

EXHIBIT F: CHLI Results and Finding
Local Partnership: New Jersey Partnership for Healthy Kids-Camden

Community Healthy Living Index (CHLI) Summaries By Site

Cooper's Poynt Elementary School
School Assessment

Cooper's Poynt School, a public elementary family school in North Camden with around 541 students, was one of the three schools that conducted a Community Healthy Living Index (CHLI) assessment. The CHLI survey covers a wide range of subjects pertaining to healthy living. Below are the results of the survey.

Health Education

Cooper's Poynt School has a health education curriculum in place to guide students on a range of topics. Credentialed health education teachers instruct students on subjects including personal health, family health, community health, and nutrition. The school is developing written guidelines and policies on the amount of time, content, and teacher qualifications for health education.

Kindergarten through 5th graders receive less than 8 hours of health education per year, while 6th through 8th graders receive between 30 and 50 hours. Staff noted that the curriculum does not guide students to develop essential physical activity and health eating skills and the school rarely is able to raise sufficient funds to support health education.

Physical Education (PE)

Cooper's Poynt has a physical education program in place that promotes student participation in a variety of options. PE employs a sequential program that promotes student participation in a variety of options and is taught by a credentialed PE teacher. Teachers are usually able to avoid practices that result in some students spending considerable time being inactive in PE classes.

Kindergarten through 5th graders receive 60 minutes of physical education per week, while 6th through 8th graders receive 90 minutes per week. Physical education programs only sometimes promote student participation in a variety of options and opportunities. Facilities and equipment are rarely available. Rarely are sufficient funds available to support a robust physical education program.

Non-PE Physical Activity

All students generally have at least 20 minutes of daily physical activity outside when the weather permits. The school does not currently have extracurricular physical

activities on the afternoons or weekends. Parents have expressed desires for programs and outlets for children.

Recess tends to be unstructured, with some kids engaging in physical activity, while others do not participate. The school is generally able to provide a safe environment for physical activity, both indoors and outdoors. Staff noted, however, that only sometimes do they have sufficient and varied physical activity equipment that is safe and age-appropriate. The only available option for physical activity is the courtyard. Neither the indoor nor the outdoor facilities of the school are open outside of school hours for health promotion. The school's playground is locked from public use outside of school hours. Staff expressed a desire to partner with Rutgers-Camden to use their fields and recreation facilities.

School Accessibility

The school's location enables students to walk or bike to school. Between 75 and 80 percent of students walk to school on a daily basis. They still, however, cite traffic hazards/busy streets, lack of sidewalks/bike paths, and concerns about personal safety and drug dealing as obstacles to walking to school. Additionally, staff noted that students might be inclined to ride their bikes to school if there were not fears of having one's bike stolen.

Healthy Meal Options

Staff at Cooper's Poynt noted a fully accessible school breakfast and lunch program. Meals served at the school meet USDA standards. Mostly low-fat or free milk, three choices of fresh fruits and vegetables are generally made available and whole-grain foods are almost always served daily. Parents receive written information about available school lunch menus and healthy snack options in advance.

The school provides a pleasant, clean, and safe eating environment that features posters that promote healthy eating habits. Staff at Cooper's Poynt expressed concerns that students are frequently stopping at local bodegas for junk food.

Wellness Committee

While Cooper's Poynt has a wellness committee, it does not meet regularly. School staff collect BMI data that is subsequently shared with parents if there is a need for a student to see a health care provider. In addition, staff sometimes model positive behaviors by participating in physical activities with students, but rarely model healthy eating behaviors. There are currently no policies in place governing staff modeling behaviors. Staff at Cooper's Poynt indicated a desire to increase parent feedback and involvement with regards to their children's physical activity and eating habits.

Early Childhood Development Center After-School School Assessment

Early Childhood Development Center, a public pre K through Kindergarten program with 500 attendees, was one of the three institutions that conducted a Community Healthy Living Index (CHLI) assessment in Parkside.

Physical Activity

Early Childhood Development Center has an evaluated curriculum in place that provides children with opportunities for physical activity. The PE Curriculum follows the state required levels of 45 minutes per week. Children receive 30-60 minutes of moderate physical activity about half of the time. More vigorous activity is sometimes offered several times throughout the week.

Physical activities for children are age-appropriate about half of the time and often it is difficult to avoid using practices that result in some children being inactive in physical activity programs. The staff themselves rarely model positive behaviors to physical activity by participating with children.

