



INSight
Youth Corps

Indiana's Network of Students
Inspiring Good Health Today

Partnership Opportunities





Dear Potential Sponsor:

The Indiana State Department of Health, Indiana Department of Education, INShape Indiana, and Indiana Area Health Education Centers joined forces and launched the INSight Youth Corps Initiative in June 2006 and we are asking you to consider sponsoring this exciting initiative. This statewide network of high school students are trained to serve as mentors and leaders in schools and communities to promote and teach healthy behaviors. The INSight Youth Corps is a student-led initiative developed out of INShape Indiana, Governor Mitch Daniels' statewide health initiative to promote better nutrition, increase physical activity, and promote smoking cessation.

Today, you can make an immediate difference in the health of our children. Your sponsorship will help increase positive health behaviors among Indiana school children statewide through improved health-related community projects, increased resources, and increased participation of schools. With your help we can improve these alarming statistics.

- 18.2 percent of Indiana high school students report purchasing cigarettes at a store or gas station, compared to 15.2 nationally.
- 15.5 percent of Indiana youth eat five or more fruits and vegetable servings per day, compared to 20.1 nationally.
- 20.5 percent of Indiana's male high school students are overweight, versus 16.0 nationally.

We hope you will consider supporting this important initiative. As a major sponsor, you will be entitled to exceptional visibility and recognition. We appreciate your consideration, and look forward to answering any questions you might have.

Sincerely,

Katherine Newland, M.P.H.
Coordinated School Health Program Director



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INSight Youth Corps Fact Sheet

What is the INSight Youth Corps?

The INSight Youth Corps is a student-led initiative that was developed out of INShape Indiana, Governor Mitch Daniels' statewide health initiative. The INSight Youth Corps prepares and empowers high school students to provide health education within their school system, as well as design and carry out various creative health-related individual and community-based projects. The INSight Youth Corps is designed to provide experience-based learning, enhance personal and academic achievement, and build leadership skills among its members.

What is INShape Indiana?

INShape Indiana is Governor Mitch Daniels' statewide health initiative. INShape Indiana is about helping Hoosiers to make healthy choices by linking them to valuable resources and offering a fun challenge to improve their health and well-being. INShape Indiana is not another program; it is an initiative to coordinate the many efforts taking place across the state to combat obesity and smoking.

Vision

The vision of the INSight Youth Corps is to develop a statewide network of high school students trained as mentors and leaders to promote, model, and teach healthy behaviors in their schools and communities.

Mission

The mission of the INSight Youth Corps is to empower youth to make choices and take action that will positively impact their own health and the health of their peers, families, and communities.



Participating Schools 2006/2007

Broad Ripple High School

1115 Broad Ripple Avenue
Indianapolis, IN 46220 - 2036
<http://www.717.ips.k12.in.us/>

Bishop Luers High School

333 E Paulding Road
Fort Wayne, Indiana 46816
<http://www.bishopluers.org/>

Harding High School

6501 Wayne Trace
Fort Wayne, Indiana 46816

Logansport Community High School

1 Berry Lane
Logansport, Indiana 46947
<http://lhs.lcsc.k12.in.us/>

Shoals Jr/Sr High School

7900 U.S. Highway 50
Shoals, Indiana 47581
<http://shoals.k12.in.us/jrsrhigh.html>

Clay City Jr/Sr High School

601 Lankford Street
Clay City, Indiana 47841
<http://www.clay.k12.in.us/cchs/>

Wayne High School

9100 Winchester Road
Fort Wayne, Indiana 46819
<http://wayne.fwcs.k12.in.us/>

Switzerland County High School

1020 West Main Street
Vevay, Indiana 47043
http://www.switzerland.k12.in.us/Schools/high_school.htm

Bedford North Lawrence High School

595 Stars Blvd.
Bedford, Indiana 47421
<http://www.nlcs.k12.in.us/bnlhs/>

Terre Haute North Vigo High School

3434 Maple Avenue
Terre Haute, Indiana 47804
<http://www.vigoco.k12.in.us/~thnvhs/index2.html>

AK Smith Career Center

817 Lafayette St.
Michigan City, Indiana 46360
<http://www.mcas.k12.in.us/aksmith/home.htm>

Greencastle Senior High School

910 E. Washington Street
Greencastle, Indiana 46135
<http://www.greencastle.k12.in.us/HS/index.html>

South Vermillion High School

770 West Wildcat Drive
Clinton, Indiana 47842
<http://www.svcs.k12.in.us/svhs/>

Calumet High School

3900 Calhoun Street
Gary, Indiana 46408
<http://www.lakeridge.k12.in.us/chs/site/default.asp>

New Prairie

5333 N. Cougar Road
New Carlisle, Indiana 46552
http://www.npusc.k12.in.us/high_school/index.html

Sullivan High School

902 North Section Street
Sullivan, IN 47882
<http://www.swest.k12.in.us/schools/shs/shs.html>



Benefits to Partners and Partnership Levels

Gold Level

Partners that provide at least \$1,000 in resources will receive the following:

- Full page recognition in participant tool kit
- Name recognition and logo on printed materials
 - Promotional brochures
- Opportunity to speak and set up a table at school/community INSight Youth Corps special events
- Link on website to INSight Youth Corps website
- Name and logo on the INSight Youth Corps website
- Copy of program materials for your community

Silver Level

Partners that provide at least \$500 in resources will receive the following:

- Name recognition in participant tool kit
- Link on website to INSight Youth Corps website
- Name and logo on the INSight Youth Corps website
- Copy of program materials for your community

Bronze level

Partners that provide less than \$500 in resources will receive the following:

- Name and logo on the INSight Youth Corps website
- Copy of program materials for your community



Program Needs

Monetary Donation:

INSight Youth Corps schools and groups are in need of monetary donations to cover program-related costs such as supplies and transportation.

Location for Special Events Donation:

One of the suggested activities for schools to complete is a school or community health fair. We would appreciate the coordination of space for schools to host health events.

Healthy Food Donation:

One of the objectives of the INSight Youth Corp program is to encourage a culture of school health. We would appreciate the donation of healthy foods to schools participating in this initiative.

Incentives:

Incentives will improve participation and overall success. We would appreciate incentives in the form of water bottles, t-shirts, key chains, exercise equipment etc.

Health Education Material

Schools need health education material to encourage an environment of wellness. We would appreciate the donation of health education material regarding nutrition, physical activity, and tobacco cessation.



How is My Contribution Helpful?

- Ability to make a positive contribution to the health and well-being of children in your community and across the state;
- Further promote your agency's mission, values, and goals;
- Opportunity to connect with your local schools and community;
- Ability to prepare students to become productive, healthy citizens;
- Networking opportunities;
- Professional development;



Contact Information

For questions, please contact:

Katherine Newland, M.P.H.
Coordinated School Health Program Director
Indiana State Department of Health
2 N. Meridian St. Section 5M
Indianapolis, Indiana 46204
317-234-3395
Fax 317-233-7833
knewland@isdh.IN.gov



Sponsorship Form

To sponsor INSight Youth Corps, please fill out the form and mail to the below address.

Katherine Newland, M.P.H.
Coordinated School Health Program Director
Indiana State Department of Health
2 N. Meridian St. Section 5M
Indianapolis, Indiana 46204

NAME: _____

COMPANY NAME: _____

COMPANY ADDRESS: STREET: _____ **CITY:** _____

STATE: _____ **ZIP CODE:** _____

PHONE: _____

FAX: _____

E-MAIL: _____

Please check items you would like to donate:

Monetary Donation

Location for Special Events Donation

Healthy Food Donation

Incentives Donation

Healthy Education Material

Other Donation

Health Statistics



General Survey Information

The Youth Risk Behavior Survey (YRBS) is part of a biennial national effort led by the Centers for Disease Control and Prevention (CDC). The YRBS monitors health risks and behaviors in six categories, which are related to the leading causes of mortality and morbidity among both youth and adults. Data is collected from 9th through 12th graders on behaviors that contribute to physical activity, nutrition, tobacco use, alcohol and other drug use, violence and injuries, and sexual behavior.

