

# CEZ -- 21<sup>st</sup> CLCC Health & Wellness Program Evaluation Report July 2019



The following schools in Cumberland County, NJ took part in this after-school enrichment program during the spring semester, 2019:

- Lakeside Middle School, Millville
- Cherry Street School, Bridgeton
- Wallace School, Vineland
- Commercial Township School, Port Norris

An estimated 120 students participated in the 21<sup>st</sup> CLCC after-school program. Concurrently during the semester some 150 students at Lakeside Middle School participated in the Wellness Studies Program during regular school hours.

### **Evaluation Conclusion:**

*"Overall, across every domain, students reported more knowledge, increased positive behavior, and more self-awareness, from pre- to post- surveys. The CEZ 21st CLCC Health and Wellness Program appears to have made a significant difference for the participants of this project." (Page 10)*

The 21<sup>st</sup> CLCC Health & Wellness Program implemented the *Wellness Studies Program* developed by WholeHealthED Director of Programs Kate Tumelty Felice, EdD, Faculty at Rowan College of South Jersey – Cumberland.



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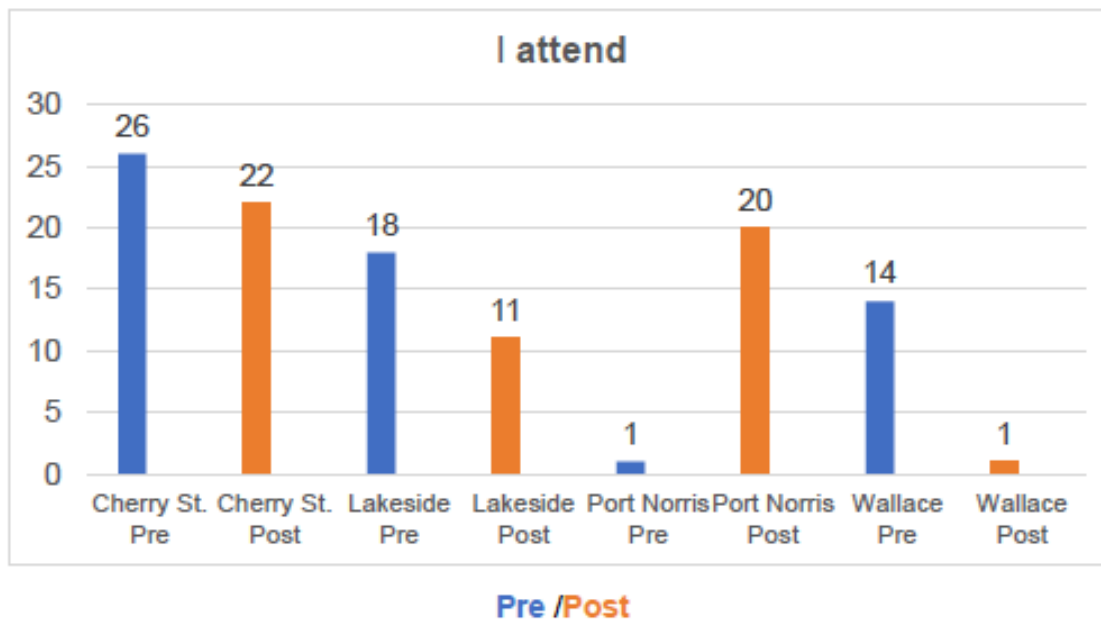
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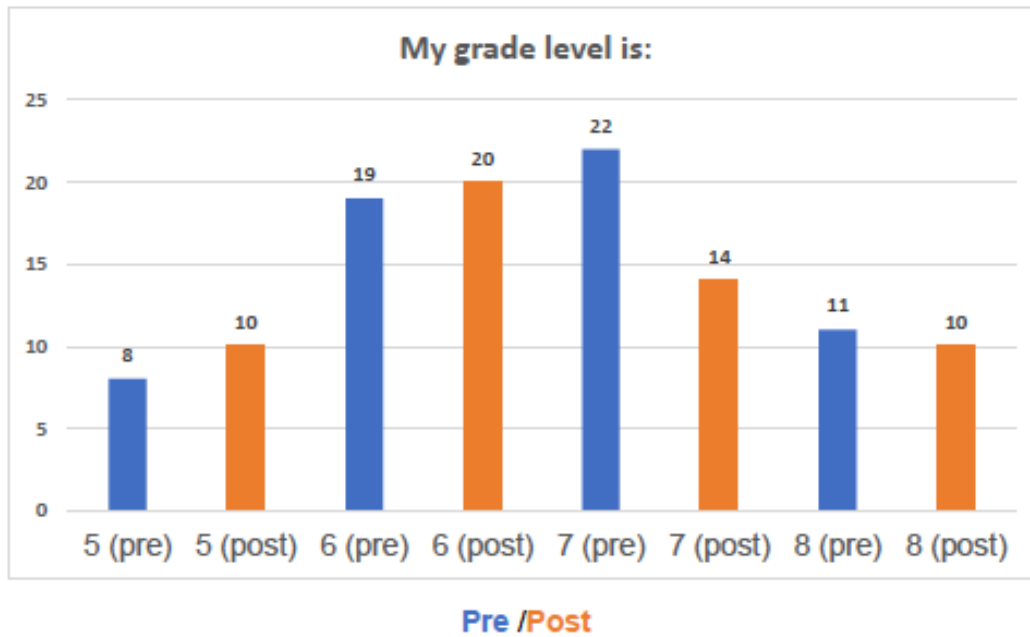
### CEZ 21<sup>st</sup> CCLC Health and Wellness Program Evaluation Report

