

## **A General Overview of School Physical Activity and Nutrition Intervention Programs\***

<b>Program Name</b>	<b>Grade/Age</b>	<b>Goal(s)</b>	<b>Accomplishments</b>	<b>Contact Information</b>
Healthy Start	Pre-K 3 & 4 yrs	<p>Change nutrition patterns in preschool centers.</p> <p>Evaluate the effect of nutrition education and food service intervention on blood cholesterol and fat intake in 3 and 4 year-old children.</p>	<ul style="list-style-type: none"> <li>● Significant decrease in blood cholesterol levels.</li> <li>● Saturated fat intake in the children gradually decreased over time.</li> <li>● Increased nutrition and health knowledge.</li> <li>● Decreased fat and saturated fat content of the preschool meals and snacks.</li> </ul>	<p>Web: <a href="http://www.healthy-start.com/order.pdf">http://www.healthy-start.com/order.pdf</a></p> <p>Healthy-Start, LLC PO Box 115 Huntington, NY 11743 Telephone: (631) 549-0010 Fax: (631) 549-0010 (TIN# 010533895) Email: <a href="mailto:info@healthy-start.com">info@healthy-start.com</a></p> <p>Cost: \$170.00 plus S&amp;H</p>
Animal Trackers	Pre-K 3-5 yrs	<p>Increase amount of structured physical activity (PA) in preschool children ages.</p> <p>Enhance/encourage gross motor development: marching, jumping, throwing, kicking, hopping, etc.</p> <p>Provide an easy-to-implement PA program integrated with preschool content areas.</p>	<ul style="list-style-type: none"> <li>● Evaluated in four states (NH, NY, GA, NM) in demographically different populations.</li> <li>● Pilot test in NM -- an additional 11 minutes of structured PA per day was realized in the Head Start preschool classroom – approx. 46 minutes per week.</li> <li>● Program developed jointly by Healthy Start and ILSI Center for Health Promotion staff.</li> <li>● Journal publication expected Feb 2009</li> </ul>	<p>Web: <a href="http://www.healthy-start.com/order.pdf">http://www.healthy-start.com/order.pdf</a></p> <p>Healthy-Start, LLC PO Box 115 Huntington, NY 11743 Telephone: (631) 549-0010 Fax: (631) 549-0010 (TIN# 010533895) Email: <a href="mailto:info@healthy-start.com">info@healthy-start.com</a></p> <p>Cost: \$79.95 plus S&amp;H</p>

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Hip-Hop to Health Jr.	Preschool, 3-5 years	<p>Test the effect of intervention on change in BMI.</p> <p>Alter the trajectory toward OW/OB among preschool African-American and Latino children.</p> <p>Report baseline data from an obesity prevention intervention developed for minority preschool children.</p>	<ul style="list-style-type: none"> <li>• 5-year randomized intervention (ongoing) in 24 Head Start Programs.</li> <li>• Efficacy of the intervention will be determined by weight change for the children and parent/caretaker.</li> <li>• Behavior related to diet and physical activity (PA) are established early in life and modeled by family members.</li> <li>• Several journal publications (including follow-up on original NIH study)</li> </ul>	<p>MR Stolley Department of Psychiatry and Behavioral Sciences The Feinberg School of Medicine Northwestern University 710 N. Lake Shore Drive, 12th Floor Chicago, IL 60611, USA Email: <a href="mailto:m-stolley2@northwestern.edu">m-stolley2@northwestern.edu</a></p> <p>Approximate Cost: \$100</p>
Color Me Healthy (CMH)	Preschool, 4-5 years	<p>Stimulate senses of young children: touch, smell, sight, sound, and taste.</p> <p>Designed for family day-cares, Head Start classes, and child care centers.</p> <p>Train preschool teachers and child care providers in healthy eating and PA promotion.</p>	<p>Reference: Dunn C, Thomas C, Pegram L, Ward D, Schmal S. Color Me Healthy, Preschoolers Moving and Eating Healthfully. J of Nutrition Educ and Behavior, December 2004, 36: 06, p327.</p> <ul style="list-style-type: none"> <li>• Over 4000 child care providers have attended CMH training in NC.</li> <li>• 10 states + NC currently use the program.</li> <li>• Preliminary evaluation indicates that child care providers are using CMH and that it is having a positive impact on healthful eating and PA in the preschool classroom</li> </ul>	<p>NC Cooperative Extension Service NC Division of Public Health</p> <p>Web sites: <a href="http://www.eatsmartmovemorenc.com/colormehealthy/">http://www.eatsmartmovemorenc.com/colormehealthy/</a></p> <p>Free Eat Smart and Move More Resources for Families and Individuals: <a href="http://www.eatsmartmovemorenc.com/consumer/library/index.php">http://www.eatsmartmovemorenc.com/consumer/library/index.php</a></p>
I Am Moving, I Am Learning	Head Start, 4-5 years	<ol style="list-style-type: none"> <li>1. Educate staff/parents re: mod-to-vigorous P.A.</li> <li>2. Renew focus on gross motor skills</li> <li>3. Encourage students to move with more intensity</li> </ol>	<ul style="list-style-type: none"> <li>• MVPA doubled in selected classrooms</li> <li>• Certain students experienced moderate improvements in BMI for age</li> <li>• Use of music to facilitate movement increased</li> <li>• Parent &amp; teacher response was positive</li> </ul>	<p>Choosy Kids, LLC - Sixth Floor 886 Chestnut Ridge Rd P.O. Box 6884 Morgantown, WV 26506 Phone: 1-304-598-Play (7529) FAX: 1-304-225-2510 E-Mail: <a href="mailto:info@choosykids.com">info@choosykids.com</a></p>

