



LIVEWELL KERSHAW COALITION

MARCH 22ND, 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**
- **CHS Sensemakers Report**
- **Leading for Equity**
- **“Just Imagine It”**



FOCUS GROUP UPDATES



**Scheduled
For March
29th**

**Ready to
schedule**

**North Central
High School**

**Camden High
School**

**Lugoff-Elgin
High School**

**Camden
Military
Academy**

Homeschoolers





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)

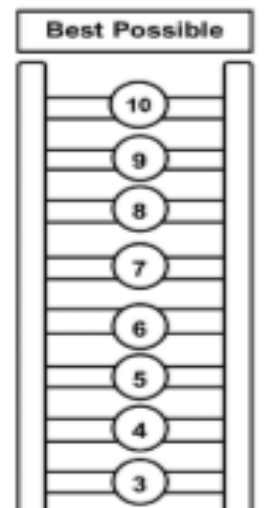
For the first 11 questions, select the answer that best applies to you. There are no right or wrong answers.

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

Features indicators for:

Overall well-being

Cognitive well-being

Meaning & Purpose

Social well-being

Emotional well-being

Physical well-being

ADDITIONAL QUESTIONS ADDED TO BASELINE SURVEY

1. How much soft drink, sweet tea, sports drinks, and/or other high sugar drinks do you consume daily?

2. Estimate how many ounces of water that you consume daily. For example, one average size bottled water contains 8 ounces.

