



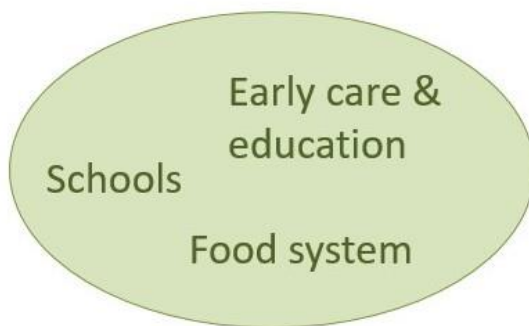
Jump IN for Healthy Kids: Impact through 2021

Mission: To create healthy places, neighborhoods, and communities where families have real opportunities to make healthy choices that promote their health, vitality and well-being, including access to affordable, healthy food and meaningful opportunities to play and be active.

Policies Implemented: Jump IN for Healthy Kids was created to reduce the high prevalence of child overweight and obesity in central Indiana, an area facing profound health disparities and economic disadvantages. Bringing together stakeholders together to form a comprehensive, multi-sector collective impact effort, Jump IN focuses on:

- **changing the policies**, practices, and environments in schools, child care facilities, and other places that influence the health behaviors of children and families
- **addressing barriers** to healthy food access and active living; and
- **improving the overall culture of health** in the community through public awareness and engagement.

Change the systems



Build the culture



Supporting resources

Strategic communications

Evaluation and outcomes measurement

Policy



Changing the Systems: Early Childhood Education

Thanks to multiple years of investment and progress, **Jump IN can see the finish line to our goal:** integrating nutrition and physical activity best practices into Indiana’s early childhood licensing requirements.



- To date, **Jump IN has helped secure \$1 million** in funding to provide comprehensive training to more than 200 child care centers serving more than 10,000 young children in central Indiana.
- In 2020, Jump IN for Healthy Kids was awarded a two-year \$365,000 grant to lead the implementation of the Better Together program, developed by Nemours and the University of North Carolina to **more deeply integrate healthy best practices into Indiana ECE provider culture and systems** through three channels:
 - **Cohorts of providers that meet for intensive training** to change the policies, systems, and environments to create healthier places for the children in their care.
 - **Integration of the nationally-recognized Go NAPSACC tools, resources, and training into the statewide coaching** and technical assistance platform (SPARK Learning Lab) offered to all Indiana child cares. SPARK actively recruits providers to participate in self-directed GO NAPSACC with support from SPARK’s TA’s.
 - **Statewide systems integration.** Jump IN, Shine Early Learning, and a team of Indiana early childhood leaders have identified two systems-level initiatives and are developing action plans to 1) integrate nutrition and physical activity curricula into the training credentials required for provider licensing and 2) integrate Go NAPSACC tools and resources into all technical assistance channels (agencies including CACFP, IDOE, ISDH and others) supporting child care providers across the state.

Changing the Systems: Schools

We have learned through this work that **the direct, technical assistance is critical** for helping the school districts and individual school buildings identify appropriate nutrition and physical activity improvements and sustainably embed those improvements in school culture and daily practices.



In 2018, Jump IN received a two-year grant from the Indianapolis Colts to partner with four school districts (IPS, MSD Lawrence, MSD Warren, and MSD Pike) to launch Jump Right UP, providing technical assistance to schools to implement and improve school wellness policies and practices consistent with the CDC’s nationally recognized “Whole School, Whole Community, Whole Child” (WSCC) model. Indianapolis Public Schools and the township districts of Lawrence, Pike, and Warren completed assessments, action plans, and integrated school health policies and strategies into accountability structures, a critical component that increases sustainability. In the 2019-20 school year, **the program impacted more than 32,000 students in 47 schools** across the districts. With Jump IN’s technical assistance, MSD Pike earned national recognition from the Alliance for a Healthier Generation, with 13 schools recognized as “America’s Healthiest Schools” at the Bronze award level.