Recently staff have begun to utilize the “Get Ready to Learn” Yoga curriculum with students that provides DVD Yoga instruction each morning. Though both children and staff are enjoying the program, not all of the classes are participating due to lack of staff, time, and computer/technical equipment. There is also a Before/Afterschool Program for children, though it lacks organization and structure.

Physical Environment

Facilities and equipment are in place, and are well-maintained, to enable safe, age appropriate physical activity and play. The outdoor space tends to get overcrowded and staff have expressed an interest in using the neighboring County Park. During times of inclement weather, staff tend not to get students outside. The principal has been working to encourage staff to go outside and announces the temperature each morning in the announcements.

Food

While ECDC has an evaluated curriculum in place for children to have healthy eating opportunities, snacks and meals rarely introduce a variety of healthy food and beverage options. Food services are contracted to Aramark. Staff have expressed concerns that the food has not included enough fresh fruits, the salads tend to be drowned in dressing and the food in general is not kid-friendly. Meals more often offer more whole-grain than non-whole grain options, include foods that are low in saturated fat, and offer predominantly nonfat and low-fat dairy products.

There are facilities and equipment at ECDC to enable preparation of healthy meals and snacks, and there are clean, safe, and comfortable spaces for children to enjoy meals and snacks. Staff rarely model healthy eating behaviors during snack and meal times.

Pre-K staff are not allowed to eat in front of students. Children are rarely involved in the preparation of healthy snacks and meals to entice them to eat them. In addition, there are no on-site farmers markets or educational gardens where vegetables and fruits can be planted, cultivated, and enjoyed.

Wellness and Parent Collaboration

Staff provide information and resources promoting healthy living to children and families and encourage families to engage in physical activity multiple times throughout the year. Staff usually are able to connect with parents during drop off times. In addition, there are opportunities throughout the year for families to connect with one another and participate in health and wellness efforts through sponsored social events.

Forest Hill Elementary School School Assessment

Forest Hill, a public elementary school in Parkside with around 300 students, was one of the three schools that the partnership conducted a Community Healthy Living Index (CHLI) assessment.

Health Education

While Forest Hill has a health education curriculum in place to guide students on a range of topics, staff noted that it needs improvement. The curriculum, designed by the school district, does not include life skills, personal hygiene, or nutrition guidance. In general, the program is not tailored to be age-appropriate. The school has written guidelines on the amount of time, content, and teacher qualifications for health education.

Kindergarten through 5th graders receive more than 32 hours of health education per year, while 6th through 8th graders receive more than 64 hours. The school rarely is able to raise sufficient funds to support health education.

Physical Education

Forest Hill has a physical education program in place that promotes student participation in a variety of options. PE employs a sequential program that promotes student participation in a variety of options and is taught by a credentialed PE teacher.

Kindergarten through 5th graders receive 120 minutes of physical education per week, while 6th through 8th graders receive 180 minutes per week. Students are formally assessed on individual progress using pre and post-tests. There are written guidelines in place governing the time, content, and teacher qualifications for physical education. The school, however, rarely has sufficient funds to support a robust physical education program.

Non-PE Physical Activity

Students usually have at least 20 minutes of daily physical activity outside of their PE classes. There are no extracurricular physical activities in place. Both indoor and outdoor facilities are rarely open outside of school hours for health promotion.

School staff indicated an interest in using the neighboring County Park, but would like to see better lighting and safer benches installed. They currently use the park once per year, but would like to use it more frequently. The school has difficulty providing a safe physical environment for physical activity. One issue noted was street lights being knocked out by drug dealers to decrease visibility. Only sometimes does the school have sufficient and varied physical activity facilities and equipment that is safe and age-appropriate. Playgrounds and sports fields do not meet safety standards.

School Accessibility

Most students live within a mile range of the school and walk to school each day. There are still transportation infrastructure issues limiting students from walking or biking to school. One issue cited was a lack of designated bike storage at the school.

Healthy Meal Options

Forest Hill staff noted that Aramark services have noticeably improved food menus, providing better tasting lunches that are fresher and healthier. They also expressed concerns that students are bringing in unhealthy food from outside sources (home or purchased in corner stores). No written guidelines exist that monitor food brought in from these sources. Parents receive written information about school lunch menus and healthy snack options in advance.

Though the school has a fully accessible school breakfast and lunch program, students are not attending the free breakfast program and many are opting to have breakfast at local corner stores. Meals served at the school meet USDA standards and consist of mostly low-fat or fat free milk. There are usually three choices of fresh vegetables or fruit, and whole-grain foods are served most days. Students are given adequate time (at least 20 minutes) to eat meals.