4. Do you add salt to food at the table?

5. In the food you eat at home, salt is added in cooking...

6. How much salt do you think you consume?

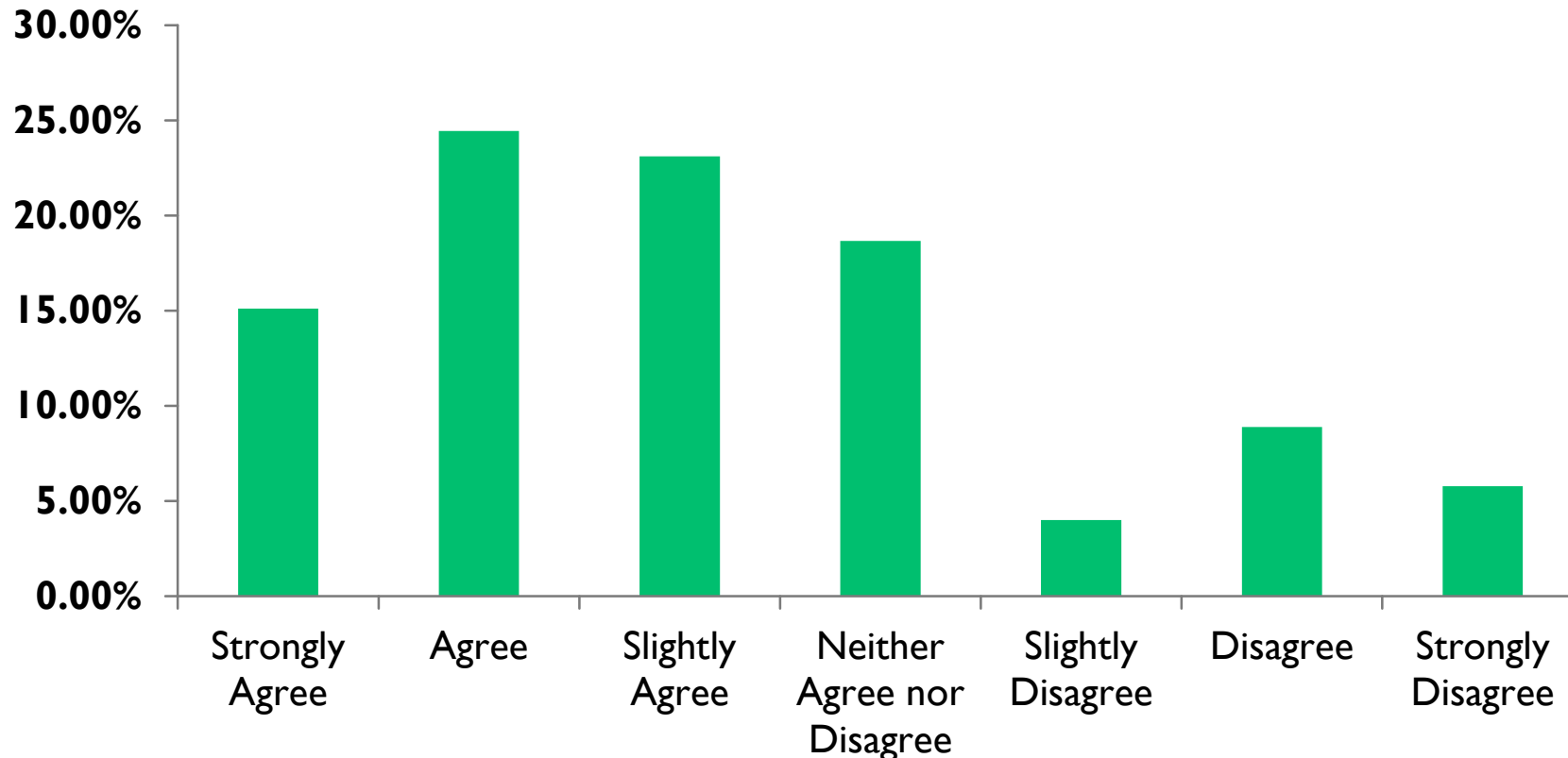


RESULTS



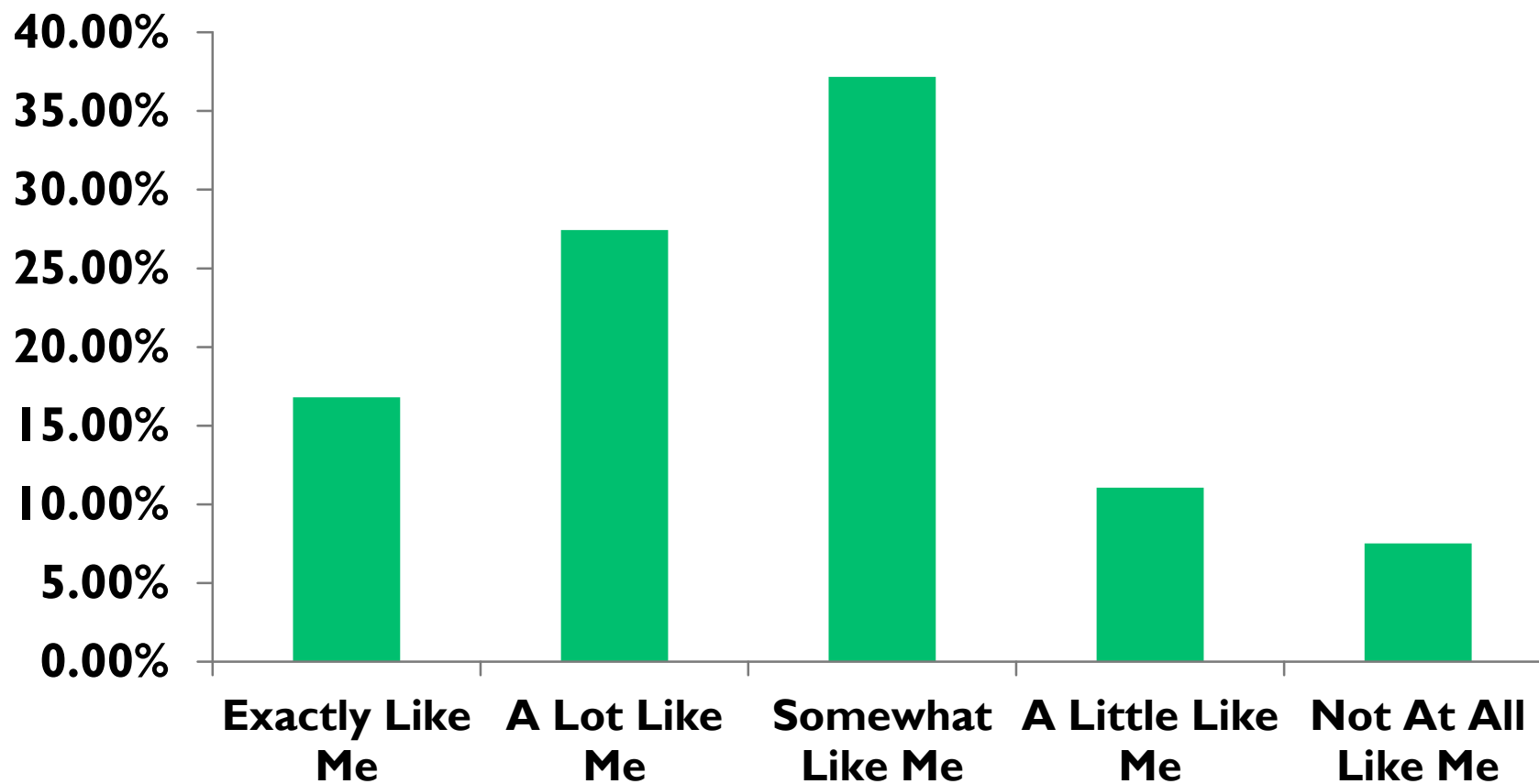
RESULTS

I feel I am an important part of my community.