The Health and Wellness Pre-Survey was administered in March 2019 at the beginning of program implementation. Sixty students (60) responded to the survey (some skipped some of the questions).

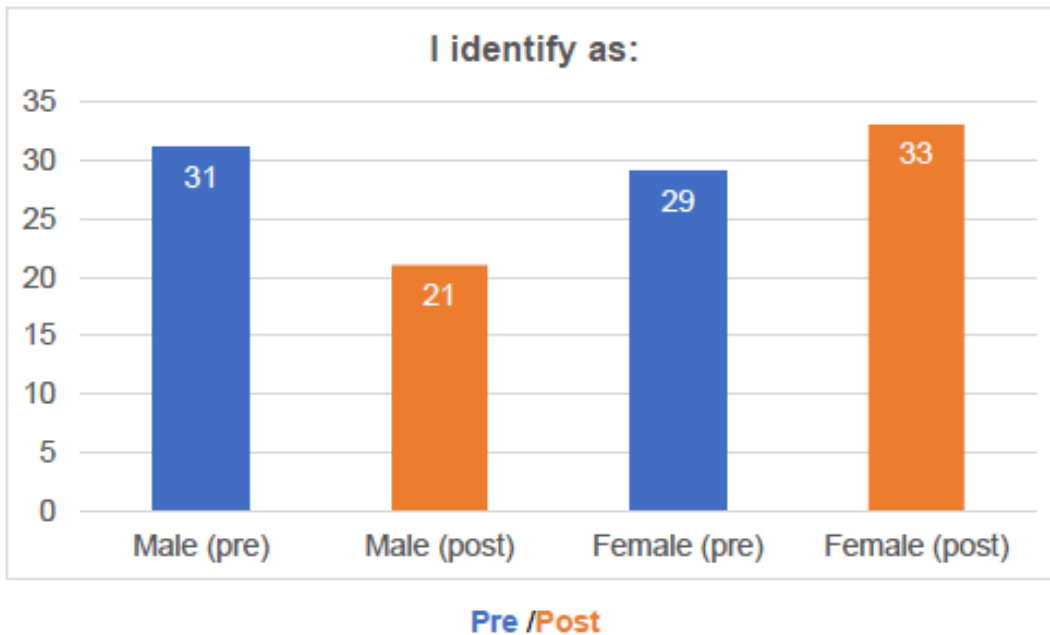
The Post-Survey was administered in June 2019, and despite being the end of the school year, with some students who took the classes not available to take the survey, the response was about the same, with fifty-four responses (54) (however with a different site distribution).



Most of the pre-survey responses came from 7<sup>th</sup> grade students, (22) followed closely by 6<sup>th</sup> (19) grade students, while post surveys reflected almost the same number of 6<sup>th</sup> (20) graders.



Responses on the pre-survey were almost evenly divided between students identifying as either male or female, but twice as many females took the post survey. No students identified as other than male or female.



### Food, Nutrition Health

We looked at student knowledge about food, nutrition and health at the beginning of the program, and after. Students understanding or behavior increased for almost every indicator. There was an increase of 7% in knowledge about healthy snacks, and 11% in reported sunscreen wearing behavior. Students were also 4% more aware of what the term "wellness" stands for.

