



Children & Families
Commission of Orange County

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Agenda Item No. 4
July 7, 2010 Meeting

DATE: June 17, 2010
TO: Children and Families Commission of Orange County
FROM: Michael M. Ruane, Executive Director
SUBJECT: LEAN Start Program- Accomplishments and Funding Renewal

SUMMARY:

The Children and Families Commission of Orange County approved funding for the development of the LEAN (Lifestyle, Exercise, Attitude, Nutrition) Start curriculum in May 2003. The curriculum provides a six-week fitness and nutrition program that targets low income families and was designed to be deployed in Boys & Girls Clubs throughout the county. Additionally, the program provides prevention and education regarding basic nutritional information and provides families opportunities to learn about easy steps to incorporate changes into their daily life that reduce the risk of become overweight or obese.

The Commission provided initial funding for program implementation in October 2007 and then renewed funding in July 2008. The Boys & Girls Clubs of Buena Park, Huntington Valley, Santa Ana, Cypress, Harbor Area, La Habra, Stanton, Garden Grove, Tustin, and Laguna Beach have participated in the program and to date have served 2,774 families.

This past year, the Commission's Performance Outcomes Measurement Program work plan included the evaluation of the LEAN Start curriculum (Attachment #2 is a summary of the evaluation conducted). The purpose of the evaluation was to measure the impact on the participating families and their children and offer recommendations for refining the curriculum and streamlining its implementation. The evaluation documented that by the end of the course, there were statistically significant improvements in the families eating and physical activity habits, such as:

- Families were eating dinner together more often and children were eating fast food fewer times per week
- Children were eating more servings of fruits and vegetables and drinking more water but less soda
- Fewer participants were considering what the child wants to eat but more were considering the nutritional value of the food
- More participants were reading the nutritional values of labels before buying foods
- Families reported exercising more frequently—by themselves, with their children and their children alone
- More parents rated their child's health as very good or excellent
- Children were watching less TV

Seven out of the 10 Boys & Girls Clubs were able to reach the targeted number of families to participate in the program, and three clubs struggled to recruit families. Within the initial round of funding each of the 10 clubs were asked to provide the curriculum to 200 families. Seven of the 10 clubs successfully completed that scope and moved into the second round of funding. The three remaining clubs have been unable to complete the scope of service and are not interested in continuing. The total unspent funding from these three clubs is \$33,000. Reallocating this funding to support the continuation of the LEAN Start program for an additional 18 months at the remaining Boys & Girls Clubs (Buena Park, Huntington Valley, Cypress, La Habra, Stanton, Garden Grove, and Laguna Beach) is recommended.

The Commission has not allocated any new funding in the FY 2010/11 budget for this program. The reallocation of \$33,000 to the existing program will allow the seven remaining clubs to provide the LEAN Start service for almost another year (estimated to serve another 1,100 families). The Boys & Girls Club of Buena Park will continue to serve as administrator for this project and will provide the materials and stipend payments to the participating clubs. In order to be eligible to receive stipends, the Clubs must have served 200 families, have staff that participated in training and taught a LEAN start class in the current calendar year, and must implement all components of the LEAN start curriculum.

STRATEGIC PLAN & FISCAL SUMMARY:

The proposed reallocation of funding has been specifically reviewed in relation to the Strategic Plan, and is consistent with the Healthy Children goal, and is designed to further the Fitness and Nutrition goal, among others. The action is consistent with the adopted FY 2010/11 Budget.

RECOMMENDED ACTION:

Adopt resolution authorizing Executive Director or designee to prepare and negotiate an Amendment to Agreement PS-74 with Boys & Girls Club of Buena Park to act as administrator for the LEAN Start program adding an amount not to exceed \$33,000 for a new Maximum Payment Obligation not to exceed \$333,000 and extending the term of the Agreement by 18 months through December 31, 2011.