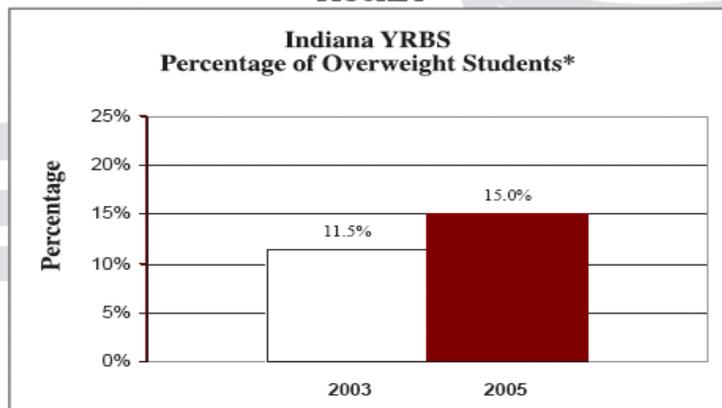
The Problem

Good nutrition is vital to good health and is essential for the healthy growth and development of children and adolescents. Major causes of morbidity and mortality in the United States are related to poor diet and a sedentary lifestyle. In adolescence, obesity is associated with a greater risk for high blood pressure, type 2 diabetes, and high cholesterol. There is also an increased risk later in life for developing coronary heart disease, high levels of triglycerides, stroke, sleep apnea and respiratory problems, gallbladder disease, some types of cancer (endometrial, breast, and colon), and osteoarthritis of the weight-bearing joints.¹

Indiana YRBS Data

According to the 2005 Indiana YRBS, 15% of students in grades 9th through 12th were overweight*, which is a statistically significant increase from the 2003 YRBS results of 11.5% as shown in Figure I. Additionally, 2005 YRBS data shows that 14.3% of Indiana students were at risk for becoming overweight, which is defined as being at or above the 85th percentile but below the 94th percentile for body mass index, by age and sex, and is calculated based on self reported weight and height data.

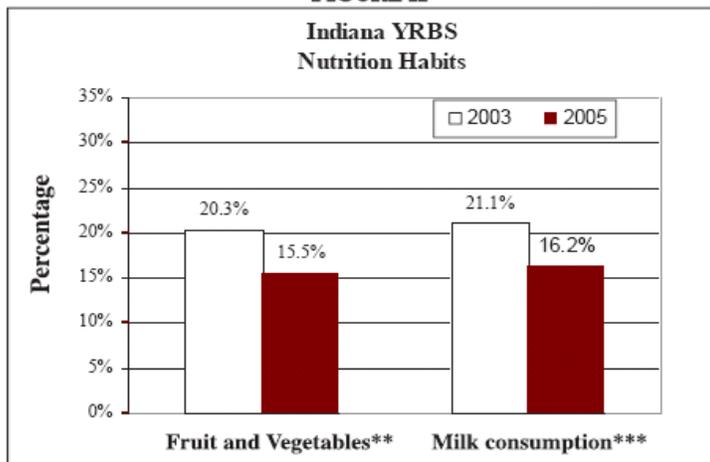
FIGURE I



* At or above the 95th percentile for body mass index, by age and sex. The body mass index is calculated based on self reported weight and height data.

2005 Indiana Youth Risk Behavior Survey

FIGURE II



The 2005 Indiana YRBS shows a statistically significant decrease in the percentage of students who ate five or more servings of fruits and vegetables in the past seven days (15.5%) in comparison to the 2003 results (20.3%). The survey results also show a significant decrease in milk consumption among Indiana high school students (16.2%) as compared to the 2003 YRBS (21.1%). (See Figure II)

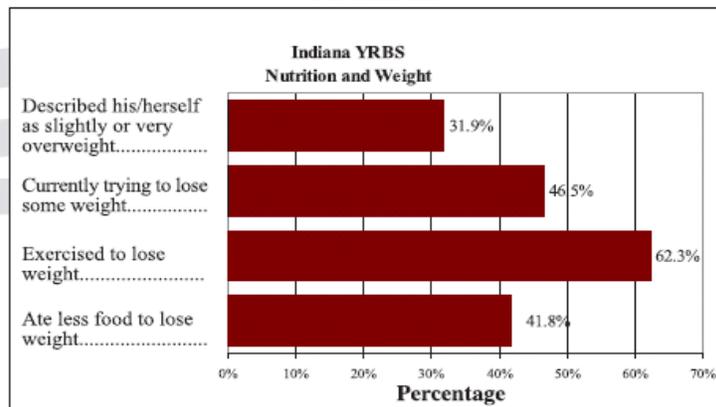
** Ate five or more servings of fruits and vegetables per day during the past seven days.

*** Drank three or more glasses per day of milk during the past seven days.

More Facts

There is a statistically significant decrease in the percentage of students (6.8%) who took diet pills, powders, or liquids without a doctor's advice to lose weight or keep from gaining weight, (compared to the 2003 results of 10.1%). Additional information about the current weight and nutrition habits of Indiana's high school students can be found in Figure III.

