



# LIVEWELL KERSHAW COALITION

**MARCH 1ST, 2018**

**8:00AM-9:30AM**



# HOUSEKEEPING

- Introductions
- Jargon/Reflect Cards
- Packets and materials on table

# AGENDA

- **Announcements**
- **Updates**
  - **Focus Groups and Sensemakers**
  - **Youth Wellbeing Assessment at NCHS**
  - **Synergy with other youth-involved groups**
- **NCHS Sensemakers Report**
- **Leading from Within**
- **Communication Plan**



# FOCUS GROUP UPDATES



**All focus  
groups  
scheduled**

**Ready to  
schedule**

**Ready to  
schedule**

**North Central  
High School**

**Camden High  
School**

**Lugoff-Elgin  
High School**

**Camden  
Military  
Academy**

**Homeschoolers**

# Ground Rules

- #1 Everyone's ideas are important.
- #2 There are no right or wrong answers.
- #3 Only one person speaks at a time.
- #4 No judgement.
- #5 What is said here, stays here.



Live Well Kenbon





# MEASURING OUR IMPACT

**HOW DO WE CAPTURE A BASELINE OF HOW HIGH SCHOOL STUDENTS ARE DOING IN KERSHAW COUNTY?**

# YOUTH WELLBEING ASSESSMENT

Date \_\_\_\_\_



## Adolescent Well-Being Assessment (School Based)

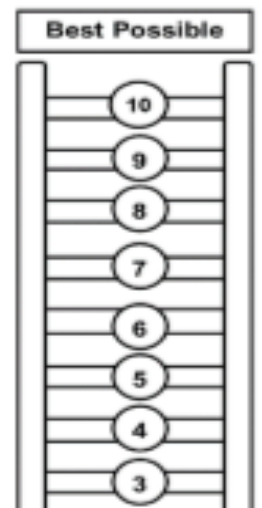
For the first 11 questions, select the answer that best applies to you. There are no right or wrong answers.

1. Please imagine a ladder with steps numbered from zero at the bottom to ten at the top. The top of the ladder represents the **best possible life for you** and the bottom of the ladder represents the **worst possible life for you**. **Indicate on which step of the ladder you feel you personally stand right now.**

0    1    2    3    4    5    6    7    8    9    10

2. **On which step do you think you will stand about five years from now?**

0    1    2    3    4    5    6    7    8    9    10



# YOUTH WELLBEING ASSESSMENT

## *North Central High School*

- Opt-out form given to parents
- Students take online version tomorrow!

## Features indicators for:

Overall well-being  
Cognitive well-being  
Meaning & Purpose  
Social well-being  
Emotional well-being  
Physical well-being





# SYNERGY WITH OTHER ORGANIZATIONS

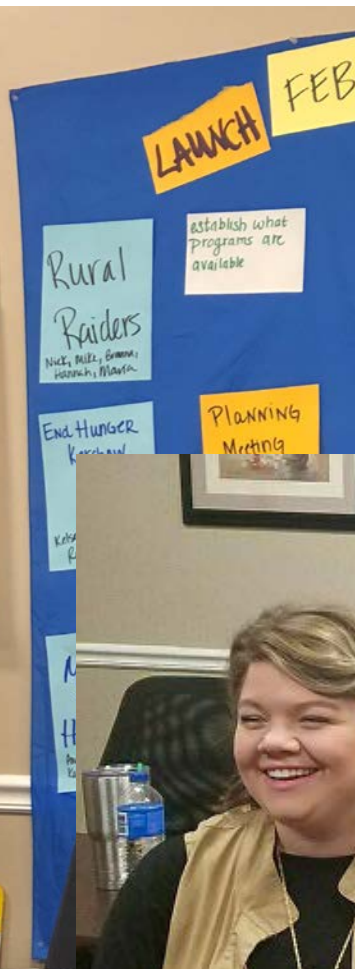


# EAT SMART MOVE MORE KERSHAW COUNTY

- 2018 Action Planning
- Workgroup developed:  
“Manna from Heaven”
- Addressing salt, water, and sugar intake levels among youth



Committee & Members	Launch Activity	April '18	May '18	October '18	November '18	January '19	Victory
<p><b>Manna from Heaven</b> The aim for this group is to increase awareness of healthy eating habits.</p> <p><u>Team Lead:</u> Kathryn</p> <p><b>Team Members:</b> Amy K, Sabrina, Mary Ann, Kathryn, Susan, Pam</p>	<p><b>Planning meeting:</b></p> <ul style="list-style-type: none"> <li>-Date of event</li> <li>-Key players</li> <li>-Logistics</li> <li>-Role Assignments</li> </ul>	<p><b>Baseline Survey</b> (sugar, water, salt intake)</p>	<p><b>HYPE Team</b> video demos</p>	<p><b>Filming of Demos</b> (Manna Day)</p> <p>Students create salt, sugar, water boards</p>	<p><b>Social Media</b> campaign to follow event outcomes</p>	<p><b>Follow-up</b> survey to measure changes</p>	<p><b>Raised awareness</b> in ~10,500 students regarding salt, sugar, and water intake</p>