Research shows that **when schools adopt WSCC model’s commitment to the “whole child,” stronger school health improves student success.** Because the WSCC model helps communities address historic inequities in education, over the next three years, with the new funding support of the Marion County Public Health Department, Jump IN will offer Jump Right UP to 20-30 more high-risk schools. In addition, Jump IN will work with the Indiana Department of Education to strengthen supports for school districts implementing school wellness policies and programs.

Changing the Systems: Healthy Food Access

One persistent barrier to community health in high-risk areas is **lack of access to healthy food, a social determinant of health priority** on every community development and investment framework.



From 2017 through 2020, with support from the Glick Fund and leveraging additional support from Anthem Foundation, Jump IN launched healthy corner store interventions in the Far Eastside of Indianapolis, a severe food desert. **Rather than waiting years hoping for a full-service grocery to arrive, this initiative created access to healthier food within a matter of months.** The network has since grown to five stores and expanded healthy food access partnerships.

Jump IN's work **much more fully developed during 2020.** By partnering with the City's Office of Public Health and Safety, Jump IN completed an intensive community-engagement process. The results of scores of surveys, interviews, and focus groups yielded a clear picture of community needs that led to a new proposal for an empowered and sustainable food system leadership infrastructure: an Indianapolis Community Food Access Coalition. The ordinance was passed in early 2021, establishing in the city's administration the Division of Community Nutrition and Food Policy. This Division will support the Indianapolis Community Food Access Coalition (ICFAC), which will be composed of key city staff, food organization leaders, and community representatives from each of the major Indianapolis regional neighborhoods, **ensuring that neighborhood leaders have strong voices at the table.** The Division and the Coalition will enable the Indianapolis food system stakeholder groups—food insecurity response, healthy food access (retail), and food economy (growers and supply chain)—to communicate, problem-solve and **ensure that all Indianapolis residents have access to nutritious food that supports optimal health and well-being.**



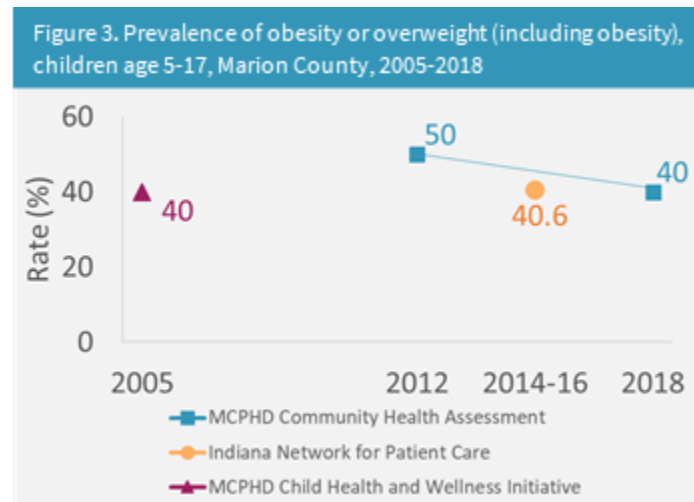
Building the Culture: Public Awareness

Jump IN’s public-facing health messaging is the 5-2-1-0 concept, promoted through social media and through partnerships with **more than two dozen youth-serving organizations that integrate 5-2-1-0** messaging, curriculum, and activity programming for kids and families.

Building the Culture: Clinical and Community Resources

Jump IN maintains working relationships with central Indiana’s large health systems, exploring with these clinical partners large-scale, systems-level opportunities for clinical systems to increasingly adopt best practices in clinical environments of childhood obesity prevention, assessment, and management. Starting in 2020, IU Health has initiated a broad, system-wide obesity performance improvement project.