FIGURE III



Healthy People 2010 goals:

- ☐ 19-3c Reduce the proportion of children and adolescents who are overweight or obese from 11% to 5%

References:

1. Overweight and Obesity: Health Consequences, Centers for Disease Control and Prevention, <http://www.cdc.gov/nccdphp/dnpa/obesity/consequences.htm>, Accessed on 09/10/05.

For More Information:

Indiana State Department of Health: 1-800-433-0746

2005 Indiana Youth Risk Behavior Survey (YRBS): www.in.gov/yrbs

Centers for Disease Control and Prevention - Youth Risk Behavior Surveillance System: www.cdc.gov/healthyyouth/yrbs



Youth Risk Behavior Survey

Physical Activity

General Survey Information

The Youth Risk Behavior Survey (YRBS) is part of a biennial national effort led by the Centers for Disease Control and Prevention (CDC). The YRBS monitors health risks and behaviors in six categories, which are related to the leading causes of mortality and morbidity among both youth and adults. Data is collected from 9th through 12th graders on behaviors that contribute to physical activity, nutrition, tobacco use, alcohol and other drug use, violence and injuries, and sexual behavior.

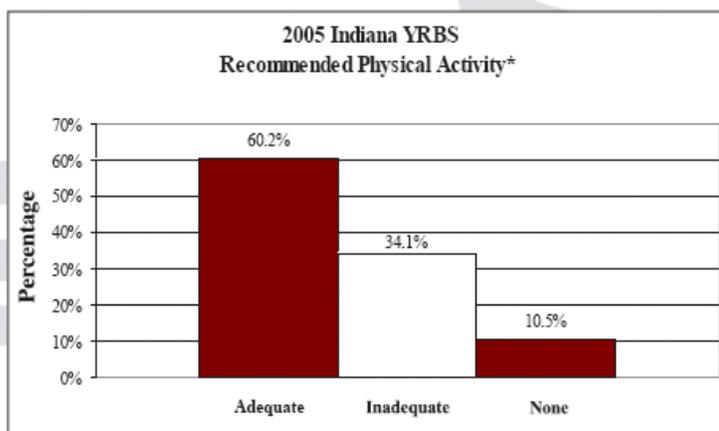
The Problem

Lack of physical activity has been associated with cardiovascular disease, hypertension, overweight and obesity, osteoporosis, diabetes, and certain cancers.¹ The benefits of regular physical activity include building and maintaining healthy bones and muscles,² reducing the risk of developing obesity and chronic diseases such as diabetes and cardiovascular disease,¹ minimizing feelings of depression and anxiety, and promoting psychological well-being.² The CDC recommended level of physical activity consists of at least 20 minutes of vigorous physical activity on three or more of the past seven days or at least 30 minutes of moderate physical activity on five or more of the past seven days.

Indiana YRBS Data

The 2005 Indiana YRBS shows that 60.2% of high school students exercised or participated in at least 20 minutes or more of physical activity that made them sweat or breathe hard on three or more of the past seven days. The survey results show that 34.1% of students did not achieve the CDC recommendation for physical activity during the past seven days. Furthermore, 10.5% of students did not participate in any physical activity at all, as shown in Figure I.

FIGURE I



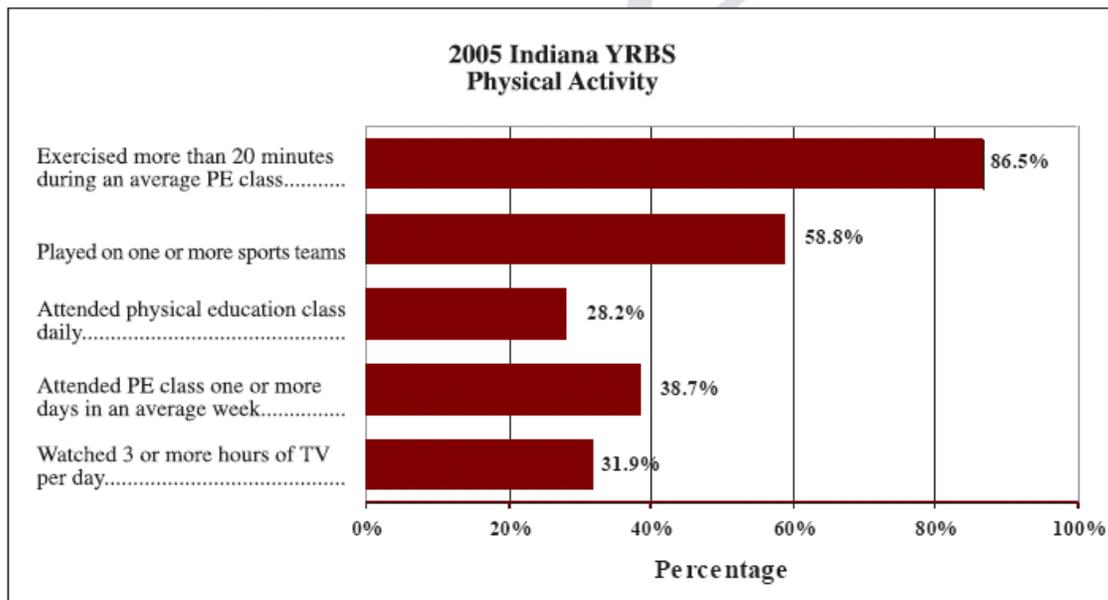
*Recommended levels of physical activity: at least 20 minutes of vigorous physical activity on three or more of the past seven days or at least 30 minutes of moderate physical activity on five or more of the past seven days.