# JUNIOR LEADERSHIP OF KERSHAW COUNTY

- Invited to share with students about the work of LWK
- Students worked on a project provided and presented within two hours



# JUNIOR LEADERSHIP OF KERSHAW COUNTY

## Background

- Explain what LiveWell Kershaw is and what our goals are
- Tell us what barriers exist that make it difficult for teens to be healthy
- Tell us what support you need to be healthy

## Creativity Counts!

- Create a social media campaign focusing around healthy lifestyles (*nutrition, exercise, tobacco use, etc.*)
- Design a program or activity that would be led by you and include your peers. (*Example could be a health challenge of your choosing.*)
- Design what your involvement in LiveWell Kershaw Coalition would look like. What would you like to be involved in?

# Live better and **LIVEWELL**

## Barriers

- peer pressure
- uninformed youth
- lack of time/money
- healthy food \$\$\$
- fast food is convenient
- healthy food has a bad reputation
- ineffective gym classes

## Support

- parental guidance
- motivation
- exercise opportunities
- time
- more access to fresh food

• Livewell Kershaw/a group of organizations  
Committed to improving population health  
in Kershaw county, specifically youth

# How To Get Support From Youth & Community

## Social Media:

- #SelfieBeingHealthy
- Interactive Workshops
- 30 for 30

## Other:

- School Incentives

## Involvement:

- internships
- hosting events
- sense making sessions
- health ambassador



**#SelfieBeingHealthy**





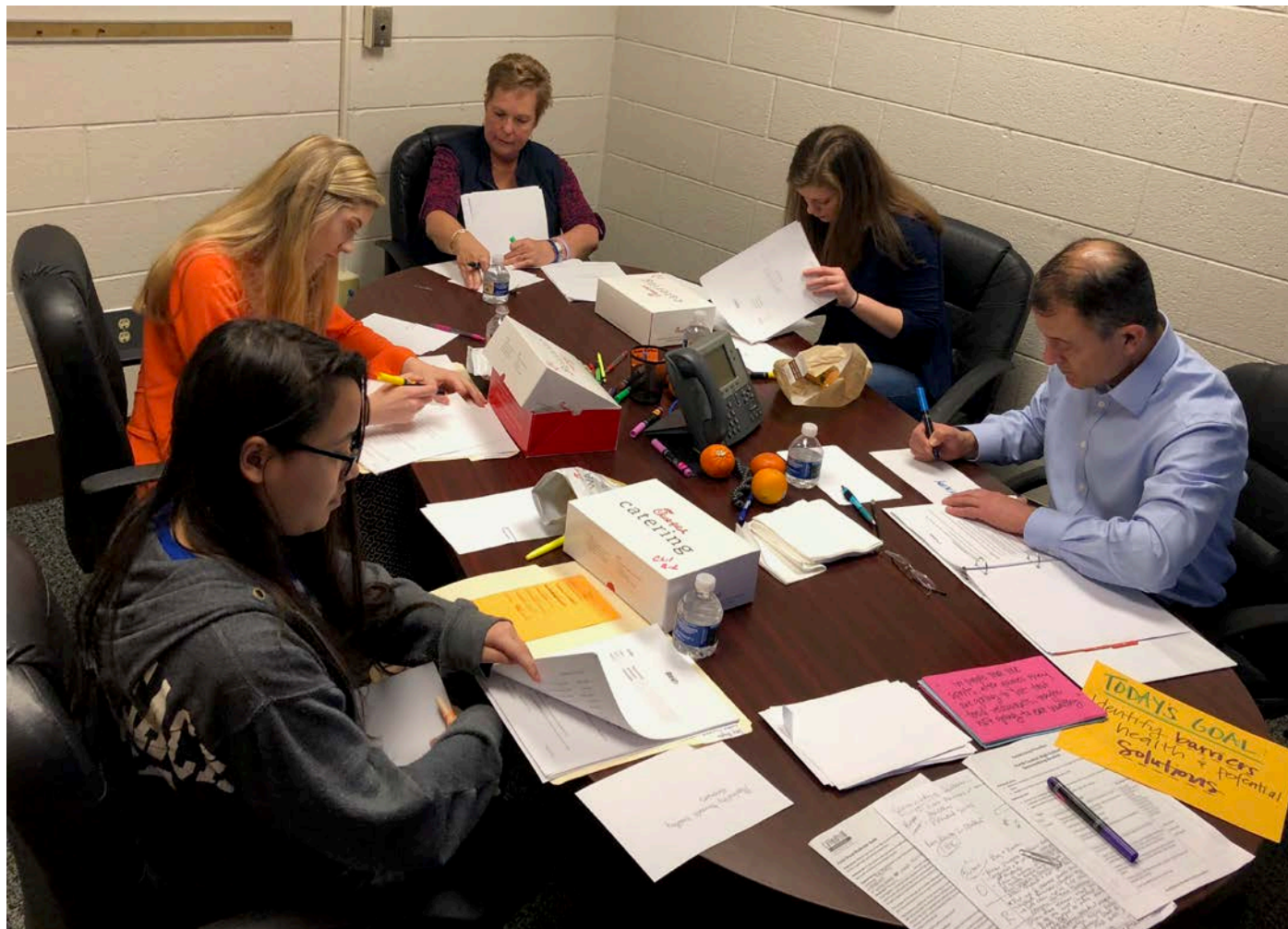


# NCHS SENSEMAKERS REPORT

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## Process:

- Themes from transcripts highlighted
- Half-sheets used to write major takeaways
- Clustering Activity
- Naming of Themes
- What should be done?



