



# Worcester Head Start

Hannah Seay, Emily Czotter, Pooja Gupta, Abhilash  
Gazula, and Robert Guber

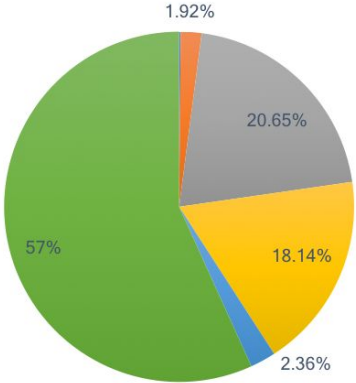
# Head Start

- Head Start is a federally funded preschool program that provides comprehensive services to children and families
- Children are eligible if they live in the city of Worcester, are 3 or 4 years of age, and are from a low-income family
- The program promotes education, health, family involvement, and preparation for kindergarten



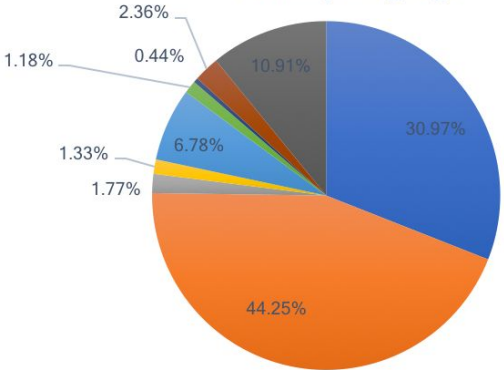
# Demographics 2018

### Race and Ethnicity

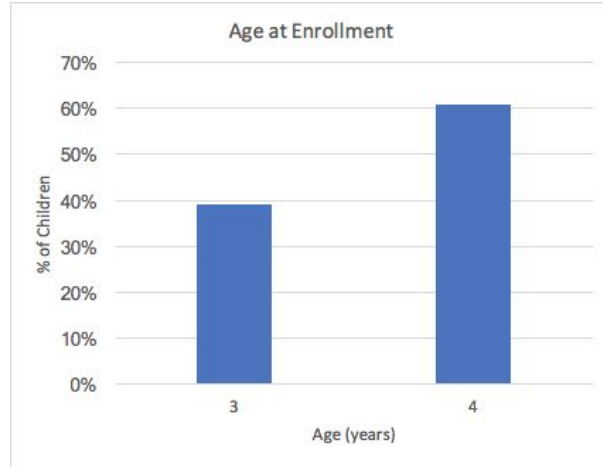
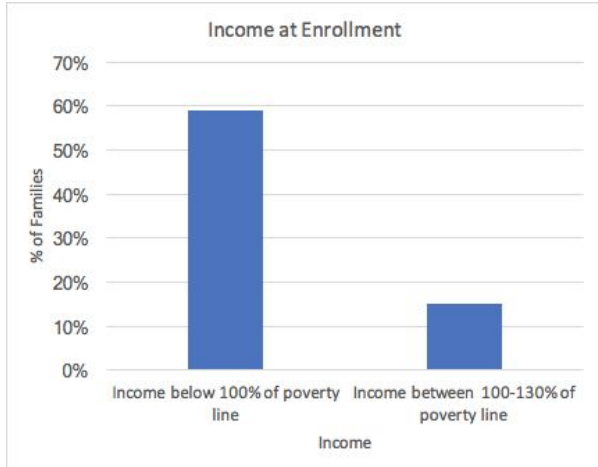
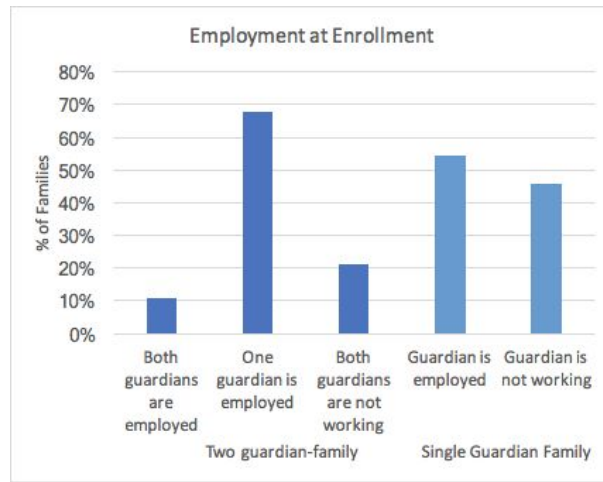
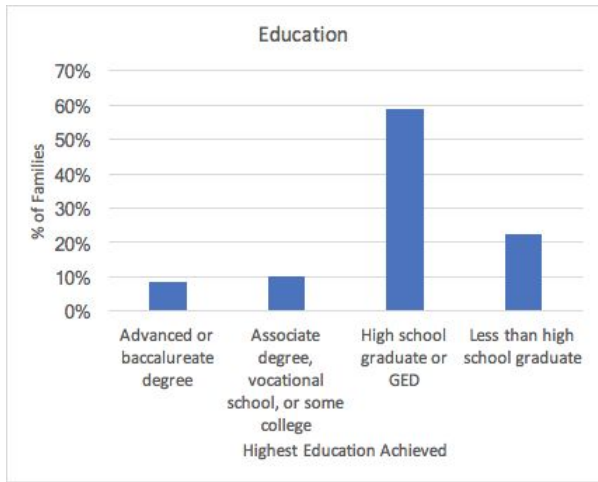