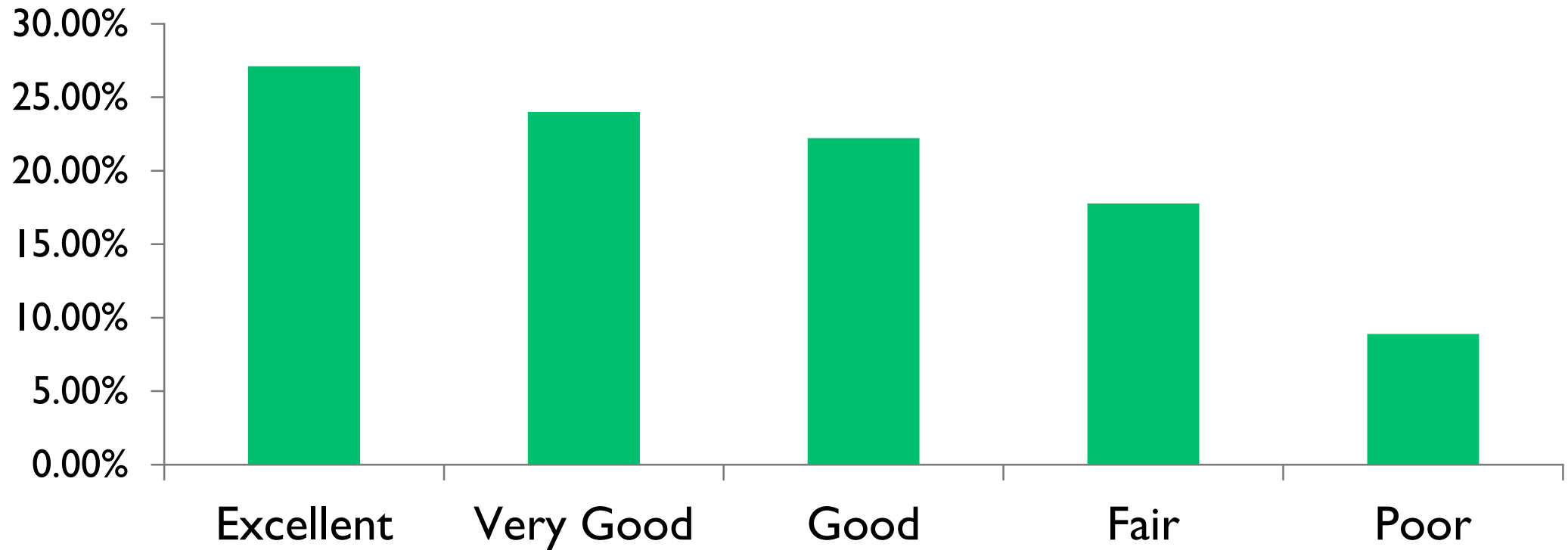
RESULTS

I like coming up with new ways to solve problems.



RESULTS

In general, how would you rate your emotional health?



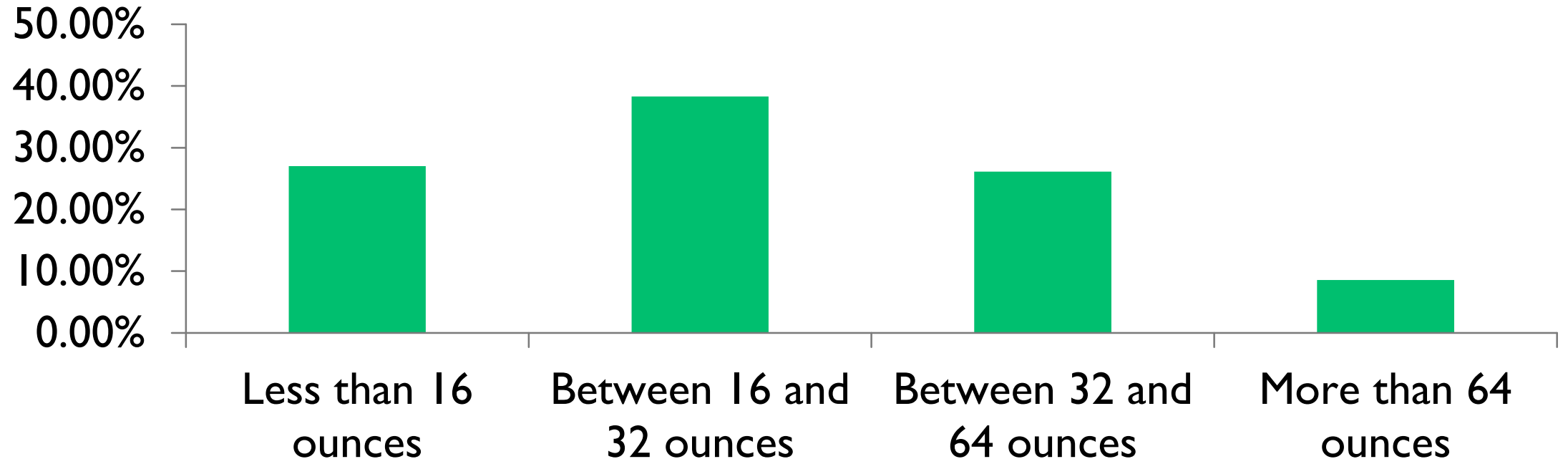
RESULTS

In general, how would you rate your physical health?