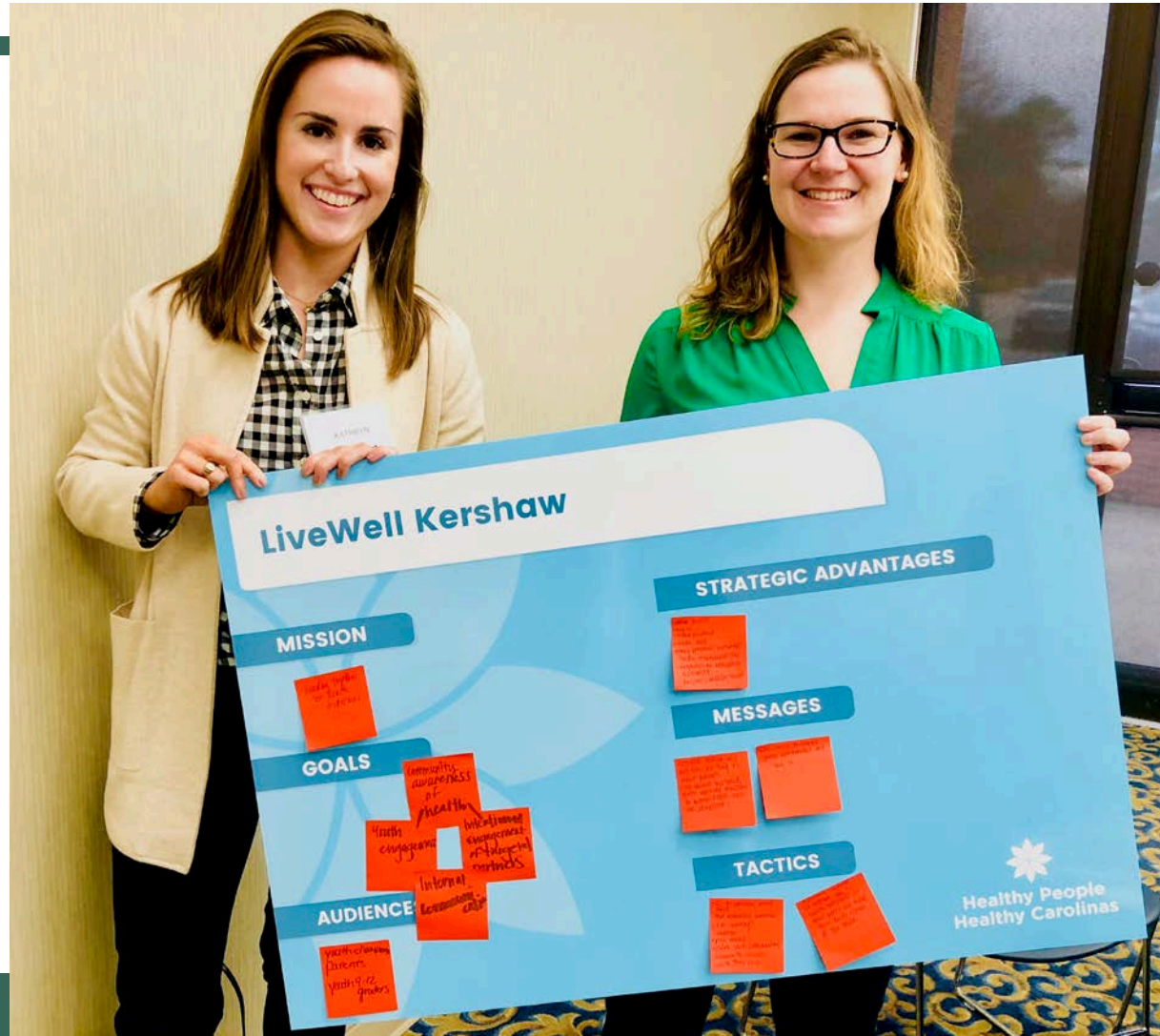
# SENSEMAKERS REPORT

## Major Themes:

- **Mentality as a Hindrance to Healthy Lifestyles**
- **Ownership Needed to Create the Process to Change**
- **Youth Not Considering the Consequences**
- **Improvement Needed for School Lunches**
- **Peer Pressure**

## What is most critical moving forward?

- **Educating others to influence positive changes**
- **Posters made with healthy choices displayed throughout the school and on NCHS Facebook page**
- **Fresh fruit to sell in school**
- **Big bowl of free fruit and small healthy snacks provided by LWK for students going back for seconds in the lunch line**



# COMMUNICATIONS PLAN

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- **Mission**
- **Goals**
- **Audiences**
- **Strategic Advantages**
- **Messages**
- **Tactics**

# COMMUNICATIONS PLAN

## Mission:

“Leading together for the healthiest outcomes.”

## Audience:

1. Youth (9-12<sup>th</sup> grade)
2. Youth Champions
3. Parents of 9-12<sup>th</sup> graders





# **COMMUNITY OF SOLUTIONS SKILLS**





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**Leading from Within**

**Leading for Equity**

**Leading Together**

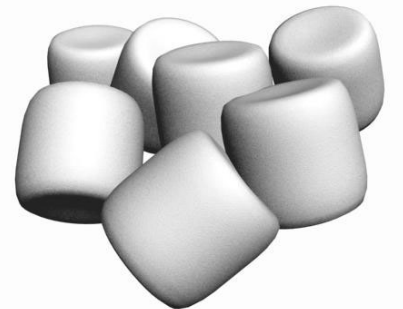
**Leading for Sustainability**

**Leading for Outcomes**

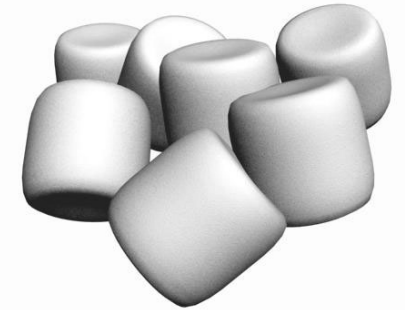
# MARSHMALLOW TOWER INSIGHTS

## What is our marshmallow?

*A healthier youth population in Kershaw County that is actively engaged in taking charge of their health.*



