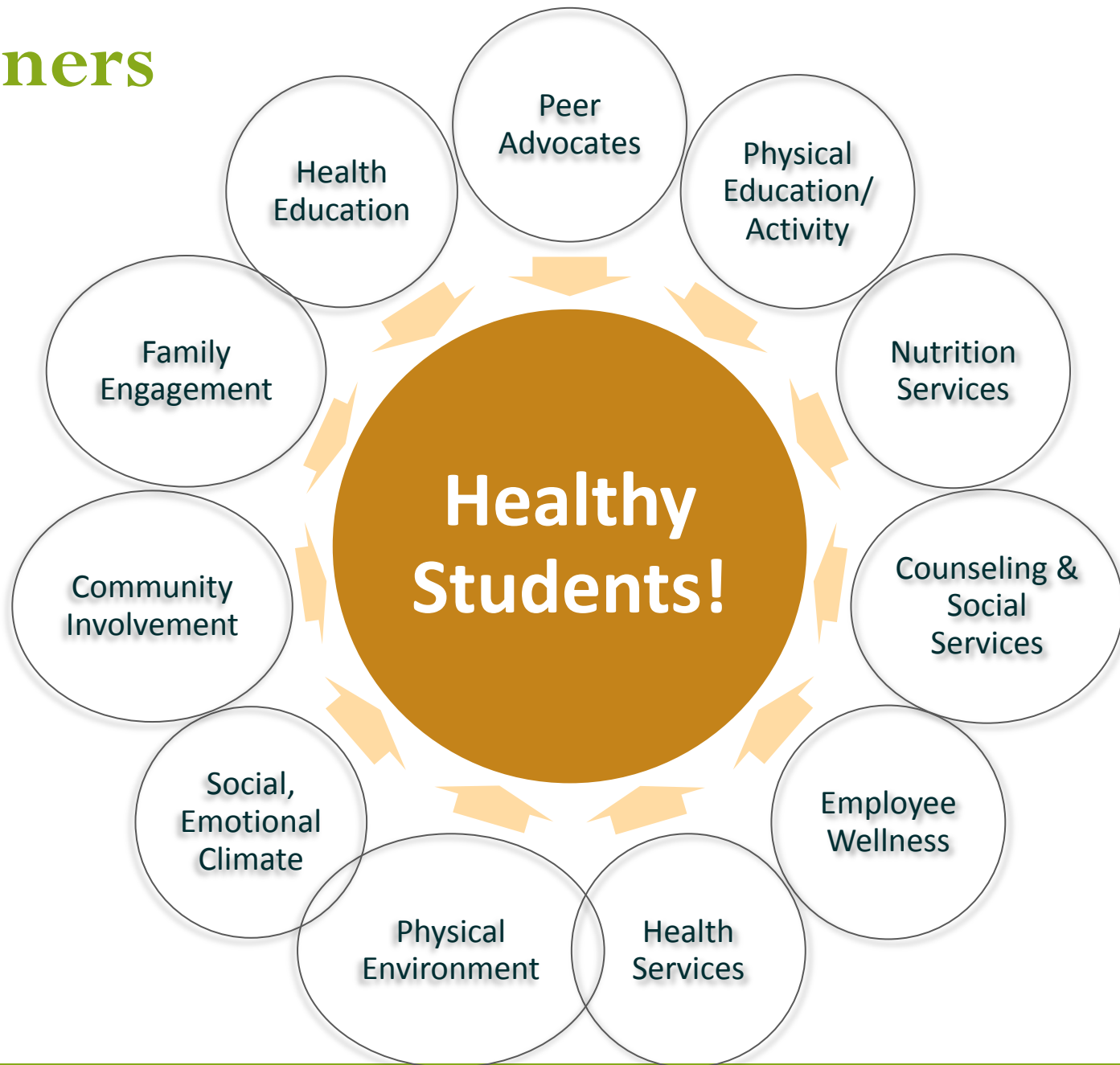


# HealthMPowers Program Outcomes

- **Process**
  - Training Quality
  - Reach
  - Service Delivery
  - Resource Usage
- **Readiness and Capacity**
  - Knowledge
  - Self Assessments
- **Changes**
  - Behavior
  - Health Outcomes
  - Policy Systems or Environment
- **Effectiveness and Maintenance**