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<p>The SPARK Programs (Sports, Play, and Active Recreation for Kids)</p> <p>After School (AS) - Active Recreation</p>	Pre K-8 <sup>th</sup>	<p>Improve the extent to which PE/PA/nutrition contributes to achieving US health objectives.</p> <p>Provide teacher training to enhance PE/PA/nutrition in schools.</p>	<ul style="list-style-type: none"> <li>● Doubled student physical activity during PE classes</li> <li>● Improved the quality of teaching; maintained for at least 1.5 yrs after the study</li> <li>● Improved sports and activity skills.</li> <li>● Improved cardiorespiratory fitness and muscular endurance in girls.</li> <li>● Improved academic achievement.</li> <li>● Students enjoyed the SPARK PE classes.</li> <li>● References: many journal articles by Sallis J, MacKenzie T</li> </ul>	<p>Web: <a href="http://www.sparkpe.org">www.sparkpe.org</a>  Contact: Paul Rosengard, Ph.D.  Exec. Director, The SPARK Programs  438 Camino Del Rio South, Suite 110  San Diego, CA 92108  Phone: 1-800-SPARKPE, ext. 208  Email: <a href="mailto:prosenard@sparkpe.org">prosenard@sparkpe.org</a></p> <p>Distributor: Sportime  One Sportime Way, Atlanta GA, 30340  Phone: 800-283-5700  Fax: 800-845-1535  Web: <a href="http://www.sportime.com">www.sportime.com</a></p>
LEAP (Lifestyle Education for Activity Program)	9 <sup>th</sup> grade girls, high school	<p>Coordinated school health approach used addressing: PE, health educ., school environment, school health services, faculty/staff health promotion, and family/ community involvement.</p> <p>Change instructional practices.</p> <p>Change the school environment to increase support for physical activity among girls</p>	<ul style="list-style-type: none"> <li>● 2111 girls who were measured at baseline also were measured at follow-up.</li> <li>● First program to show that a school-based intervention can increase regular participation in vigorous physical activity among high school girls.</li> <li>● After 1 academic year of a comprehensive P.A. intervention, the percentage of girls who reported regular vigorous physical activity was approximately 8% greater in the intervention schools vs. control.</li> <li>● References: several journal articles (Ward D, et. al.)</li> </ul>	<p>Dr. Russell R. Pate  Department of Exercise Science,  Arnold School of Public Health,  University of South Carolina  Columbia, SC  Email: <a href="mailto:rpate@gwm.sc.edu">rpate@gwm.sc.edu</a>  Phone: 803-777-6184</p>