ATTACHMENTS:

1. Resolution
2. Summary of LEAN Start Final Evaluation Report

Contact: Kim Goll

CHILDREN AND FAMILIES COMMISSION OF ORANGE COUNTY

RESOLUTION NO. ___-10-C&FC

July 7, 2010

A RESOLUTION OF THE CHILDREN AND FAMILIES COMMISSION OF ORANGE COUNTY DIRECTING THE EXECUTIVE DIRECTOR OR DESIGNEE TO PREPARE AND NEGOTIATE A SECOND AMENDMENT TO AGREEMENT PS-74 WITH BOYS AND GIRLS CLUB OF BUENA PARK; AND, AUTHORIZING APPROVAL AND EXECUTION OF SUCH AMENDMENT TO AGREEMENT ON BEHALF OF THE COMMISSION

WHEREAS, in order to facilitate the creation and implementation of an integrated, comprehensive, and collaborative system of information and services to enhance optimal early childhood development, the legislature adopted legislation set forth in the California Children and Families Act of 1998, Health and Safety Code Section 130100, *et seq.* (as amended, the "Act") implementing the Children and Families First Initiative passed by the California electorate in November, 1998 and establishing the California Children and Families Commission and County Children and Families Commissions, including this Children and Families Commission of Orange County ("Commission"); and

WHEREAS, Commission adopted its Strategic Plan to define how funds authorized under the Act and allocated to the Commission should best be used to meet the critical needs of Orange County's children prenatal to five years of age as codified in the Act; and

WHEREAS, On July 2, 2008 Commission authorized the Executive Director or designee to prepare and negotiate Agreement PS-74 with Boys and Girls Club of Buena Park in an amount not to exceed \$300,000 to act as administrator for the LEAN Start program for the term October 1, 2008 through September 30, 2009; and

WHEREAS, On December 18, 2009 the Executive Director authorized a First Amendment to Agreement PS-74 extending the term of the Agreement by 9 months without adding additional funds to continue to act as administrator for the LEAN Start program through June 30, 2010; and

WHEREAS, the Commission desires to enter into a Second Amendment to Agreement PS-74 with Boys and Girls Club of Buena Park, hereinafter referred to as "Professional" in the Agreement extending the term by eighteen months through December 31, 2011 and adding an amount not to exceed \$33,000 for a Maximum Payment Obligation not to exceed \$333,000 to continue to act as administrator for the LEAN Start program consistent with the staff report for the July 7, 2010 staff report for this Agenda Item; and

WHEREAS, the Professional desires to enter into the Amendment to Agreement PS-74 in furtherance of the purposes of the Act and the Strategic Plan on the terms and conditions set forth in the applicable Amendment to Agreement; and

WHEREAS, Commission has reviewed the staff report relating to the Scope of Services to be provided and hereby finds and determines that the proposed Amendment to Agreement is in furtherance of and consistent with the Commission's Strategic Plan; and

NOW, THEREFORE BE IT RESOLVED BY THE COMMISSIONERS OF THE CHILDREN AND FAMILIES COMMISSION OF ORANGE COUNTY AS FOLLOWS:

Section 1 Commission finds and determines the foregoing Recitals are true and correct and are a substantive part of this Resolution.

Section 2 Commission hereby authorizes the Executive Director or designee to prepare and negotiate the terms, conditions and final form of a Second Amendment to Agreement PS-74 with the Professional to add an amount not to exceed \$33,000 for a total Maximum Payment Obligation not to exceed \$333,000 to continue to act as administrator for the LEAN Start program through December 31, 2011 consistent with the July 7, 2010 staff report and scope of services referenced therein; and

Section 3 The approval by the Executive Director or designee of the final Second Amendment to Agreement PS-74 shall be conclusively evidenced by the execution of such Amendment to Agreement by the Commission Chair and delivery thereof to the Commission Clerk.