- American Indian or Alaska Native
- Asian
- Black or African American
- White
- Biracial/Multi-racial
- Hispanic or Latino

### Primary Language



- English
- Spanish
- Native Central American, South American, and Mexican Languages
- Caribbean Languages
- Middle Eastern & South Asian Languages
- East Asian Languages
- Pacific Island Languages
- European & Slavic Languages
- African Languages



## ADDITIONAL HEALTH CARE FACTORS AT ENROLLMENT

- 0.15% do not have health insurance at enrollment
- 46.9% receive transportation services
- 2.29% do not have an ongoing source of continuous health care
- Low health literacy

# Clinical Needs



## Medical

- Anemia (0.15%)
- Asthma (0.74%)
- Hearing Difficulties (0.15%)
- Vision Problems (7.96%)
- No instances of high lead or diabetes
- Underweight (2.8%)
- Overweight(15.49%)
- Obese (17.26%)



## Social

- Special education-related services: children with an Individualized Education Program (9.59%)
- Speech or language impairments (6.19%)
- Developmental delays
- Witnessed trauma/ domestic violence

# Population Disparities and Strengths



## Disparities

- Just under 90% of children enrolled in HS are on Medicaid/CHIP
- Up to date on primary and preventative care services dropped from 97.2% at enrollment to 84.51% at the end of the year
- 64.11% single-parent families
- Health literacy

## Strengths

- Just under 100% of children have access to continuous, accessible health care
- Over 98% are up-to-date on immunizations
- Over 95% have continuous, accessible dental care
- Excellent parent education
  - How to utilize and navigate MA healthcare
- Annual screenings
- Food stamps/WIC

# Interprofessional Teams

- Nurse
- Family Service Advocate (FSA)
- Classroom teacher
- Nutritionist
- Dental hygienist
- Physical Therapist/Occupational Therapist
- Speech pathologist
- Interpreters



*Teams work on issues occurring at school or at home allowing for ongoing care with the child and family.*

# Interprofessional Teams -Strengths and Limitations

## Strengths:

- Lots of resources for members of Head Start
- Ability to assess students holistically
- Continuity of care
- Quick assessment and management of problems
- Frequent meetings

## Weaknesses:

- Currently paper system
  - Can be hard to keep information up to date
  - Duplication of work = less time for individual teams
- Communication issues between nurses and physicians
- Turnover Rate

**As future physicians:** plan to stress better communication strategies, have one system that can be applied to all the schools to prevent discrepancies, and stay receptive to all members of care team.



# Health Advocacy



**Goal:** “to provide a high-quality preschool program that prepares children to succeed in tomorrow’s world.”

- Federally Funded project \$9.2 billion dollars
- National Association for the Education of Young Children (NAEYC)- Advocacy organization for Head Start, and more programs.
- Mass Budgets, Children’s Budgets- >\$9 million in additional funding grants to schools.
- Worcester WIC office- helps to provide food and nutrition to low income families. Head Start has an office within their school.