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TAKE 10! <sup>®</sup>	K-5 <sup>th</sup> grade elementary program	<p>Reduce sedentary time during the school day.</p> <p>Add structured, 10 minute bouts of physical activity to classroom.</p> <p>Provide integrated (activity &amp; academics) curriculum tool to elementary school teachers.</p>	<ul style="list-style-type: none"> <li>● Student enjoyment rate exceeded 90% throughout the first 10-week implementation.</li> <li>● 80% of teachers reported that they would recommend the program to another teacher.</li> <li>● 75% of the teachers reported that they were able to do a TAKE 10! Activity at least 3 times per week in the first 2 semesters.</li> <li>● Energy expenditure data indicates activities fall in moderate-to-vigorous range.</li> <li>● Sustained used after 1 year in 60-80% of teachers (3 or more times per week).</li> <li>● Student time off task and fidgeting behavior reduced following TAKE 10! Activities.</li> </ul>	<p>Web: <a href="http://www.take10.net">www.take10.net</a></p> <p>Stephanie Carter ILSI Research Foundation 1156 15<sup>th</sup> Street NW, 2<sup>nd</sup> Floor Washington DC 20005 Phone: 202-659-0074 Fax: 202-659-3617 Email: <a href="mailto:take10@ilsi.org">take10@ilsi.org</a></p> <p>Cost: \$82.00 per Grade Kit plus S&amp;H Teacher training available.</p> <p>Multiple journal articles available.</p>
Cardiovascular Health in Children (CHIC)	Grades 3-4	<p>Improve health in children with at least 2 CVD risk factors.</p> <p>Compare effectiveness of classroom-wide program with a program providing more individualized intervention.</p>	<ul style="list-style-type: none"> <li>● 422 children in 18 rural and urban schools.</li> <li>● Both classroom and small groups experienced similar reductions in cholesterol, blood pressure, and body fat.</li> <li>● Both groups showed increases in health knowledge.</li> <li>● Positive results were stronger in the more easily implemented classroom approach.</li> </ul>	<p>Joanne S. Harrell, RN, PhD, FAAN University of North Carolina at Chapel Hill, School of Nursing CB# 7460, 506 Carrington Chapel Hill, NC 27599-7460 Email: <a href="mailto:chic@unc.edu">chic@unc.edu</a></p> <p>Website: <a href="http://www.unc.edu/depts/chic/">http://www.unc.edu/depts/chic/</a></p>

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<p>CATCH (Coordinated Approach To Child Health)</p>	<p>Grades K-5 4 sites: TX, MN, CA, LA Follow-up in grades 6-8</p>	<p>Environmental changes: Reduce total fat, saturated fat, and sodium content of food served in school to 30 and 10% of calories and 600-1000 mg/serving, respectively.</p> <p>Increase the amount of PE class time that students spend in moderate to vigorous PA to 40%.</p> <p>Individual change: reduce total cholesterol by 5mg/dl.</p> <p>Other Program Info:</p> <ul style="list-style-type: none"> <li>• Significant effects observed, dissemination study, CATCH schools meet HP2010 PE objectives</li> <li>• Robert Wood Johnson Promising Program</li> </ul>	<ul style="list-style-type: none"> <li>• Significantly changed mod-to-vigorous physical activity during PE</li> <li>• Significantly changed out-of-school vigorous physical activity</li> <li>• Significantly changed student knowledge, intention, self-efficacy, eating choices, norms, support for health eating and physical activity from teachers and parents</li> <li>• Significantly reduced total fat and saturated fat in both child 24 hour recall and menu and recipe content analysis</li> </ul> <p>Follow-up on first intervention students:</p> <ul style="list-style-type: none"> <li>• Self-reported higher daily physical activity and dietary fat consumption</li> <li>• Significant difference for dietary knowledge and intentions</li> <li>• Favorable effects on cholesterol</li> <li>• Significant findings observed 3 years post intervention (8<sup>th</sup> grade) on fat intake and vigorous physical activity</li> <li>• Schools measured 5 years later were still implementing CATCH</li> <li>• El Paso replication study among Hispanic children found significant positive effects on BMI</li> <li>• Main outcomes published in JAMA and Pediatrics; over 80 peer reviewed publications</li> </ul>	<p>Web: CATCHTEXAS.org</p> <p>Distributor: FlagHouse 601 FlagHouse Drive Hasbrouck Heights, NJ 07604-3116 Phone: 800-793-7900 Fax: 800-793-7922 Email: <a href="mailto:sales@flaghouse.com">sales@flaghouse.com</a> Web: <a href="http://www.flaghouse.com">www.flaghouse.com</a></p> <p>Contact: Peter Cribb, MEd Program Director, Center for Health Promotion and Prevention &amp; Research The University of Texas Health Science Center at Houston School of Public Health 7320 N. Mopac, Suite 204 Austin, TX 78731 Phone: 512-346-6163 Email: <a href="mailto:cribb@uts.cc.utexas.edu">cribb@uts.cc.utexas.edu</a></p>
	<p>CATCH Kids Club After School Program is available</p>	<p>After School Program: Significant effects on observed mod-to-vig PA; Favorable trends on student dietary intake, knowledge and intentions; High level of staff support and enthusiasm for the program.</p>		

