

APPENDIX 1

Example of Planning

Can a diabetes program and a school work together to get youth physically active?

Public Health Problem

The basketball coach began noticing it first. It was becoming harder and harder to recruit youth to the basketball team. To the coach, it appeared that not only were the kids not interested, but when they did play, they lacked the endurance to play a full game. The coach talked to the nurse at the local clinic. The nurse reviewed the health records of youth and found that not only were kids overweight, but several had diabetes. The two adults were very concerned and they decided that something had to be done. Despite the fact that the clinic and school hadn't worked together on a health problem before, they contacted the school board and the service unit director of the clinic. After a series of meetings with the school administrators and the diabetes team, they decided they could work together and were able to identify complimentary resources (space, funding, equipment and staff) to support a physical activity program as a way to improve the overall health of youth in the community.

During the planning of the project, project team members conducted team meetings and identified stakeholders: a) school personnel b) health care providers and community health workers c) parent volunteers and d) students. They contacted potential stakeholders with a letter introducing a potential school-based physical activity program for youth to assess their interest and to ask for their support. They interviewed students to determine what activities they would like to have offered.

