

2017-2018 Bright Spot Award Nomination Form

The Bright Spot Awards are an effort to recognize examples of meaningful Primary Prevention initiatives taking place across our state. Here are the steps to nominate your initiative:

- 1.) All nominations must be submitted by July 1, 2018. One nomination form must be completed per initiative nominated. Email completed nominations to Matt Coleman (Matthew.Coleman@TN.gov)
- 2.) All nominations received are redacted so that the review committee will not know the exact location and persons involved with the initiative. The review committee is made up of individuals from each region of the state. They will review, score, and discuss each submission. An average of the final scores given by the review committee will be used to determine the award level earned.
- 3.) Award levels include Platinum, Gold, Silver, Bronze, and Honorable Mention.
- 4.) Awardees will be announced in the fall of 2018.
- 5.) Each nomination will be presented with a comprehensive feedback report from the committee, which will include strengths of the initiative and opportunities for improvement.

Application:

County: Rutherford County

Initiative Name: Chef Academy

Primary Prevention Focus Area(s): Healthy Weight

Primary Contact Name, Email, Phone: Aubrenie Jones, Aubrenie.Jones@tn.gov, 615-898-7880 ext. 192

Bright Spot Award Questions

Please explain why you think this initiative should be considered for the TDH Bright Spot Awards.

(150 words max); (10 points available)

The Chef Academy program was developed to teach children, grades 4th-6th, a variety of cooking skills and healthy recipes. Students are introduced to a variety of different vegetables, proteins and whole grain products. The Chef Academy Program has provided elementary age students the opportunity to learn how to cook and clean in the kitchen. Chefs get to try new recipes and are introduced to new foods which in return help them expand their taste pallet. Research has found that development healthy nutritional patterns in middle childhood are linked to preventing short term and chronic health problems.

Is this initiative contributing to a policy, systems, and/or environmental change¹ in the community? (300 words max); (75 points available)

The Chef's Academy program is causing a shift in health outcomes in several different ways. At face value, students are being encouraged and taught how to prepare healthy food options. By choosing fresh produce and meats and using the most current food safety guidelines, this gives students the tools and knowledge to create a sustainable, healthy, and functional dietary option. Using the knowledge and skills taught in Chef's Academy students are empowered to make better food choices when out in the real world. The 4th-6th grade age group is not far off from having to make their own food choices without the coercion of an adult and Chef's Academy assures the children fresh produce and lean cuts of meat are not only nutritious but they are palatable, something they've may not have known otherwise if not giving the option of experiencing the program. The culture of cooking is being looked at in Chef's Academy as a communal event where family and friends are involved, our students are excited to talk to teachers, classmates, and parents about what they're experience this in turn casts an even wider net to others about the benefits and sheer enjoyment of cooking healthy food options. With all 12 Murfreesboro City Schools involved Chef's Academy is causing a ground roots environmental change for our next generation to prepare their own food, eat fresh, and focus on food portions ergo decreasing the chances of obesity and the chronic illnesses that plague our community due to poor eating habits. Along with the physical health outcomes, Chef's Academy provides children a safe, stable, and nurturing environment for children to express themselves creatively with consistent adult leaders there to help. The children from all walks of life have a chance to fellowship on common ground. Students get to work hands on using measurements and marvel at the creations they themselves have made, fostering confidence and a sense of ownership. Being called a chef in class allots our students a sense of pride and accountability. The community impact of Chef's Academy spans across mental and physical wellbeing of our youth to cause a dual generational movement towards better eating habits.

What are the SMART objective goals and major purpose(s) of this initiative? (SMART objectives are Specific, Measurable, Attainable, Relevant, and Time Bound. Example: By May 2019; all soft drink machines in Lauderdale

¹ Policy, systems and environmental change is a way of modifying the environment to make healthy choices practical and available to all community members. By changing laws and shaping physical landscapes, a big impact can be made with little time and resources. By changing policies, systems and/or environments, communities can help tackle health issues like obesity, diabetes, cancer and other chronic diseases (<http://www.cookcountypublichealth.org/files/CPW/PSE%20Change.pdf>)

County Schools will be turned off during the school day, per school board policy.) (300 words max); (10 points available)

The goal of the Chef Academy program is to teach over 125 students by July 2018. During the school year of 2017-2018, we have had 155 complete the 5 week program.