Building the Culture: Data Collection and Analysis

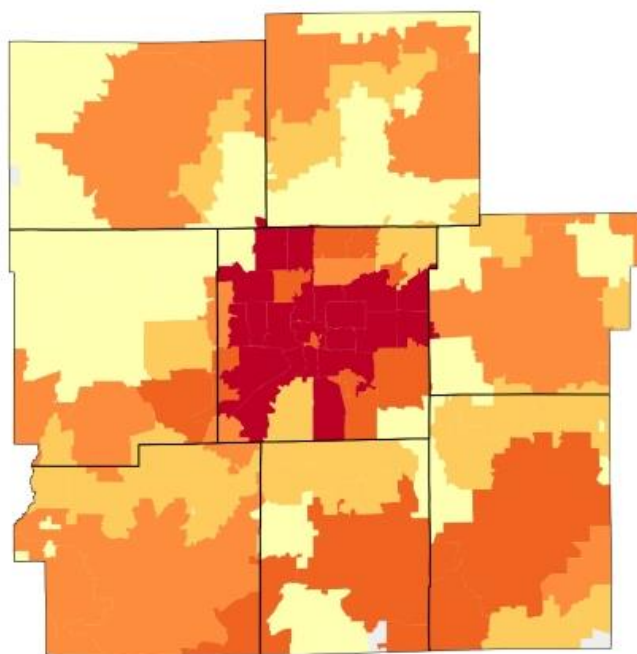


Though it is a public health indicator, childhood obesity prevalence data is limited in central Indiana. Jump IN leads efforts to address this gap by analyzing biometric data collected from more than 80,000 students over three years. The unweighted prevalence of childhood overweight and obesity in central Indiana from this dataset is estimated at 43%, statistically unchanged from the previous two years.

Childhood overweight assessments from Marion County Health Department surveys and a preliminary point-estimate from our health records feasibility study offer the richest picture of obesity and overweight prevalence for Marion County and Central Indiana.

Equity, Health, and Racism: A 2015 model produced by Jump IN to identify communities where children are at high risk for overweight and obesity relied on social determinants of health that are associated with higher risk of childhood obesity. The figure below shows the resulting map of Marion and its contiguous counties and indicates that the Marion County zip codes where poor housing, high crime, low income and poverty, poor access to transportation, low educational attainment, and other community deficits are important burdens correspond with highest risk. These data acknowledge the impact of systemic racism in causing the stark health disparities. Working to improve social determinants of health--such as strengthening healthy food access and ensuring the built environment and infrastructure promote safe and accessible physical activity--drives change among our most disenfranchised residents.





Central Indiana
Marion County and 7 contiguous counties

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Jump IN Childhood Overweight Risk Index v 3

Data source: American Community Survey 5-year estimates (2009-2013), US Census Bureau, by ZIP Code Tabulation Area (ZCTA)

Compiled by: Jump IN for Healthy Kids

Map engine: QGIS 2.10.1-Pisa

— Counties



Components of the index

- Percent of population, Hispanic any race (DP05)
- Percent of population, non-Hispanic Black-alone (DP05)
- Percent of families with children <18 and below 185% of FPL (from B17022)
- Percent of children <18 covered by one type of health insurance, Medicaid-or-other-means-tested (B27010)
- Percent of population with less than a high-school diploma (from S1501)

ZCTAs quintiled in each component, and each ZCTA assigned a component score of 1 to 5 corresponding to its quintile for that component (higher score associated to higher risk for CO). Each ZCTA's five component index scores were then summed, yielding a composite Jump IN CO Risk Index of 5 to 25 by ZCTA, with 25 indicating highest risk for childhood obesity or overweight.

Our Work and Covid: It is impossible to reflect on the activities and impact that Jump IN has made in 2020 and pursues in 2021 without acknowledging the complications brought on by COVID-19. While nearly all youth-serving programs, from schools to child cares to after school and extra-curricular activities have been modified, curbed, or cancelled outright, **the need for our work is greater than ever, as the severe outcomes for COVID-19 are far worse for individuals with obesity** and its related chronic diseases. We have been fortunate to continue our systems-change work by strengthening our messaging to ensure that community partners recognize the urgency of our work. COVID-19 has also increased food insecurity and Jump IN has renewed our efforts to ensure that in addressing food insecurity our community is also ensuring accessibility to healthy food. The community weaknesses that existed before COVID-19 have been magnified during this time and has helped us **see even more clearly how critical our work is and will be in the coming years.**