
**STOCKTON UNIVERSITY
ANNUAL REPORT FOR
2020 INITIATIVES PROJECT**

PROJECT LEADER(S):	Mary Kientz, Alysia Mastrangelo, Joan Perks
PROJECT TITLE:	Get FIT for All
DATE:	8/14/17
CC:	

- *The boxes below expand as needed to accommodate your notes. You may also include/submit appendices or attachments, if needed.*
- *Email a copy of this completed form to Jessica Kay, Data Analyst & Assistant to the Chief Planning Officer at: jessica.kay@stockton.edu*

Please provide a summary of the project and your experience.

The funding for Get FIT for All was primarily used to purchase and install a ten-circuit Fit Trail at the intramural fields on Pomona Road. It was installed by Stockton employees in a quarter mile loop. We had an opening ceremony that was supported by the School Health Sciences in April 2016. There were additional funds allocated for FY 2017 to pay for maintenance of the Fit Trail. These funds were not needed so some of the funds were allocated towards the purchase of suspension swings in WQ 203 & 208. This equipment will be helpful when working with individuals with autism spectrum disorder (ASD). We received additional external grant funding (Flutie Foundation) in December 2016 to offer Get FIT to individuals with ASD specifically.

The Fit Trail is used by the clients attending Get FIT but is also open to the Stockton community and the broader local community. The Fit Trail was presented at the annual SCOSA conference in 2016 to introduce older adults to the trail and encourage them to use it.

Please attach a copy of your original proposal or list your stated objectives and expected outcomes.

The goal of our 2020 project is to engage individuals with IDD who are at risk for health challenges in physical and nutritional education activities on Stockton's campuses. The primary goal is to improve health and quality of life of participations. A secondary goal is to develop greater understanding and empathy of people with different abilities by Stockton community.

- a. GetFIT participants receive pre and post-test assessment for fitness measures, nutrition knowledge and quality of life. We expect to see an improvement in these measures.
- b. GetFIT participants will have an increase in access to wellness activities on campus and with community partnerships. Access will be measured by assessing the opportunities available each week of the GetFIT session.

- c. Graduate and undergraduate students will gain valuable knowledge of working with individuals with different abilities and of working with those in other disciplines of study as measured by IPE questionnaires.
- d. Students, faculty and staff will have increased awareness and understanding of people with different abilities as measured by pre-post testing of attitudes about disabilities.

Please describe the results of your project and compare them to your original expectations. Elaborate on how well your objectives were met and how they might have changed. Note any particular obstacles that may have prevented your achieving full satisfaction on desired outcomes.

The primary goal was to purchase and install the Fit Trail and that was successfully completed November 2015. We completed four years of Get FIT and are entering our fifth year. Get FIT continues to meet on Stockton's Galloway campus on Monday and Wednesday evenings 6-7:30 pm for ten weeks each semester and clients meet for a walking group during the summer. The clients participate in activities on campus including the Fit Trail. Free to Be has been using the Fit-Trail. We hope that others in the Stockton community use the trail but we have no way of tracking usage.

The pre-post assessment data from Get FIT indicates that participants of Get FIT learn about healthier eating and demonstrate increased flexibility, balance and strength. Weight loss has varied greatly among participants. Some have lost significant amounts of weight, others have not lost any. Undergraduate and graduate students in the School Health Sciences continue to work with the participants of Get FIT. They are learning about individuals with intellectual and developmental disabilities and they are learning how to work as part of an interprofessional team which is vital in all healthcare arenas. It is difficult to measure quantitatively someone's understanding of disability but feedback from the student participants indicate that Get FIT is a project that lets them get to know individuals with IDD and help them gain confidence in working with this client population.

Please list any follow-up actions (publications, presentation venues, etc.)

Listed below are the actions from 2016-2017:

Kientz, M., Perks, J, & Mastrangelo, M. A. (2017) Get FIT: An Immersion Interprofessional Activity. To be presented at Association of Schools of Allied Health Professions (ASAHP) conference, October 2017, San Antonio, Texas.

Kientz, M., Mezzacappa, J., Maisch, J., Quintino, J., Mastrangelo, M.A, & Perks, J. (2017). Get Healthy & FIT: Outcomes of an Exercise & Nutrition Program for Persons with IDD. American Occupational Therapy Association's 2017 Annual Conference & Expo, March 2017, Philadelphia, PA

Mezzacappa, J., Maisch, J., Quintino, J., & Kientz, M. (2016). Get Healthy & FIT: Outcomes of an Exercise & Nutrition Program for Persons with IDD. New Jersey Occupational Therapy Association Annual Conference, October 2016, Stockton University, Galloway, NJ

Mezzacappa, J., Maisch, J., & Quintino, J. (2017). Get Healthy & FIT: Outcomes of an Exercise & Nutrition Program for Persons with IDD. Presented at the Graduate Research Symposium, May 2017 (Distinguished Graduate Research Fellowship funded)

Betsy, K., & Finneran, D. (June, 2016). Student spOTlight: Get Fit @ Stockton. *nOTeworthy in NJ (New Jersey Occupational Therapy Association Newsletter)*, 1(4), 5-6.

Are you recommending the continuation of this project? If so:

- What are the next action steps you foresee or recommend?
- What are the expected budget requirements going forward?
- Please identify the program, department, or division to which the continuation proposal should be forwarded.

[Note: continuation proposals must be approved and incorporated into the appropriate budget process.]

No additional funding from 2020 is being requested.

FINANCES: Based on your proposal, please outline below how the award has been spent.

	Amount	Notes/Comments
Beginning Budget Balance as of:	\$	
Salary Expenditures		
• Stipends	\$	
• Full-time staff salaries	\$	
• Full-time faculty salaries	\$	
• TES salaries	\$	
• Fringe Benefits	\$	
Total Salary and Fringe Expenditures	\$	
Non-Salary Expenditures (<i>supplies, travel, etc.</i>)		
• Get FIT Trail	\$ 6570.00	
• Sensory swings	\$ 2234.40	
•	\$	
•	\$	
•	\$	
•	\$	
Total Non-Salary Expenditures	\$	
Total Salary + Non-Salary Expenditures	\$ 8804.40	
Ending Budget Balance as of:	\$	All leftover funds returned to 2020

If there are remaining expenditures required to complete the project, please itemize them with expected amounts and timing for payment.

IMPORTANT: *Unused funds will revert to the general 2020 Initiative Fund at the end of the fiscal year if not approved and encumbered for project costs.*

Item	Expected Amount	Expected Timing for Payment
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