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Pathways	Grades 3-5, American Indian children	To implement a culturally appropriate school-based intervention program that promotes healthy eating and to increase physical activity to prevent obesity.	<ul style="list-style-type: none"> <li>● Close working collaboration with school staff and educational and tribal authorities.</li> <li>● Development of the four intervention components and instruments for measurement.</li> <li>● Reduced the percentage of energy from fat in students in the intervention schools.</li> <li>● Pathways materials include: Curriculum, Family Activities, Food Service, and Physical Activity.</li> </ul>	<p>Materials on the Web:  <a href="http://hsc.unm.edu/pathways/">http://hsc.unm.edu/pathways/</a></p> <p>Principal Investigator:  Benjamin Caballero, Johns Hopkins Bloomberg School of Public Health, 615 North Wolfe Street, Baltimore, MD 21205. E-mail: <a href="mailto:caballero@jhu.edu">caballero@jhu.edu</a>.  <a href="http://www.csc.unc.edu/path/pathdesc.html">http://www.csc.unc.edu/path/pathdesc.html</a></p> <p>Several journal articles available</p>
Stanford S.M.A.R.T. (Student Media Awareness to Reduce Television)	3-4 grades (Follow-up evaluation conducted in grade 6)	<p>Based on social cognitive theory and self-monitoring of behaviors.</p> <p>Reduce children's TV, videotape and DVD viewing.</p> <p>Reduce children's video and computer game use.</p>	<ul style="list-style-type: none"> <li>● Intervention evaluated in 11 elementary schools, involving more than 1000 children, over 8 years.</li> <li>● Reduced children's TV, videotape, and video game use.</li> <li>● Reduced overall TV use by family/household.</li> <li>● Reduced aggression in the classroom and on playground.</li> <li>● Reduced obesity and weight gain.</li> <li>● Reduced children's request for toys advertised on TV.</li> <li>● Reduced meals eat while watching TV</li> </ul>	<p>Stanford Prevention Research Center  Hoover Pavilion, Room N229  211 Quarry Road  Stanford, CA, 94305-5705  Web: <a href="http://prevention.stanford.edu/education/resources.asp">http://prevention.stanford.edu/education/resources.asp</a></p> <p>Cost: \$199.00</p> <p>Several journal articles available by Robinson T, et. al.</p>

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GEMS (Girls Health Enrichment Multi-Site Program)	8-10 yr. old African American Females	Reduce risk for obesity and associated health problems by developing/evaluating a community and family-based behavioral intervention program.	<ul style="list-style-type: none"> <li>● Increase overall levels of physical activity</li> <li>● Increase consumption of fruits &amp; vegetables</li> <li>● Decrease consumption of high-fat foods</li> <li>● Family involvement encouraged through use of take-home activities</li> </ul>	Web: <a href="http://www.bsc.gwu.edu/gems/">http://www.bsc.gwu.edu/gems/</a> James Rochon, Ph.D. George Washington University Biostatistics Center 6110 Executive Blvd., Ste. 750 Rockville, MD 20852  Supplement on GEMS released 2/2003 in Ethnicity and Disease
Eat Well & Keep Moving	Upper elementary school-aged children (4 <sup>th</sup> and 5 <sup>th</sup> grade)	Behavior targets include:  Increase fruits and vegetable intake, Decrease total and saturated fat, Increase moderate to vigorous physical activity, and Decrease television viewing.	<ul style="list-style-type: none"> <li>● 4 hours less time per week watching TV</li> <li>● Increased fruits and vegetables consumption</li> <li>● Decreased total and saturated fats intake</li> <li>● Enables teachers to promote good health practices in conjunction with math, science, language arts, and social studies</li> <li>● Implemented in 40 of Baltimore's 122 grade schools</li> </ul>	Web: <a href="http://www.humankinetics.com">www.humankinetics.com</a>  Human Kinetics Publishers, Inc. P.O. Box 5076 Champaign, IL 61825-5076 Phone: 800-747-4457 Email: <a href="mailto:orders@hkusa.com">orders@hkusa.com</a> Cost: \$42.00 plus shipping  Lead Author: Lilian Cheung, DSc, Department of Nutrition, Harvard Univ. School of Public Health
Planet Health	Adolescent 6 <sup>th</sup> & 7 <sup>th</sup> grades, middle school	Obesity reduction as primary outcome.  Decrease TV viewing, increase fruits & vegetable intake, decrease fat intake, increase physical activity.	<ul style="list-style-type: none"> <li>● Significant reduction in the prevalence of obesity (defined as BMI and a triceps skinfold greater than the 85<sup>th</sup> percentile) was observed for girls / none in boys.</li> <li>● Effects of intervention on adiposity were largely due to changes in television viewing</li> </ul>	Web: <a href="http://www.humankinetics.com">www.humankinetics.com</a> Human Kinetics Publishers, Inc. P.O. Box 5076 Champaign, IL 61825-5076 Phone: 800-747-4457 Email: <a href="mailto:orders@hkusa.com">orders@hkusa.com</a> Approx Cost: \$42.00 plus shipping  References: Gortmaker S, et. al.