# MARSHMALLOW TOWER INSIGHTS



## What should we be doing?

- *Prototype: How can we quickly test change ideas from the focus groups?*
- *How do we embrace the “uh-oh” moments and not be scared to have them?*
  - *Sharing experiences and working as a team to better our community*

# COMMUNITY OF SOLUTIONS SKILLS

**Leading from Within**

**Leading for Equity**

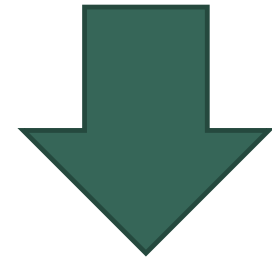
**Leading Together**

**Leading for Sustainability**

**Leading for Outcomes**

# LEADING FROM WITHIN

- **Understand what motivates you:** so you can achieve more
- **Reveal your passions:** we are more likely to accomplish what we are passionate about.
- **Conquer your fears:** so you can move past them to success
- **Develop your talents and strengthen your weaknesses:** by realizing what you excel at
- **Start to understand your emotions:** by learning how you react to situations
- **Keep ideas flowing:** to have plenty of fresh approaches to solving problems
- **Set realistic challenges:** to push and motivate yourself to achieve your aspirations



**Empowering  
youth to lead  
their own health  
initiative!**



# NEXT STEPS

- Vital Signs survey link emailed out after today's meeting
- Camden High Sensemakers will receive meeting date within the week
- YWA to be conducted at all other high schools pending test at NCHS

**Next LWK Coalition Meeting on Thursday, March 22<sup>nd</sup>**

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## Contact Information:

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facebook.com/LiveWellKershaw



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