Section 4 Commission hereby approves the Amendment to Agreement PS-74 with the Professional, to add an amount not to exceed \$33,000 for a total Maximum Payment Obligation not to exceed \$333,000 as specified in the July 7, 2010 staff report for this Agenda Item.

Section 5 The Commission Chair and the Clerk of the Commission are hereby authorized to execute and attest, respectively, the Amendment to Agreement PS-74 on behalf of the Commission.

Section 6 A copy of the final Amendment to Agreement when executed by the Commission Chair and attested by the Clerk of the Commission shall be appended hereto as a part of Exhibit A to this Resolution. Exhibit A is hereby fully incorporated as a part of this Resolution by this reference and made a part hereof. The final executed Amendment to Agreement PS-74 shall be placed on file in the office of the Clerk of the Commission.

Section 7 In addition to the authorization of Section 2 above, the Executive Director, or designee, is hereby authorized, on behalf of the Commission, (i) to sign all documents necessary and appropriate to carry out and implement the Amendments to Agreement(s), (ii) to cause the issuance of warrants, (iii) to administer the Commission's obligations, responsibilities, and duties to be performed under such agreement(s), and (iv) during the term thereof to provide waivers, administrative interpretations, and minor modifications of the provisions of such agreement(s) in the furtherance thereof.

Section 8 The Clerk of the Commission shall certify to the adoption of this Resolution.

The foregoing resolution was passed and adopted by the following vote of the Children and Families Commission of Orange County on July 7, 2010 to wit:

AYES: Commissioners: _____

NOES: Commissioner(s): _____

EXCUSED: Commissioner(s): _____

ABSTAINED: Commissioner(s) _____

CHAIR

STATE OF CALIFORNIA)
)
COUNTY OF ORANGE)

I, DARLENE J. BLOOM, Clerk of the Commission of Orange County, California, hereby certify that a copy of this document has been delivered to the Chair of the Commission and that the above and foregoing Resolution was duly and regularly adopted by the Children and Families Commission of Orange County.

IN WITNESS WHEREOF, I have hereto set my hand and seal.

DARLENE J. BLOOM
Clerk of the Commission, Children and Families Commission of
Orange County, County of Orange, State of California

Resolution No: ___-10-C&FC

Agenda Date: July 7, 2010

Item No. ____



I certify that the foregoing is a true and correct copy of the Resolution adopted by the

DARLENE J. BLOOM, Clerk of the Commission

By: _____
Deputy

EXHIBIT A TO RESOLUTION OF COMMISSION

(Attach copy of final executed Amendment to Agreement PS-74 with Boys and Girls Club of Buena Park)

An Evaluation of the LEAN Start Program: Findings from the LEAN Start Pilot

The Children and Families Commission of Orange County has invested funds to support the development of the LEAN Start curriculum, which teaches parents strategies to maximize their children's health through optimum nutrition and physical activity. The LEAN Start program consists of six weekly sessions facilitated by a trained coach. The curriculum includes a DVD lecture, a Caregiver's Manual, a Family Fun Book, and a Coach's Manual. All LEAN Start materials are available in English and Spanish.

The purpose of this report is to measure the LEAN Start program's impact on the participating families and their children and to offer recommendations for refining the curriculum and streamlining its implementation to make the LEAN Start program more widely available to Orange County families with preschool-aged children. Specifically, the evaluation aims to answer the following two questions:

- Was the program effective in changing families' eating and physical activity habits?
- Was the delivery of the curriculum and the supporting materials effective?