2005 Indiana Youth Risk Behavior Survey

More Facts

The 2005 Indiana YRBS also shows an increase in the percentage of female students who did not participate in any physical activity during the past seven days (12.1%), when compared to the 2003 survey results (7.3%). More information about the current physical activity habits of Indiana's high school students can be found in Figure II.

FIGURE II



Healthy People 2010 goals:

- 22-7 Increase the proportion of adolescents who engage in vigorous physical activity that promotes cardiorespiratory fitness 3 or more days per week for 20 or more minutes per occasion from 65% to 85%

References:

1. Mokdad AH, Ford ES, Bowman BA, Dietz WH, Vinicor F, Bales VS, Marks JS. Prevalence of obesity, diabetes, and obesity-related health risk factors, 2001. *Journal of the American Medical Association*, 2003; 289(1):76-79.
2. Centers for Disease Control and Prevention. Physical activity and health: A report of the Surgeon General. Atlanta, GA: U.S. Department of Health and Human Services, 1996.

For More Information:

Indiana State Department of Health: 1-800-433-0746
 2005 Indiana Youth Risk Behavior Survey (YRBS): www.in.gov/yrbs
 Centers for Disease Control and Prevention - Youth Risk Behavior Surveillance System: www.cdc.gov/healthyyouth/yrbs



General Survey Information

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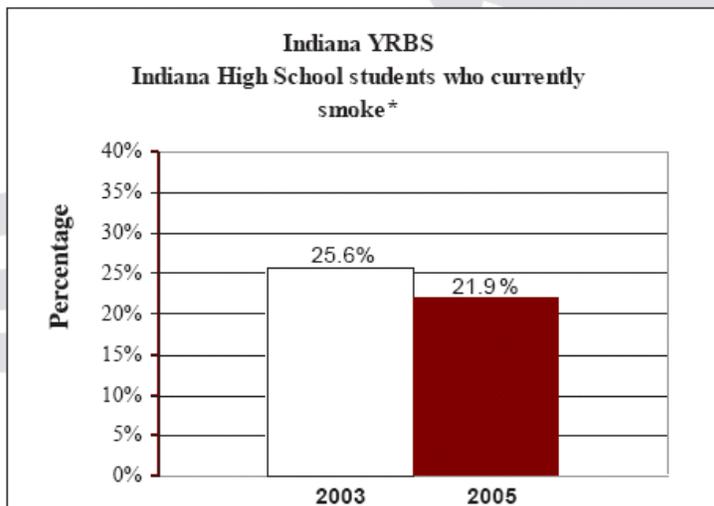
The Problem

Smoking is responsible for more than one of every six deaths in the United States and remains the single most important preventable cause of death in our society.¹ Children and adolescents who smoke are less physically fit and have more respiratory illnesses than their nonsmoking peers. The list of diseases caused by smoking includes cancer of the bladder, esophagus, larynx, lungs, oral cavity, and throat as well as chronic lung diseases, coronary heart and cardiovascular diseases, reproductive problems, sudden infant death syndrome, and many others.²

Indiana YRBS Data

According to the 2005 Indiana YRBS, 56.9% of Indiana 9th through 12th grade students had tried smoking a cigarette, and 21.9% of high school students are current smokers, compared to 25.6% in 2003. Although not statistically significant, smoking seems to have decreased among Indiana teenagers as illustrated in Figure I.