What is the annual budget and funding source for this initiative? If no funding is available, how have you implemented or sustained the initiative? (150 words max); (5 points available)

The program has been funded through Murfreesboro City Schools Coordinated School Health and through grant opportunities offered in Rutherford County. To have a complete program at one school the cost is on average \$300.00 per school.

Have community partners helped with the initiative? What are the roles of these partners? (300 words max); (20 points available)

The Chef Academy program has functioned through a partnership between the Rutherford County Health Department and Murfreesboro City Schools. Murfreesboro City Schools houses the program at each school's kitchen. The culinary education component is led by a school chef provided by Murfreesboro City Schools Nutrition Department. The Rutherford County Health Department provides primary prevention staff, interns and health educators for each class, along with incentives.

What is the timeline for the initiative? (When does planning occur? When is/was the initiative implemented? When is the initiative evaluated?) (250 words max); (5 points available)

The program is offered one time at all of the 12 schools under the Murfreesboro City Schools administration. A total of 12 students are selected from each school through Murfreesboro City Schools Coordinated School Health, and 3 of the chefs from the previous year can reapply and serve as a coach on the teams. Schools are chosen based on kitchen availability and principal time of the year preference. The Chef Academy students meet two hours once a week for five weeks total. The program is divided into quarters, allowing three schools to host the program each quarter. Six schools host the program in the spring and the remaining six hosts the program in the fall.

In what way is this initiative especially innovative? How is this initiative different from other similar programs? Is there a specific idea tested with this approach? Is this work informed by relevant literature or research studies? (400 words max); (20 points available)

The cooking competition in the program is what sets this program apart from other cooking programs. Students are expected to not only produce a meal but they are expected to present that meal with an oral presentation of what was prepared. The cooking teams get to decide on one protein to pair with either two vegetables or one vegetable and one grain. Students must also be prepared to answer questions from the judges. Students are given recipe books at the beginning of the program. Throughout the program they learn how to make modifications to cut down on excess salt, sugar, and fat in each of the recipes and why cutting back is important. Research has found that development healthy nutritional patterns in middle childhood are linked to preventing short term and chronic health problems.

The theoretical framework for this program is based off the Theory of Planned Behavior. The use of this theory is well known in being applied to studies in dietary choices and consumption. The theory posits that a person's behavioral intentions are led by the individual's attitude toward the behavior, subjective norms, and perceived behavior. Attitude, subjective norm, and perceived behavior are important in explaining the individual's intent.

Attitude toward eating healthy and cooking healthy bring about a consideration of the outcomes of performing the behavior. The subjective norm and the perceived behavioral control help researchers understand the individual's perception of the task by evaluating the ability and confidence in preparing healthy foods. Teaching student simple nutrition and basic cooking skills while also introducing them to new healthy foods is the aim to help students adopt healthy eating behaviors through life.

Are the measures clearly listed describing what makes the program effective? Is data provided or referenced that supports the conclusion? What makes this program effective? How is the program evaluated? Does this initiative achieve its stated goals? (350 words max); (20 points available)

This year's program was evaluated a few different ways. We keep attendance and participation records of the students in the program. Students are evaluated through a pre-test that is administered at the beginning of the program and a post-test at the end of the program to measure knowledge and attitudes towards cooking. We implemented an evidence based education curriculum to supplement the program to teach the students about nutrition. Health department staff involved also so a self-evaluation and self-reflection on ways the program should be improved and or help identify what should be modified.

What limitations or obstacles might be expected if others wished to replicate this initiative? (300 words max); (50 points available)

If others decided to replicate the program there are two main limitations. Funding is one due to having to pay for food for the students to cook each week. The other limitation is the access to the kitchen space for the ovens and other necessities. These two limitations can impact the amount of students that can be in the program.

Is this initiative sustainable without the resources of the local health department being involved? (250 words max); (20 points available)

Yes, the Rutherford County Health Department plays a vital role in success of the Chef Academy Program. Through that initiative health department staff come and serves as mentors and or health educators to the Chef Academy students. Health department staff is trained prior to implementing the program on nutrition education and kitchen safety rules and regulations. Without the health department this program will not be able to impact the number of students it does every year.