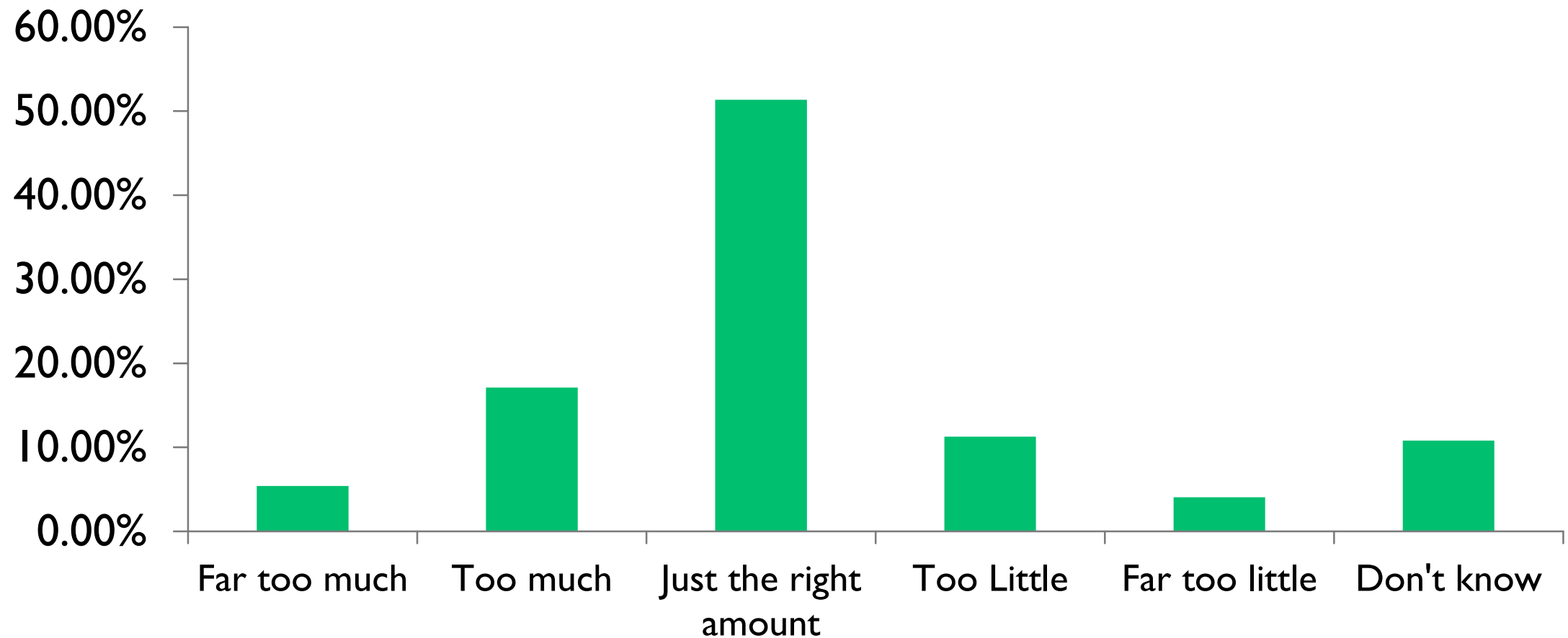
RESULTS

Estimate how many ounces of water that you consume daily. For example, one average size bottled water contains 8 ounces.



RESULTS

How much salt do you think you consume?





REVISITING OUR SOCIOECOLOGICAL MODEL





LET'S FOCUS THIS AROUND YOUTH

Public Policy

(national, state, local laws and regulations)

Community

(relationships between organizations)

Organization

Interpersonal

(family, friends, social networks)

Individual

(knowledge, attitudes, beliefs)

Kershaw County Council:

- Public policy
- Community
- Organizational

Kershaw County Planning:

- Public Policy

SC Legislature:

- prevention
- Medicaid spending
- Grant assistance

Kershaw County Parks and Recreation:

- Community

Understanding giving more patterns and assisting organizations with education

United Way of Kershaw County

- We are connected to many segments of our community

North Central High School

- Specialty and insight into education

Kershaw County: Public Policy

Community Medical Clinic:

- Disburse and direct finances for economic security

Kershaw County School District:

- Education
- Communication network
- Learning with

Kershaw County Health District:

- Community health
- Conducting surveys, and education

Community Medical Clinic:

- Efforts to continue funding from Kershaw Health to CMC and in turn support from CMC to KH (transitional care)

DHEC:

- Educational resources with healthy eating, and active living and chronic disease prevention
- Connection w/ community partners to provide and distribute resources

