



# Curriculum to Support the Health of Educators: Easy-a Pilot Program Evaluation



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## Background & Purpose

- Non-communicable diseases account for 7 out of 10 deaths (40 million) annually in the United States.
- Drug overdose deaths have risen by over 30% in the United States in 2020; which may be associated with effects of the COVID-19 pandemic and the sudden environmental changes that have occurred.
- Throughout the COVID-19 pandemic educators were called upon to still work, with no support on how to handle working in a new context (i.e., working remotely and relying on technology).

## Easy- A Curriculum

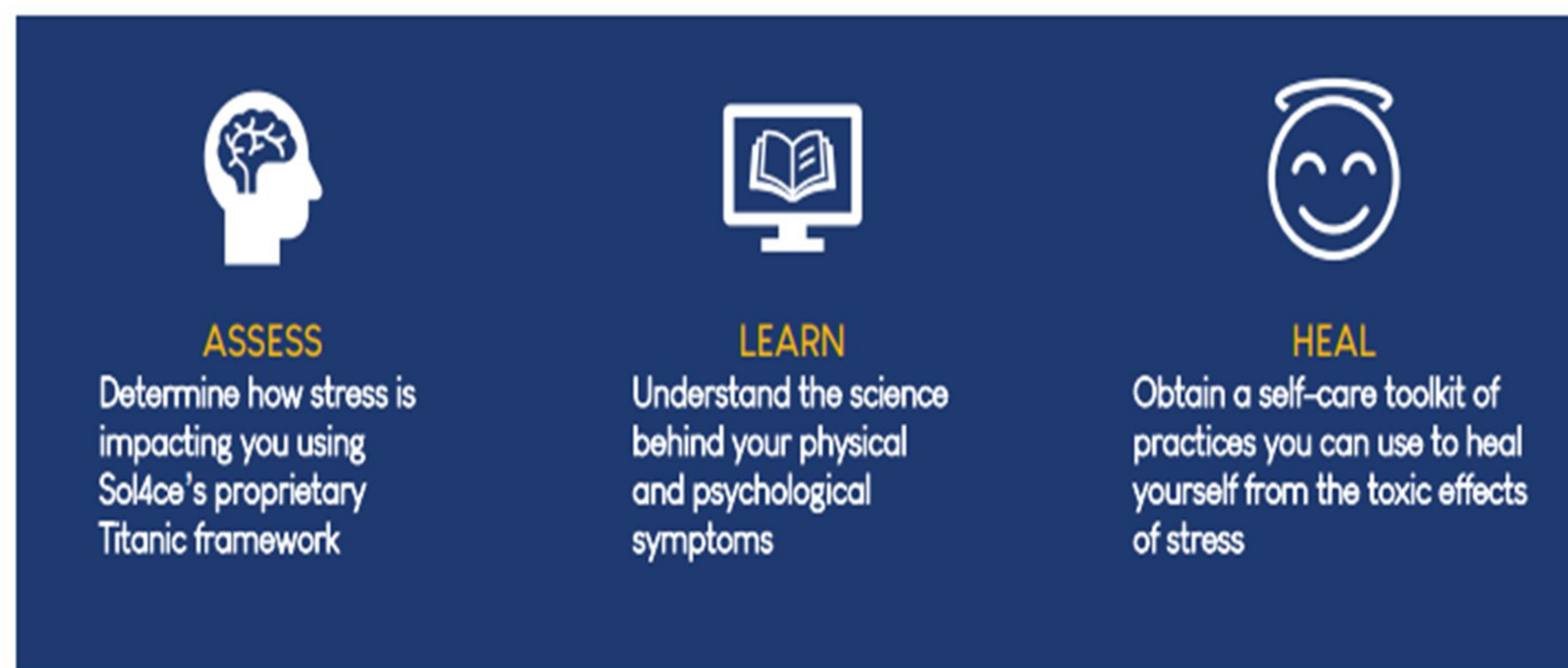
- 12 Module curriculum implemented A-synchronously
  - Introduction
  - The Titanic Model
  - Social Determinants of Health
  - Internal Compass
  - Teeter Tottering with Lions
  - Might as well admit it, you're addicted to...
  - Making Sense of it All
  - Catch some Zzzz
  - Medicine Cabinet in the Body
  - Fueling our Bodies
  - Handful of Health
  - Conclusion
- Coach Support included
- Activities workbook to support learning

## Program Evaluation

- The Easy A curriculum was implemented over 9 weeks in a high school in the Pacific Northwest Region.
- Participants agreed to be a part of a program evaluation via a focus group
- Participants : 5 educators (3 female, 2 male).
- The focus group was conducted in person and audio was recorded with consent from all participants
- The audio recording was transcribed,
- Content analysis was conducted to find major themes on ways to improve the delivery of the Easy-A curriculum.

## Results of Evaluation

- Improvement of messaging and/or branding
  - “maybe we didn’t listen to what the message was going to be, we were like sweet...were going to do more stuff for kids and it just fell flat.”
- Curriculum would be better implemented outside of a group setting
  - “being asked to share things or talk about our values. That’s not something I want to do in this setting.”
- Barriers to participating
  - “I honestly don’t know what went where, and how it all followed each other ...it was all over the place”
- Appropriate content and activities
  - “that first one I was fired up. I was like this is great. I even brought up the stuff that next day to my health class and we were talking about it and I was like this is great, im going to be learning more stuff”.



## Importance to Physical Therapy

- The development of the Easy-A curriculum is an example of the impact that physical therapists can have outside the clinic within the public health arena.
- The curriculum involves interdisciplinary perspectives led by physical therapists that addresses populational health in various areas including exercise, nutrition, and pain.
- As the Easy-A curriculum grows, we hope to include other physical therapy perspectives to ensure we address populational health holistically.