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Go Girls!	Adolescent African American Females	<p>Improve both diet and physical activity patterns, using a social cognitive framework</p> <p>Weekly group meetings, 6 months, metro Atlanta.</p>	<ul style="list-style-type: none"> <li>• Purpose was to measure feasibility and salience of intervention in public housing (rather than efficacy)</li> <li>• Physiologic, dietary and behavioral assessments at baseline and post intervention</li> </ul>	<p>Ricia C. Taylor, MS, RD, LD Project Director – Go Girls! 1518 Clifton Road, NE Atlanta, GA 30322 Phone: 404-712-9563 Fax: 404-712-8872 Email: rctaylo@sph.emory.edu</p>
New Moves	Females in High School	<p>Place less emphasis on a thin-oriented society; more on weight acceptance</p> <p>Females are encouraged to feel good about themselves by altering their behavior to incorporate healthy eating and physical fitness</p>	<ul style="list-style-type: none"> <li>• Offered fun, non-competitive physical activity, nutritional guidance, and social support.</li> <li>• Data collection continues.</li> <li>• Journal articles available.</li> </ul>	<p>Dianne Neumark-Sztainer, PhD, RD Project Coordinator, Division of Epidemiology, School of Public Health University of Minnesota Minneapolis, MN 55454 Phone: 612-624-1818 Email: neumark@epi.umn.edu</p>
PACE+ (Patient-centered Assessment for Counseling & Exercise, plus Nutrition)	Adolescents and Adults	<p>Provide interactive health communications programs for primary care settings via the computer.</p>	<ul style="list-style-type: none"> <li>• Assess and intervene on multiple behaviors.</li> <li>• Collect, compile, summarize self-report information.</li> <li>• Create individually tailored action or relapse-prevention plans for health behavior change.</li> <li>• Several journal articles available.</li> </ul>	<p>Judith Prochaska, MS San Diego State University 6363 Alvarado Court, Suite 250 San Diego, CA 92120 Email: prochask@sunstroke.sdsu.edu</p>

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Healthy Hearts	5 <sup>th</sup> and 6 <sup>th</sup> graders	<p>Web-based interdisciplinary instructional module for intermediate age children focusing on CVD risk factors (physical activity, nutrition, and tobacco use).</p> <p>To be used by classroom teachers.</p> <p>Impact children's knowledge, attitudes and behaviors related to physical activity, diet intake, and tobacco use.</p>	<ul style="list-style-type: none"> <li>• Significant increases in overall PA, nutrition, and tobacco use knowledge.</li> <li>• Significant increases in positive attitudes towards PA and nutrition.</li> <li>• Implemented in 19 WV counties in 2002-2003.</li> <li>• Will be implemented in all WV counties (55) and throughout New York in 2003-04.</li> <li>• Added a parent section for 2003-04 module.</li> <li>• Working with the WV CARDIAC Project that will offer screening for obesity and dyslipidemia to all 5th grade children in WV in 2003-04.</li> </ul>	<p>Web: <a href="http://healthyhearts4kids.org">http://healthyhearts4kids.org</a></p> <p>Eloise Elliott, Executive Director Healthy Hearts Professor of Physical Education Concord College Athens, WV 24712 Phone: 304-384-5345 Fax: 304-384-5117 Email: <a href="mailto:elleiot@concord.edu">elleiot@concord.edu</a> <a href="mailto:info@healthyhearts4kids.org">info@healthyhearts4kids.org</a></p>
Teens Eating for Energy and Nutrition at School (TEENS)	7 <sup>th</sup> grade students, 16 schools in MN	Improve fruit, vegetable, and reduce fat intake among middle school students.	<ul style="list-style-type: none"> <li>• TEENS demonstrated that students with the greatest "dose" of the program – those that were peer leaders, had the classroom curriculum, and were exposed to environmental changes – were more likely to change their fruit, vegetable, and fat intake compared with other students</li> <li>• This program was one of the very few that has worked with teens as the target audience, had a very innovative curriculum, and was partially taught by peer leaders.</li> </ul>	<p>Download TEENS curricula and classroom/family materials at website: <a href="http://www.epi.umn.edu/cyhp/r_teens.htm">http://www.epi.umn.edu/cyhp/r_teens.htm</a></p> <p>Reference: Birnbaum, AS, Lytle LA, Story M, Perry CL, Murray DM. Are differences in exposure to a multicomponent school-based intervention associated with varying dietary outcomes in adolescents? <i>Health Education &amp; Behavior</i>. 2002;29(4):427-443</p>