KershawHealth

Wilmington Baptist Church

- Community health
- Conducting surveys, and education

South Carolina Office of Rural Health

- Education
- Coalition Building
- Implementation
- EBIS's

United Way

- Nutritional information

Food for the Soul:

- Community
- Organizational
- Interpersonal
- Individual
- Food shelter, basic needs

Community Medical Clinic: Access

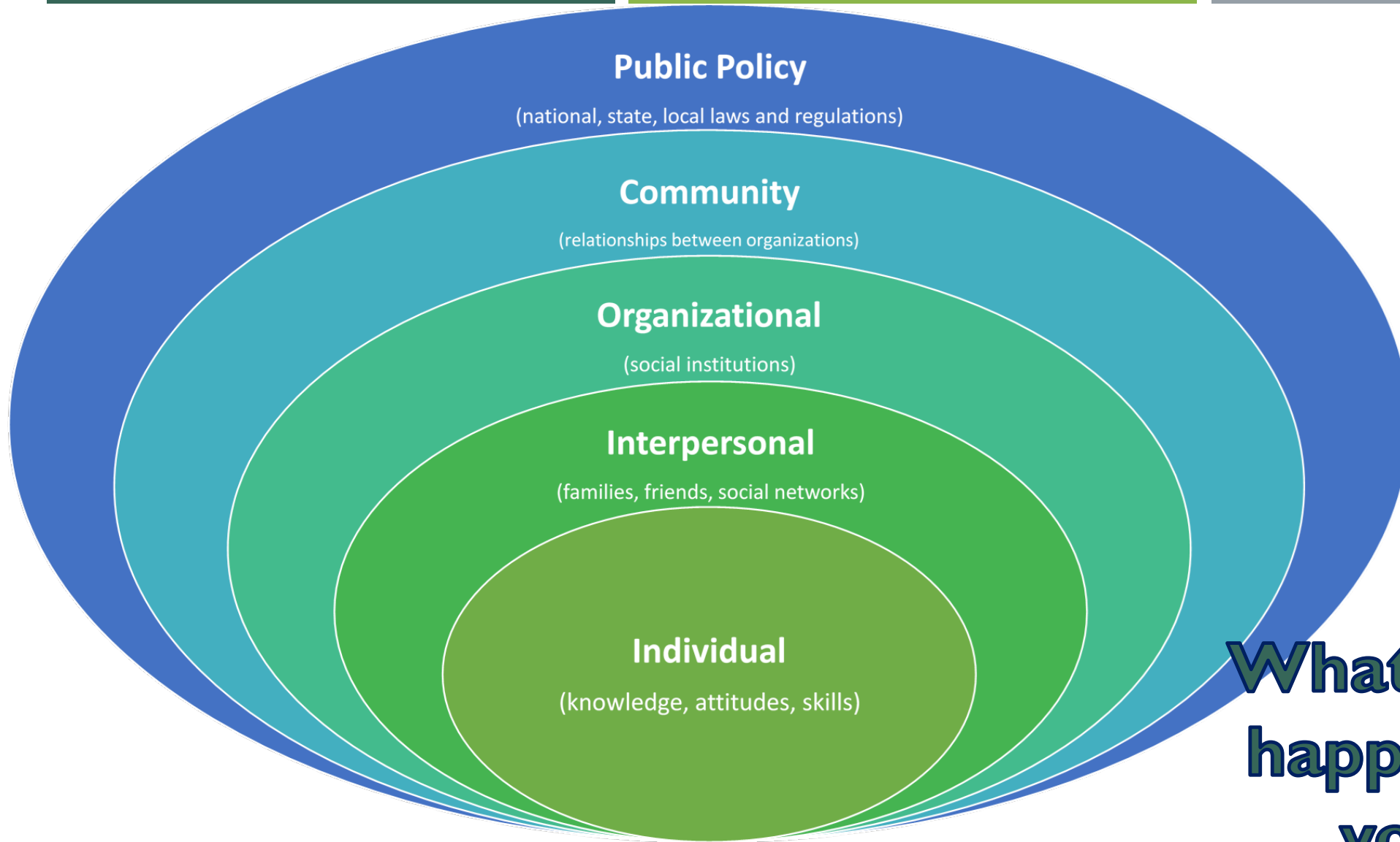
- Connect residents with local resources, educate, and promote health

Community Medical Clinic:

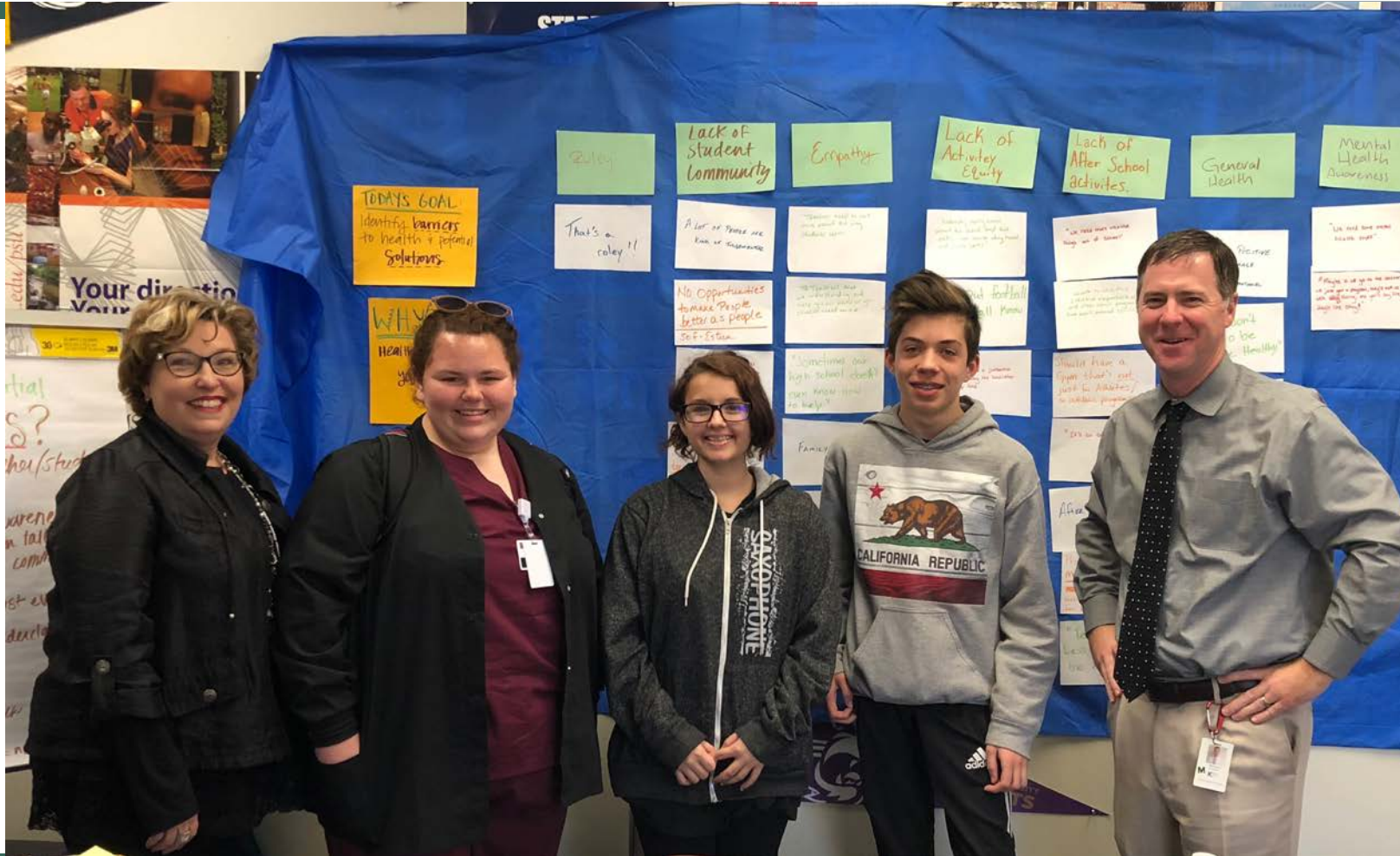
- Volunteer at clinic

Eat Smart Move More Kershaw County:

- Making the healthy choice the easy choice



What activities are happening around youth in our county?