Knowledge or Behavior	Yes		Often		Once in a While		Never	
	Pre	Post	Pre	Post	Pre	Post	Pre	Post
I understand what "wellness" means.	70.00%	86.79%	18.33%	5.66%	8.33%	3.77%	3.33%	3.77%
I eat foods that are mostly healthy	35.59%	33.96%	45.76%	50.94%	13.56%	15.09%	5.08%	0.00%
I am on a diet.	1.82%	14.58%	10.91%	12.50%	25.45%	27.08%	61.82%	45.83%
My friends make fun of me because of my weight.	3.45%	5.56%	1.72%	7.41%	13.79%	25.93%	81.03%	61.11%
I understand the importance of eating breakfast.	71.67%	77.36%	18.33%	15.09%	6.67%	5.66%	3.33%	1.89%
I eat breakfast every day.	58.62%	44.44%	25.86%	44.44%	10.34%	9.26%	5.17%	1.85%
I eat at least 1 vegetable every day.	51.72%	66.04%	24.14%	20.75%	10.34%	7.55%	13.79%	5.66%
I eat the foods I have at home or school whether they are considered healthy or not.	46.55%	53.70%	36.21%	33.33%	10.34%	11.11%	6.90%	1.85%

I smoke or vape.	0.00%	3.85%	0.00%	0.00%	3.57%	0.00%	96.43%	96.15%
I have been around someone who smokes or vapes.	16.07%	25.49%	5.36%	7.84%	21.43%	25.49%	57.14%	41.18%
I drink soda every day.	8.62%	1.89%	20.69%	13.21%	48.28%	50.94%	22.41%	33.96%
I know how to make healthy snacks.	42.11%	53.85%	31.58%	26.92%	14.04%	7.69%	12.28%	11.54%
I try to drink at least 3 glasses of water each day.	66.67%	71.70%	25.00%	18.87%	6.67%	7.55%	1.67%	1.89%
I wear sunscreen daily.	5.08%	15.09%	27.12%	28.30%	30.51%	28.30%	37.29%	28.30%

Increase / Decrease / No Significant Change / Highlight = Biggest Change

**Fitness and Movement**

Students understanding or behavior increased for almost every indicator for fitness and movement. There was a 5% decrease in the amount of students reporting hobbies with physical activity. The most significant difference pre and post was a 19% **decrease** in the amount of time students reported for screen time (playing video games or TV) and a 35% reported **decrease** in the amount of time spent on the phone. Whether these self-reported numbers are factual or not, they indicate an awareness on behalf of the students that these are unhealthy behaviors.

	Yes		Often		Once in a While		Never	
	Pre	Post	Pre	Post	Pre	Post	Pre	Post
I understand the benefits of physical activity.	79.66%	82.00%	11.86%	12.00%	6.78%	4.00%	1.69%	2.00%
I play sports or work out.	59.32%	62.00%	15.25%	22.00%	20.34%	14.00%	3.39%	2.00%
I try to be physically active most days.	60.34%	72.00%	27.59%	20.00%	8.62%	6.00%	3.45%	0.00%
I have a hobby that	51.72%	53.06%	17.24%	10.20%	15.52%	16.33%	10.34%	16.33%

includes physical activity (karate, yoga, etc.).								
I spend a lot of time in front of a screen (TV or playing video games).	32.76%	19.61%	31.03%	25.49%	27.59%	23.53%	22.03%	15.69%
I spend 5 or more hours a day on my phone.	37.29%	10.42%	18.64%	10.42%	13.56%	35.42%	22.03%	20.83%
I get plenty of sleep.	59.32%	48.94%	28.81%	29.79%	10.17%	8.51%	0.00%	10.64%

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### Free Time Activity

More physical free time and less video (screen time) play was reported by students on the post survey. This aligns with the multiple-choice questions above. Many more students reported biking, which is also aligned to the multiple-choice questions below.

In my spare time I like to:	Pre	Post
Play outside with my friends or siblings	8	8
Sports	6	9
Video Games - Fortnite, NBA2K, Madden, Apex	11	6
Play/talk on my phone	7	6
Bike		6
Draw/Paint/Crafts	6	3
Watch TV	3	3
Sleep	2	3
Gymnastics	1	2
Read	4	1
Dance	2	1
Play with my dog	1	1
Cook		1
Vacation		1
Workout		1
Eat	2	
Write	2	
Building	1	

In my spare time I like to:	Pre	Post
Cheerleading	1	
Crafts or my tablet	1	
Edit videos	1	
Go for a walk	1	
Help out around the house	1	
Practicing my survival skills	1	
To be lazy is to be calm at staying alive - Tristan	1	

### Mindfulness and Stress Management

Responses to the mindfulness and stress management post survey seem to show a greater self-efficacy and self-awareness. Significantly, 21% **more** students can identify what "stressors" are on the post survey. Thirteen percent (13%) **more** have thought about what they want to do after school on the post survey. Nine percent (9%) **more** students state that they care about others.