Aramark employs a qualified food service manager and employs healthy food purchase and preparation procedures. Staff also expressed concerns about a clean, safe, and comfortable eating environment, as sewer smells are common on days that it rains. Forest Hill is developing educational gardens that will enable students to plant, cultivate, and enjoy fruits and vegetables.

Wellness Committee

The staff has a Wellness Committee that meets regularly. The school also collects BMI data and notifies parents if a student needs to see a health care provider. Staff at the school only sometimes model positive physical activity and healthy eating behaviors by participating themselves. There are currently no policies in place for modeling staff behavior.

Holy Name School School Assessment

Holy Name, a Catholic elementary school in North Camden with 160 students, was one of the three schools that the partnership conducted a Community Healthy Living Index (CHLI) assessment.

Health Education

Holy Name has a health education curriculum in place to guide students on a range of topics. Kindergarten through 5th graders receive more than 32 hours of health education per year, while 6th through 8th graders receive more than 64 hours. The school is only sometimes able to raise sufficient funds to support health education.

Physical Education

No physical education is provided at the school. They rely on volunteers to get students to engage in exercise. Kindergarten through 5th graders receive 30 minutes of physical education per week, while 6th through 8th graders receive 45 minutes per week. As a result, student participation in physical education is limited. Staff noted that opportunities, facilities, and equipment are rarely available. Students are not formally assessed on individual progress using pre and post-tests. There are no written guidelines or policies governing time, content, and teacher qualification for physical education, and the school rarely has sufficient funds to support physical education.

Non-PE Physical Activity

Students at Holy Name sometimes engage in physical activity outside of PE classes. There are no recess requirements at the school and only some extracurricular physical activities are available. Staff noted that the only places for students to engage in physical activity are the schoolyard (made of cement) and the park across the street, which is perceived as unsafe and not clean. As a result, there is rarely a safe environment for physical activity. The equipment and facilities available are rarely sufficient and age-appropriate. While outdoor facilities are rarely available outside of school hours, their indoor facilities are usually open for family programs.

School Accessibility

Holy Name has not conducted an assessment to determine the extent to which students can walk or bike safely to school. Although almost all students live within a half mile of the school, only some students walk or bike to school. Most are driven or take the bus. Staff cited traffic hazards/busy streets, lack of sidewalks/bike paths, concerns about personal safety and high drug traffic, and a lack of bike racks as limiting factors. They also noted drug dealers spend significant time on nearby streets and even sometimes on the steps of the school. There are some efforts currently underway to correct these conditions.

Healthy Meal Options

Holy Name staff noted a fully accessible school breakfast and lunch program and serve meals that are consistent with USDA standards. Their menu and food options are determined by the Arch Diocese of Philadelphia. Many of the students and their families shop at nearby corner stores and cite transportation as an issue for healthy food purchasing.

There is generally only one meal option per day. Staff noted that students tend to be hungry and eat whatever meal is provided.

The school lunch program purchases produce from a local farm, and has plans to increase the types of local fruits and vegetables available to students. There are no educational gardens available for students to plant, cultivate, and enjoy vegetables and fruits.

The school usually has sufficient funds to support healthy eating opportunities and is able to meet its budget without relying on vending sales. Staff members describe a clean, safe, and comfortable eating environment. Parents receive written information about available lunch menus as well as healthy snack options.

Wellness Committee

The school does not have a Wellness Committee in place. They do, however, collect BMI data that is shared with parents if a student needs to see a healthcare provider. Though there are no training or policies in place, staff sometimes model positive behaviors by participating in physical activities and healthy eating.

Parkside United Methodist Church Neighborhood Assessment

Parkside Methodist church, located in the Parkside neighborhood of Camden, was the only church that conducted a Community Healthy Living Index (CHLI) assessment.

Neighborhood Design

The Parkside neighborhood has some availability of walkable sidewalks that are free from obstructions, and are well maintained and level. There are, however, very limited operable bike paths running throughout the neighborhood. Many community members walk to local destinations, though biking is less common. Most residents of Parkside live within easy walking distance of parks and open space.

Physical Environment related to Physical Activity

The neighborhood lacks measures to subdue traffic and ensure ease of street crossing. Traffic on some of the higher volume streets can be an issue for pedestrians. Some

residents expressed concerns about traffic on Baird and Park Boulevards, which tends to consist of vehicles moving at high speeds.