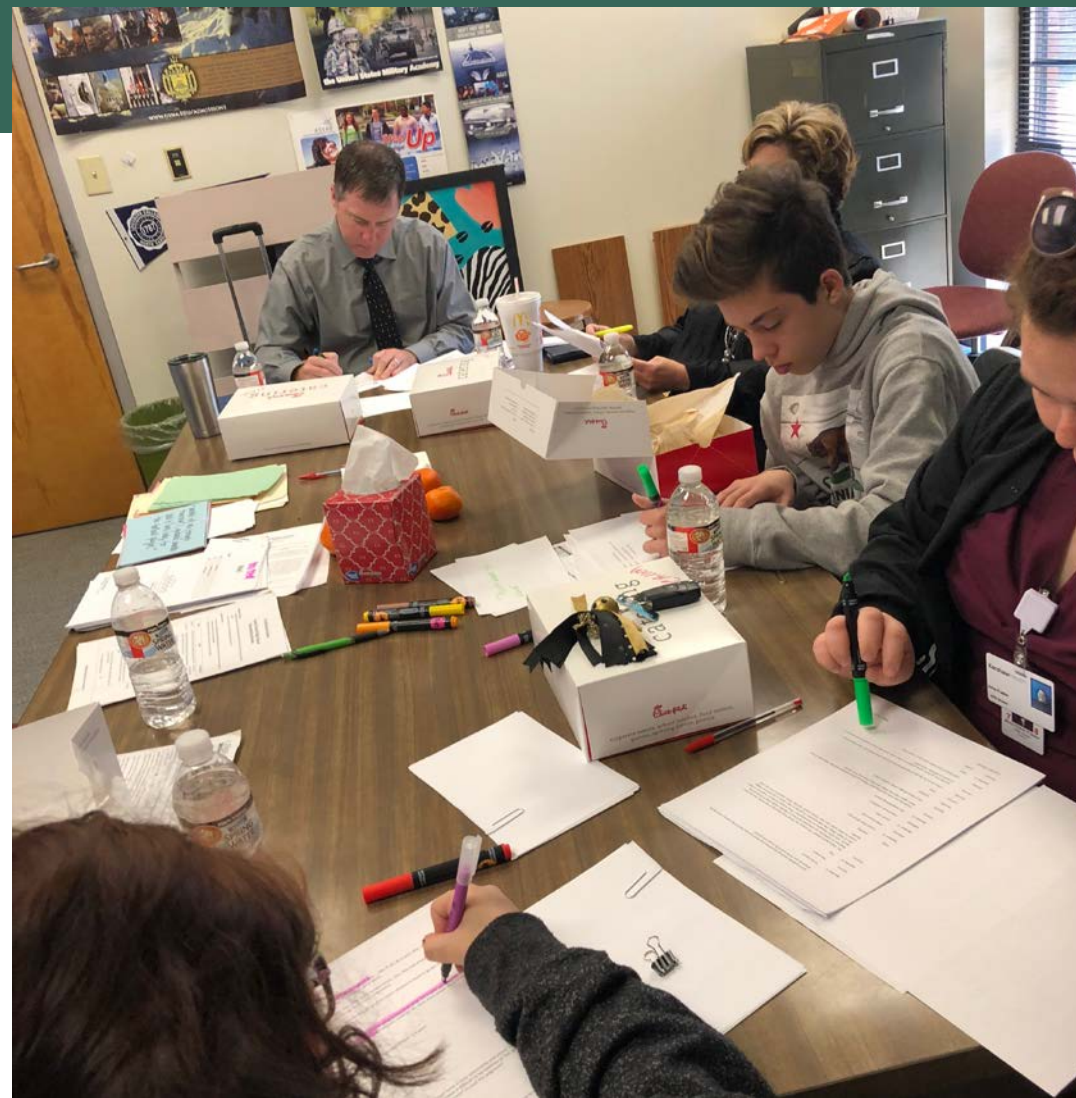


CHS SENSEMAKERS REPORT

SENSEMAKERS REPORT

Process:

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



CHS SENSEMAKER REPORT

Themes:

- Lack of Student Community
- Unhealthy School Food
- Peer Pressure
- Mental Health Awareness
- General Health
- Lack of Afterschool Activities
- Lack of Activity Equity



CHS SENSEMAKER REPORT

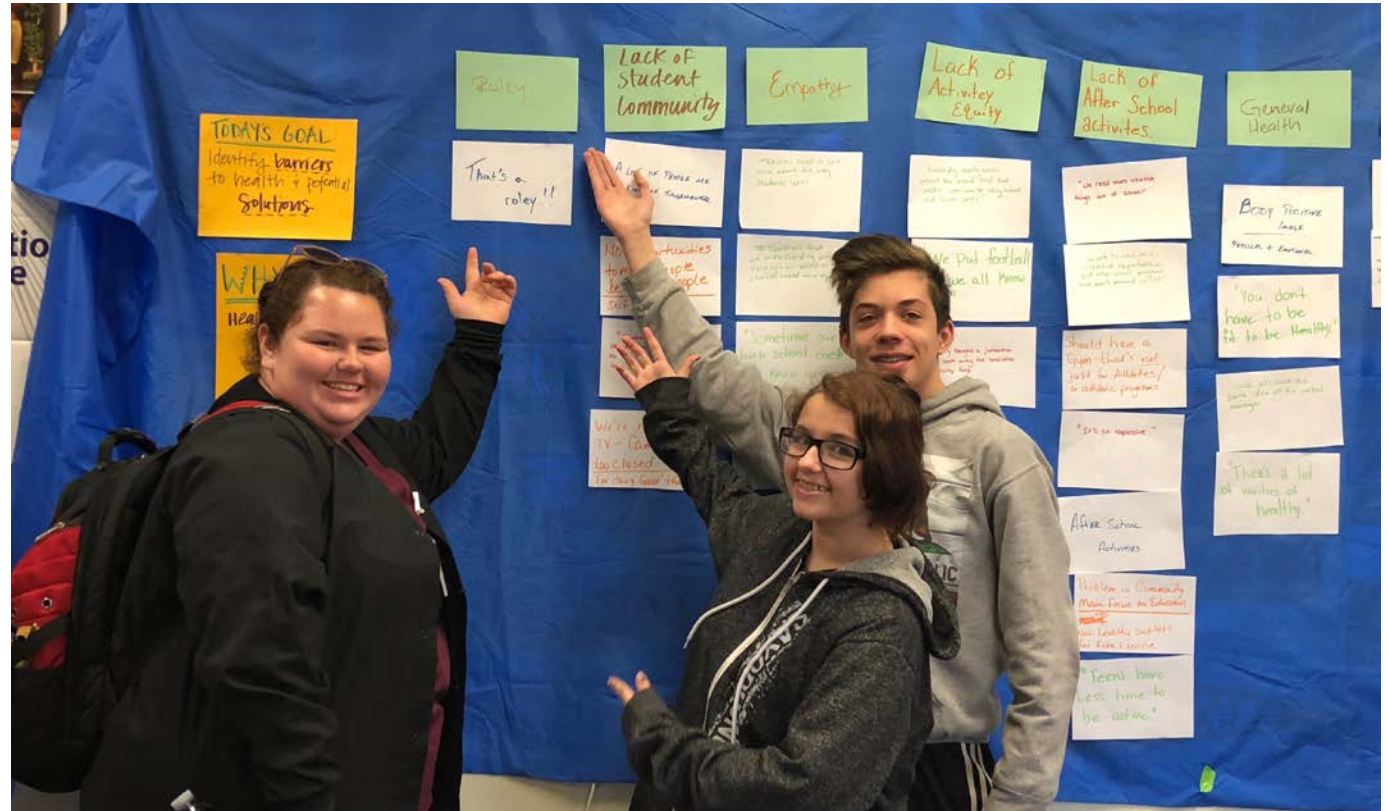
What is most critical moving forward?