	Yes		Often		Once in a While		Never	
	Pre	Post	Pre	Post	Pre	Post	Pre	Post
I know what "stress" is.	81.36%	92.59%	10.17%	3.70%	6.78%	1.85%	1.69%	1.85%
I know what "stressors" are.	45.76%	69.23%	8.47%	5.77%	8.47%	3.85%	37.29%	21.15%
I can balance schoolwork and sports or home activities.	66.67%	70.37%	26.32%	24.07%	5.26%	5.56%	1.75%	0.00%
I am involved in extracurricular sports and/or activities.	55.93%	63.46%	16.95%	15.38%	20.34%	11.54%	6.78%	9.62%
I think about what I will do after high school.	55.93%	64.81%	23.73%	27.78%	10.17%	3.70%	10.17%	3.70%
I get along with my teachers.	57.63%	57.41%	30.51%	31.48%	8.47%	11.11%	3.39%	0.00%
I get along with my parents.	83.05%	65.38%	15.25%	26.92%	1.69%	5.77%	0.00%	1.92%
I get along with my classmates.	51.72%	50.94%	36.21%	35.85%	8.62%	9.43%	3.45%	3.77%
I am bullied at school.	10.34%	3.77%	6.90%	5.66%	20.69%	32.08%	62.07%	58.49%
I get bullied online.	7.02%	1.89%	1.75%	3.77%	12.28%	16.98%	78.95%	77.36%
I feel safe at school.	51.79%	56.00%	21.43%	22.00%	23.21%	18.00%	3.57%	4.00%



I make friends easily.	56.90%	55.56%	24.14%	37.04%	15.52%	7.41%	3.45%	0.00%
I get good grades.	54.24%	52.83%	32.20%	32.08%	13.56%	15.09%	0.00%	0.00%
I finish all my homework.	54.24%	68.52%	35.59%	20.37%	8.47%	7.41%	1.69%	3.70%
I have a teacher or other adult I can talk to if I have a problem.	74.58%	77.78%	13.56%	16.67%	6.78%	5.56%	5.08%	0.00%
I have someone in my life I look up to.	76.27%	81.13%	10.17%	7.55%	5.08%	9.43%	8.47%	1.89%
I feel safe at home.	81.36%	80.77%	13.56%	17.31%	1.69%	1.92%	3.39%	0.00%
I care about others.	72.41%	76.92%	18.97%	23.08%	8.62%	0.00%	0.00%	0.00%
I understand the importance of taking time to "pause" or relax.	69.49%	82.69%	23.73%	11.54%	3.39%	5.77%	3.39%	0.00%

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**Environment and Nature**

Twenty-one percent (21%) **more** students were interested in helping to plant a garden post-survey and 10% **more** students were interested in riding their bike, as reflected in the open-ended question above..

	Yes		Often		Once in a While		Never	
	Pre	Post	Pre	Post	Pre	Post	Pre	Post
I understand the importance of caring for the environment.	88.33%	88.89%	10.00%	9.26%	1.67%	1.85%	0.00%	0.00%
I like to be outside.	51.72%	74.07%	32.76%	22.22%	12.07%	3.70%	3.45%	0.00%
I think there is a lot we can learn from nature.	72.41%	79.63%	20.69%	14.81%	6.90%	3.70%	0.00%	1.85%
I would like to help plant a garden.	48.33%	74.07%	21.67%	16.67%	18.33%	5.56%	11.67%	3.70%
I encourage my family and friends to recycle.	43.33%	48.15%	30.00%	29.63%	15.00%	14.81%	11.67%	7.41%
I walk or ride my bike often.	50.00%	59.26%	20.00%	22.22%	15.00%	14.81%	15.00%	3.70%

Being outside makes me feel good.	86.67%	75.93%	16.67%	16.67%	11.67%	7.41%	5.00%	0.00%
I like science.	50.00%	64.15%	13.33%	11.32%	25.00%	16.98%	11.67%	7.55%
I like to do experiments.	67.24%	79.63%	18.97%	16.67%	10.34%	3.70%	3.45%	0.00%
I think I could learn better outside.	51.67%	58.49%	25.00%	24.53%	11.67%	15.09%	11.67%	1.89%
I like to take field trips.	94.92%	90.74%	3.39%	5.56%	1.69%	3.70%	0.00%	0.00%

Increase / Decrease / No Significant Change / Highlight = Biggest Change

**Conclusion**

Students still seem to have some issues in the area of body acceptance (either on a diet, or feel they are bullied due to weight). Over a quarter of students have been exposed to someone who vapes or smokes. But overall, across every domain, students reported more knowledge, increased positive behavior, and more self-awareness, from pre- to post- surveys. The CEZ 21st CCLC Health and Wellness Program appears to have made a significant difference for the participants of this project.