FIGURE I



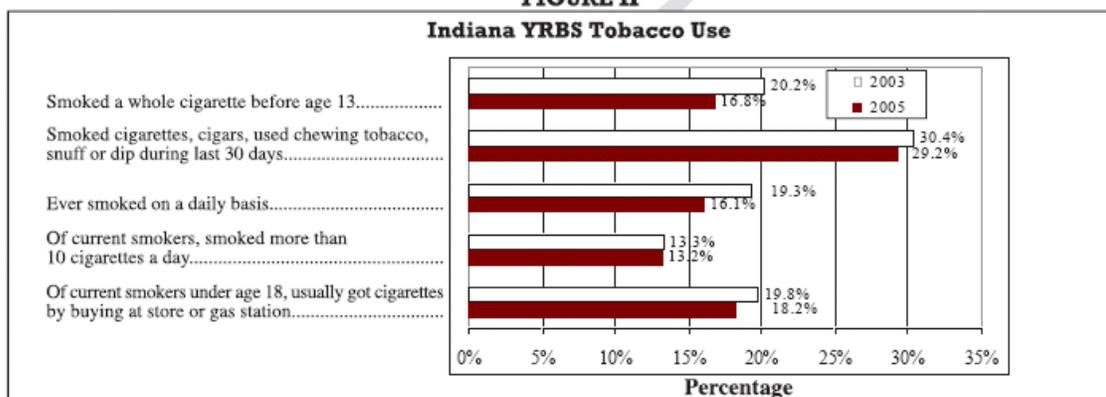
* Smoked cigarettes on one or more of the past 30 days

2005 Indiana Youth Risk Behavior Survey

More Facts

Several risk behaviors associated with tobacco use have decreased among Indiana high school students as illustrated in Figure II. However, none of the changes in percentages from 2003 to 2005 are statistically significant.

FIGURE II



Quitting

Quitting smoking has immediate as well as long-term benefits, reducing the risks for diseases caused by smoking and improving health in general. The younger people are when they begin smoking cigarettes, the more likely they are to become strongly addicted to nicotine. Young people who try to quit suffer the same nicotine withdrawal symptoms as adults who try to quit.³ Several studies have found nicotine to

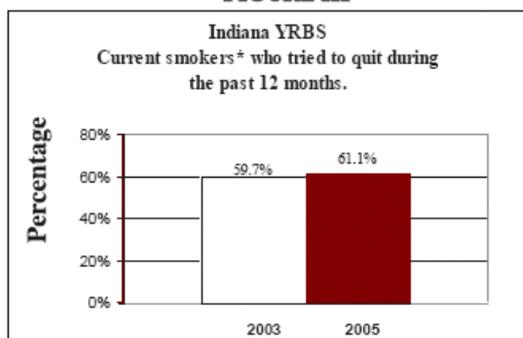
be addictive in ways similar to heroin, cocaine, and alcohol. Of all addictive behaviors, cigarette smoking is the one most likely to become established during adolescence.³

Immediate benefits of quitting smoking include decreasing your chance of a heart attack⁴ and regaining normal lung function, thus increasing the ability to handle mucus, clean the lungs, and reduce infection.⁵ Long term

health benefits include reducing the risk of a stroke within 5-15 years after quitting.⁶ Quitting also reduces the risk of cancer of the lung, mouth, throat, esophagus, bladder, kidney, and pancreas.⁵

According to the 2005 YRBS 61.1% of the students who are current smokers have tried to quit during the past twelve months (See Figure III).

FIGURE III



* Smoked cigarettes on one or more of the past 30 days

Healthy People 2010 goals:

- ☐ 27-2b Reduce the use of tobacco products by adolescents from 40% to 21%.

References:

1. *Reducing the Health Consequences of Smoking; 25 years of progress: A report of the Surgeon General.* U.S. department of health and human services, Public Health Service, Centers for Disease Control, Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health, 1989, p. I.
2. *The Health Consequences of Smoking: A Report of the Surgeon General.* U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health, 2004.
3. *CDC. Preventing Tobacco Use Among Young People, A Report of the Surgeon General.* Atlanta, GA: U.S. Department of Health and Human Services, 1994.
4. US Surgeon General's Report, 1988, p. 202
5. US Surgeon General's Report, 1990, pp. 304, 307, 319, 322
6. US Surgeon General's Report, 1990, p. VI

For More Information:

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