



# NORTH DAKOTA

The **Preventive Health and Health Services (PHHS) Block Grant** provides funding for health problems in North Dakota that range from worksite wellness to school health. PHHS Block Grant dollars fund a total of five different health programs in North Dakota.

PHHS Block Grant funds allow North Dakota to use dollars **where** we need them, **when** we need them to protect the public's health. North Dakota uses the majority of its PHHS Block Grant to support the initiatives of *Healthy North Dakota*. Programs that serve our state's unique health needs through the PHHS Block Grant include the following:



### **Community Health Promotion Program—Healthy North Dakota**

PHHS Block Grant funds are used to facilitate the state's *Healthy North Dakota* initiative, a framework supporting North Dakotans in their efforts to make healthy choices by focusing on wellness and prevention. Committees comprised of more than 400 North Dakotans representing about 150 agencies, organizations and businesses are identifying strategies to build a healthy North Dakota.



### **School Health Education—Coordinated School Health Program (CSHP)**

PHHS Block Grant funds are used to enhance coordinated school health programs, which help schools identify ways to meet the health needs of students and staff. In 2005, 65 school teams from throughout the state attended the annual CSHP Roughrider Health Promotion Conference and developed school health action plans.



### **Emergency Medical Services (EMS)—Emergency Medical Services Program**

PHHS Block Grant funds support the Emergency Medical Services Program which works to ensure the EMS workforce is properly trained and credentialed to provide emergency care to sick and injured people. The EMS Program supports, facilitates and approves emergency medical training as well as certifies and licenses EMS personnel and agencies throughout the state.



### **Rape or Attempted Rape—Sexual Assault Program**

PHHS Block Grant funds are used to support local domestic violence/rape crisis programs. Services include providing direct crisis intervention and advocacy services to victims, operating crisis hotlines, providing training to professionals and volunteers, and offering prevention education to students in kindergarten through college. In the past two years, the number of victims served has risen by 5.8% to 843 persons.



### **Community Health Promotion Program—5 + 5 Communities Program**

PHHS Block Grant funds support local efforts to improve nutrition and physical activity based on each community's unique needs. The 17, 5 + 5 community coalitions work with local governments, schools, businesses and the public on programs such as promoting walking, providing physical activity and nutrition education to students, and providing educational programs in worksites.

## North Dakota Department of Health

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# Raising the Physical Activity Bar for Adolescents in Hettinger, North Dakota

## Issue:

"Our students were becoming couch potatoes right before our eyes! We were not meeting the state requirements for the number of minutes for physical activity per week. The number of students taking more than one study hall was also increasing," said a Hettinger High School staff member. It was time to make physical education a priority in the southwest North Dakota school's curriculum because—

- Hettinger High School required only a half credit of physical education, one-third below state requirements.
- Only 53% of all North Dakota high school freshmen attended physical education classes on one or more days in an average week according to the 2005 North Dakota High School Youth Risk Behavior Survey.
- More alarming to school and community personnel, this percentage dropped to 37% for seniors statewide.

## Intervention:

The Hettinger Coordinated School Health team (CSH) proposed changing graduation requirements so that each student in Hettinger (grades 9–12) would need to take 1 1/2 credits of physical education. This recommendation was based on a Preventive Health and Health Services Block Grant funded scientifically-based assessment and planning tool that found—

- The number of minutes the students participated in vigorous or moderate physical activity was inadequate.
- Physical education staff needed more professional development training options.
- The facilities (such as the swimming pool, the community bowling alley, and the school's fitness center) were not being used to their fullest potential to enhance the physical education class curriculum.
- Students were well below average strength, flexibility, and body composition.



## Impact:

Based upon this data, the CSH team proposed a change in policy, which the school board adopted.

- The new policy increased the physical education requirements by 26%, or from a half credit to 1-1/2 credits. (A half credit was equivalent to 52 minutes of daily physical education for one semester.) Hettinger High School students are now required to take three semesters of daily physical education classes.
- The change in board policy has affected 160 students in grades 9–12.
- These changes were so well-received that classes which originally averaged five students now averages more than 20 students.
- The number of classes offered has tripled since 2004 with the addition of strength and conditioning, fitness/aerobics and lifetime activities, to name a few.
- To meet the rising demand of students wanting to take physical education classes above the required hours, an extra period of physical education was offered before school hours during the 2006–2007 school year.

"Since we have made the changes, we have seen wonderful results in the areas of fitness. Our students want to use the facilities after school hours, they are using the community parks more often, and the overall attitude towards their personal fitness and well-being has dramatically improved," said a Hettinger High School staff member.

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