# Health Advocacy- Three Principles of Head Start

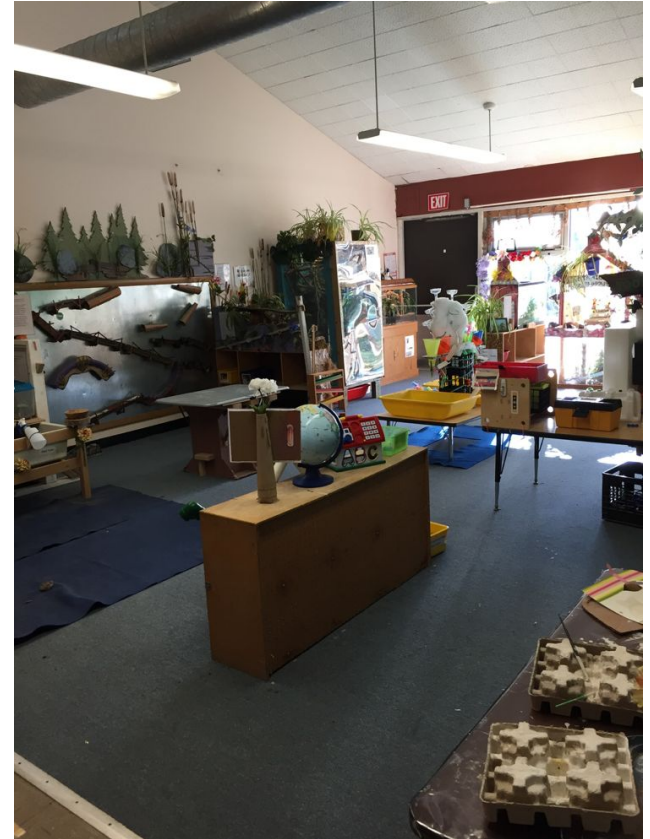
1. Provide comprehensive services for the whole family including health, education, nutrition, social and other services determined to be necessary by family needs assessments.
2. Promote parent engagement - emphasizing the role of parents as a child's first and most important teacher.
3. Build community - employ community residents, many former head start clients, and work collaboratively with other community organizations to assist families in meeting their basic needs.

Success- results in kids being provided resources to succeed and prepare them for kindergarten and the future.

Failures in advocacy can lead to reduction in funding and not being able to provide services to kids in need.

# Health Advocacy- What Can You Do?

- Volunteer your time at Head Start
- Providing care for people with MassHealth
- Communicating with local resources to provide reduced cost services to kids and families.
- Advocate to your local representatives for more funding for the program.
- Document health issues for schools and parents, such as emphasizing weight with parents.



Play a game of follow the leader. Move around your house in different ways as someone copies your movements!



Find a big towel or blanket and spread it out on the floor. Stand on it, move on it, then fold it up a little. Can you still stand and move on it? Fold it again – move again. How small can you make the towel?



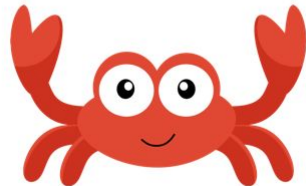
Move around, under, and over a chair; sit down and stand up using a chair; turn on music and wiggle and stretch while sitting in a chair!



Leaping! Put pillows on the floor and practice your leaping skills. Push off of your back leg and reach with your front leg.



Make a pile of pillows and crab-walk them across the room one at a time!



Balance on two body parts. How about three parts or four or even five body parts?



# Acknowledgements



Leanne Winchester

MaryAnn Rollings

Brenda Pike

Wendy McCullough

Kim Gallagher

Lisa Klatt



*A special thanks to the students and families of Mill Swan, Greendale, and Millbury Street Schools!*

# References

<http://headstart.worcesterschools.org/>

[http://headstart.worcesterschools.org/sites/default/files/Services%20and%20Programs/Head%20Start/final\\_annual\\_report\\_2016-2017.pdf](http://headstart.worcesterschools.org/sites/default/files/Services%20and%20Programs/Head%20Start/final_annual_report_2016-2017.pdf)