

Developing a Self-Management System for Adolescent Healthy Lifestyles



- Online program designed for use in a school setting and housed on a secure server at Marshall University.
- Contains three surveys of which one or all can be taken during any visit.

Healthy Lifestyles – Based on Nemours 5-2-1-0 clinical guidelines for healthy eating and activity. For use in grades 5th – 12th.

CRAFFT – Brief screening for substance abuse. For use with adolescents.

Risk Assessment – Detailed screening for various risk factors. Includes questions pertaining to:

Oral Health Safety Self-Harm Goal Setting Sexual Activity Depression

- Keeps a longitudinal record of height, weight, BMI and Blood Pressure. Automatically calculates BMI and BMI Category.
- Based on survey responses the student can select one goal and build a personalized action plan.
- Copies of survey results and action plan can immediately be printed for review with school-health or health education staff.
- Student can return as often as desired to update or close action plan and move onto another goal.
- Site-specific username and password is provided by Marshall University.
- No personal identifiable information about the student is collected. Using a self-selected Id, the student can return multiple times to update their progress for reaching their goal.
- Allows school-health or health education staff to export site-based responses in an Excel file for further analyzing and reporting.
- No charge to use the program. Requires computer or tablet with Internet connection and printer.

For more information on using this program:

Stephanie Montgomery
(304) 634-1008
smontgom@marshall.edu

Mary Grandon, PA-C
(304) 206-7362
grandon@marshall.edu



Supported by Claude Worthington Benedum Foundation
Updated September 2015