Demographics:

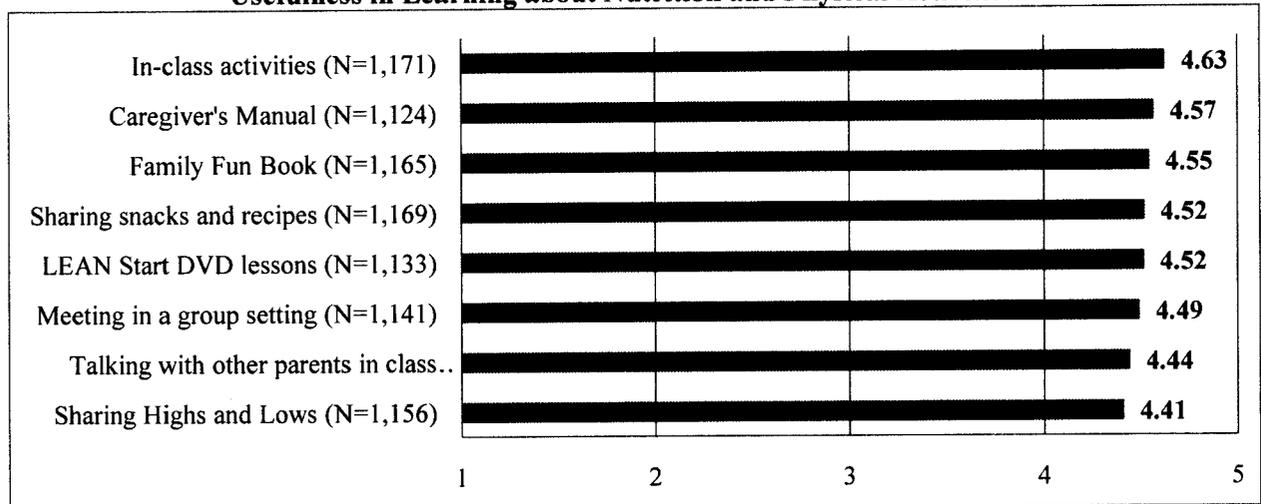
- There were 2,104 surveys completed— 1,163 participants completed both a pre and a post survey, 833 completed only a pre survey and 108 participants completed only a post survey.
- Most of the children whose parents attended the LEAN Start classes were of Hispanic / Latino origin (78%). Eight percent (8%) identified their child as being Asian or Pacific Islander, 6% as White, and 5% more than one ethnicity.
- A majority of the participating families (72%) speak Spanish as the primary language in the home; 24% speak English.
- A plurality of respondents (41%) indicated that the child's mother did not complete high school; 22% completed high school or received a GED; 19% had some college or received an AA degree; and 17% had a Bachelor's Degree or higher.
- Families served by the LEAN Start program tended to be low-income with 44% of respondents reporting an annual income of less than \$20,000 and only 15% with an annual income of \$50,000 or more.

Compared with the beginning of the LEAN Start class, by the end of the course, there were statistically significant improvements, such as:

- Families were eating dinner together more often and children were eating fast food fewer times per week
- Children were eating more servings of fruits and vegetables and drinking more water but less soda
- Fewer participants were considering what the child wants to eat but more were considering the nutritional value of the food
- More participants were reading the nutritional values of labels before buying foods
- Families reported exercising more frequently—by themselves, with their children and their children alone

- More parents rated their child's health as very good or excellent
- Children were watching less TV

Usefulness in Learning about Nutrition and Physical Activities...



LEAN Start participants found the in-class activities and caregiver's manual most useful. They felt that the least useful activities were talking with other parents in class and sharing the week's highs and lows. The low mean was 4.41 on a 1-5 scale, which is still considered very or somewhat useful.

Lessons Learned and Recommendations

Lesson Learned #1:

In order to recruit families more effectively, flexibility is important when deciding where to hold LEAN Start classes.

- **Recommendation I:** If it is more convenient for families, hold the LEAN Start classes at school sites. If classes are held off site, however, make sure that the site has the necessary equipment (e.g., adequate space to move around and a TV/DVD player).
- **Recommendation II:** Recruitment strategies for families should be developed and implemented.
- **Recommendation III:** Criteria for selection LEAN Start sites should be developed and implemented.

Lessons Learned #2: Families could benefit if more fathers attend the LEAN Start classes.

- **Recommendation I:** Actively recruit fathers to participate in the class.