Residents noted that the physical environment in Parkside is generally pleasant and encourages walking and bicycling, but air pollution, noise pollution, litter, and physical disorder are very common in parks and on roads. The planning, safety, and upkeep of neighborhood playgrounds and parks is overseen by the city, county government and local not-for-profits. However, there is lack of funding for upkeep and maintenance.

Residents tend to only take their children to local parks when they can be supervised, resulting from safety concerns. Local corner stores tend not to provide healthy food and beverage options.

Within the neighborhood, there are basketball courts, baseball/softball fields, football field and tennis courts within Camden High School athletic field, Farnham Park, and New Camden Park. Farnham Park has neighborhood events as well as sprinklers and playground equipment for children. While there is a Boys and Girls Club, residents remarked that it is too expensive. Overall, there is the perception that the neighborhood lacks sufficient recreational outlets.

Physical Environment

Local corner stores are expensive and only carry limited amounts of fresh fruits and vegetables. There are larger food stores that are accessible by car or public transportation that offer healthy food options. Some residents purchase food at local stores such as Pathmark and Cousins, though most opt for shopping outside the city at Shoprite and Wegmans.

The stores where residents shop do not offer price incentives that encourage the purchasing and consumption of healthy food and drink options. They also do not use promotional displays and signage to persuade individuals to choose healthy food.

Vegetables are infrequently available from alternative, non-grocery store locations such as farmers markets and community gardens. There are two restaurants in the neighborhood, though neither have a focus on healthy food.

Collaborative Capacity & Community Engagement

Neighbors do not spend much time engaged in physical activity with one another. When neighbors socialize together at parties/neighborhood events, healthy food is infrequently an option.

Residents do take collaborative action in response to some activities, including budget cuts to local public service departments. There is less collaboration with regards to issues of health.

Within Parkside, there is an organized neighborhood association, Parkside Business & Community in Partnership, that has the ability to influence healthy living and the

neighborhood has made some progress over the past year in improving health outcomes and public safety concerns.

Respond Inc. After-School Assessment

Respond Inc. is a non-profit childcare program in North Camden serving 800 children, with 180 in their N. Camden locations on Pine and State Streets. Respond was one of the six organizations that conducted a Community Healthy Living Index (CHLI) assessment. Respond Inc is involved in numerous programs throughout the community in addition to their childcare services.

Physical Activity

Respond Inc has an evaluated curriculum in place that provides children with opportunities for physical activity. Children receive 30-60 minutes of daily moderate physical activity. Staff take kids on daily walks in temperatures between 30 and 90 degrees. More vigorous activity is sometimes offered several times throughout the week.

Physical activities for children are age-appropriate and often it is difficult to avoid using practices that result in some children spending time being inactive in physical activity programs such as standing in line although they are encouraged to move at all times. Staff do not model positive behaviors on physical activity.

Physical Environment

Facilities and equipment are usually available to enable safe, age appropriate physical activity and play. Kids do not go outside due to safety concerns and high drug activity. Street lighting is poor, presenting additional safety concerns. When transportation is available, parents are able to take their kids to Cooper River Park for additional physical activity opportunities.

The amount of time dedicated to non-educational purposed television, video, and computers is usually regulated.

Food

Respond Inc has an evaluated curriculum in place for children to have healthy eating opportunities. All snacks and meals are prepared in-house at their Culinary School. These facilities and equipment enable the preparation of meals and snacks. The staff works to find healthy alternatives while making everything from scratch. Fruits and vegetables are given to children regularly and whole-grain foods are introduced to students in a variety of options. Fried food is not served.

Staff eat with students in a family style fashion, in a space that is clean, safe, and comfortable. Portions are regulated and the primary drinking options are 2% milk, water,

and 100% juice. While there are no materials advertising unhealthy foods inside the facility, staff noted that there are many advertisements very near to the school. There are also opportunities for the children to participate with a farmers market to learn to plant, cultivate, and enjoy vegetables and fruits.

Wellness and Parent Collaboration

Staff provide information and resources promoting healthy living to children and families and encourage families to engage in physical activity multiple times throughout the year. Staff usually are able to connect with parents during drop off times. In addition, there are opportunities throughout the year for families to connect with one another and participate in health and wellness efforts through sponsored social events such as Cooking with Families and 'Ask the Doctor'. The childcare institution has in place written policies governing the amount of time and quality of physical activities, and the qualifications of those who supervise the activities.