- **Morale in regard to teacher/student relationship**
- **Mental Health Awareness**
 - **Must be more open when talking about it**
 - **More likely to use community based resources than school counselors**
- **Health programs and activities must evolve to match current generation**
- **Senior buddy for underclassmen**
- **Open gym time for students either at school or in community at low to no cost**
 - **Weight room at school is designated for athlete use**

COMPARISON BETWEEN NCHS AND CHS

Common Themes:

- **Mentality as a Hindrance to Healthy Lifestyles**
- **Improvement Needed for School Lunches**
- **Peer Pressure**





COMMUNITY OF SOLUTIONS SKILLS



COMMUNITY OF SOLUTIONS SKILLS


Leading from Within

Leading for Equity

Leading Together

Leading for Sustainability

Leading for Outcomes



**Let him who be moved to
convince others, be first moved
to convince himself.**

COMMUNITY OF SOLUTIONS SKILLS

Leading from Within

Leading for Equity

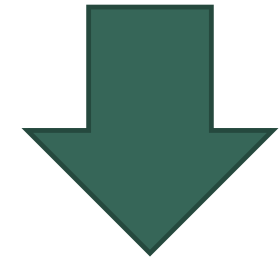
Leading Together

Leading for Sustainability

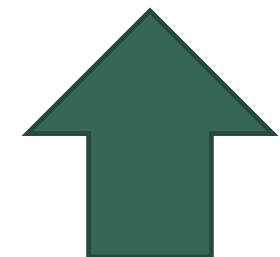
Leading for Outcomes

LEADING FOR EQUITY

- **Leading from Within** – Understanding implicit bias, understanding power and privilege
- **Leading Together** – Recognizing interconnectedness; everyone owning the process of creating equity; fostering ownership and solutions by people with lived experience; mapping assets to potential levers
- **Leading for Outcomes** – Using data to identify those who may not be thriving; identifying potentially replicable bright spots; testing policy and programmatic changes that have the potential to disrupt systems perpetuating inequity



Use these three skills to make the most equitable impact!



Equality



Equity





WHAT IS DIVERSITY?

HOW CAN WE APPLY THIS TO OUR WORK?





JUST IMAGINE IT...

**...ALL FOUR HIGH SCHOOLS IN THE SAME ROOM,
CO-DESIGNING SOLUTIONS FOR HEALTH**



EVENT: JUST IMAGINE IT

- **Friday, April 13th**
- **8:00AM – 4:00PM**
- **2-3 students from each school + LWK Members**

DRAFT AGENDA

Breakfast and Check-in

Welcome and Announcements

Leading from Within: Story of Self

Energizer: Head, Heart, Hand Activity

ACTIVITY

Just Imagine It: Personal → School → Community

Lunch and Group Photo

Energizer

Leading Together: You + Your Imagination

Guest Speaker: “This is my destination, not a pass through”

What Are Next Steps?

Closing

NEXT STEPS

- Vital Signs survey link emailed out after today's meeting
- YWA to be conducted at all other high schools
- Need help coordinating "Just Imagine It"

"Just Imagine It" Event on Friday, April 13th

Next LWK Coalition Meeting on Thursday, April 24th

Contact Information:

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facebook.com/LiveWellKershaw



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