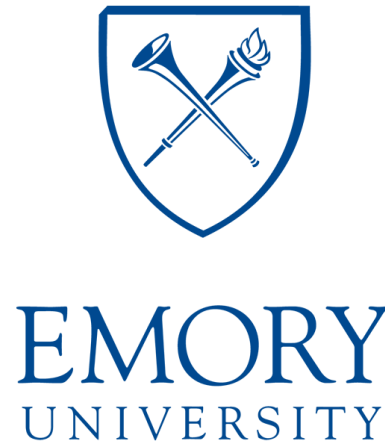
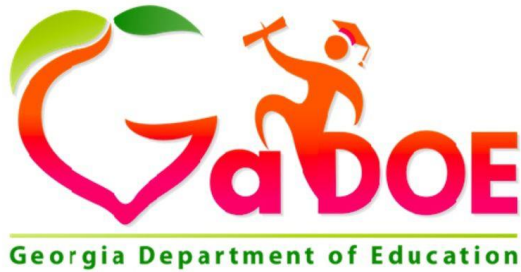


# Partners





# Collaborators





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# *Emory – HealthMPowers Collaborative Evaluation Activities*

*Julie Gazmararian, PhD, MPH*

# Student Opportunities

- Epidemiology and Behavioral Sciences/Health Education
- MPH thesis and summer practicum opportunities
- PhD dissertation and RA requirements
- Course project
- Undergraduates
- Volunteer, work study, contract

# Data Sources

- Power Up for 30 Baseline Survey – statewide physical activity survey (subsample 80 trained&untrained)
- Health Empowers You
- Empowering Healthy Active Schools
- Department of Education
- Fitnessgram
- Children's Healthcare of Atlanta
- HealthMPowers Nutrition Survey
- Early Childcare Setting

# Student Responsibilities

- Data cleaning and coding
- Developing codebooks/documentation
- Literature reviews
- Follow-up with respondents
- Linking datasources
- Analysis
- Report writing/graphics
- Manuscripts
- Presentations (poster and oral)
- Grant writing

# Sample Research Questions

- Nonresponder analysis: Describing the enrollment, demographic, and academic differences between PU30 schools with at least one responder compared to those schools with no responder.
- To examine whether adequate school-level aerobic capacity among 4th-and-5th graders is associated with higher percentage of 5th-grade students passing math standardized tests in elementary schools in Georgia during the academic years 2011-2012, 2012-2013, and 2013-2014.

# Sample Research Questions

- Assess whether 80 PU30-trained schools had more frequent and longer PA opportunities than 80 untrained schools one year from baseline
- Examine the association between the amount of time children have the opportunity to be physically active at school and academic outcomes (standardized test scores).



# Sample Research Questions

- To assess the barriers and facilitators of uptake and participation of the Power Up for 30 initiative in the Georgia elementary school system by conducting individual, in-depth interviews with elementary school administrators, PE teachers and grade level chairs.
- Examine the association between Health Empowers You! and student engagement
- Understand current nutrition policies, practices and environments in Georgia Supplemental Nutrition Assistance Program Education (SNAP-Ed) elementary schools

# Research Activities

- Data cleaning and coding
- Developing codebooks/documentation
- Literature reviews
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# Collaboration Strengths

Emory	HealthMPowers
<ul style="list-style-type: none"><li>• Objective evaluators</li></ul>	<ul style="list-style-type: none"><li>• Program implementation</li></ul>
<ul style="list-style-type: none"><li>• Access to resources (literature, data storage, other content experts)</li></ul>	<ul style="list-style-type: none"><li>• Access to &amp; knowledge of schools (real-world)</li></ul>
<ul style="list-style-type: none"><li>• Personpower</li></ul>	<ul style="list-style-type: none"><li>• Overall picture of context in Georgia</li></ul>
<ul style="list-style-type: none"><li>• Data analysis</li></ul>	<ul style="list-style-type: none"><li>• Have data</li></ul>

# Collaboration Challenges

Emory	HealthMPowers
<ul style="list-style-type: none"><li>• Understanding programs &amp; background</li></ul>	<ul style="list-style-type: none"><li>• Competing needs btwn program delivery &amp; research</li></ul>
<ul style="list-style-type: none"><li>• Not involved in data collection</li></ul>	<ul style="list-style-type: none"><li>• Documentation</li></ul>
<ul style="list-style-type: none"><li>• Student turnover</li></ul>	<ul style="list-style-type: none"><li>• Staff demands</li></ul>
<ul style="list-style-type: none"><li>• Timelines</li></ul>	<ul style="list-style-type: none"><li>• Need time to review</li></ul>





*Thank You!*

*Time for Questions*

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