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PATH	Girls 14 – 19 years old	Assess the effects of a school-based intervention program on cardiovascular disease risk factors in urban girls.	<ul style="list-style-type: none"> <li>• Results show significant differences in body fat, systolic and diastolic blood pressure, heart health knowledge, and whether breakfast was eaten were observed between experimental participants and control participants.</li> <li>• An integrated program of exercise and heart health–related lectures and discussions had a beneficial effect on health knowledge, health behaviors, and onset of risk factors for coronary artery disease among urban girls.</li> </ul>	Paul S. Fardy, PhD Director of Physical Activity and Teenage Health (PATH) Program Exercise Science & Physical Education Program Office - Fitzgerald 203 Queens College 65-30 Kissena Blvd. Flushing, NY 11367-1597 USA Office hours: Tue and Thurs, 11:00-1:00 Phone: (718) 997-2714 Email: psfardy@hotmail.com
Bienestar (Spanish for "Well-being")	3 <sup>rd</sup> – 5 <sup>th</sup> grades, bilingual instructional material	Decrease dietary saturated fat intake; increase dietary fiber intake; increase fitness levels; decrease obesity rates; and, control type 2 diabetes in youth.	<ul style="list-style-type: none"> <li>• Randomized controlled trial results show that intervention students have: <ul style="list-style-type: none"> <li>~significantly increased dietary fiber intake (measured by 3-day 24 hr recalls),</li> <li>~increased physical fitness levels (measured by step test) and</li> <li>~decreased fasting capillary glucose levels (measured by finger stick).</li> </ul> </li> <li>• Research project and assessments ongoing.</li> </ul>	Irene Hernandez, Program Director Social & Health Research Center 1302 South St. Mary's Street San Antonio, TX 78210 Phone: 210-533-8886 Fax: 210-533-4107 Email: srhct@msn.com
Wellness, Academics & You (WAY) Program	4th & 5th grades	Outcomes examined: BMI, consumption of fruits and vegetables, and physical activity	Positive changes in BMI, F&V, and PA levels. Article: Reducing overweight through a multidisciplinary school-based intervention. Obesity (Silver Spring). 2006 Jan;14(1):88-96.	Spiegel SA, Foulk D. Contact: Biological Sciences Curriculum Study, Colorado Springs, Colorado, USA. sspiegel@bscs.org

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Youth Fit For Life (YMCA of Metro Atlanta)	5 to 12 years of age after-school participants.	<ul style="list-style-type: none"> <li>▪ Increase M-to-V activity minutes/wk.</li> <li>▪ Increase no. of PA sessions (free-living)/week.</li> <li>▪ Improve cardiorespiratory functioning.</li> <li>▪ Improve muscle strength.</li> <li>▪ Increase knowledge of nutrition and health.</li> <li>▪ Improve selected self-perception and mental health factors.</li> </ul>	<ul style="list-style-type: none"> <li>▪ Reduced body fat (vs normative).</li> <li>▪ Improved BMI (vs normative).</li> <li>▪ Increased strength (vs normative).</li> <li>▪ Improved physical and general self-concept (vs control).</li> <li>▪ Improved mental health factors (vs control).</li> <li>▪ Increased exercise self-efficacy (vs control).</li> <li>▪ Increased physical activity frequency (free-living) (vs control).</li> </ul>	<p>Jim Annesi, Ph.D.  Director, Wellness Advancement  YMCA of Metropolitan Atlanta  100 Edgewood Ave, NE  Suite 1100  Atlanta, GA 30303  Email: JamesA@ymcaatlanta.org  Phone: (404) 267-5355</p>
Georgia FitKid Program	Afterschool Program for 3 <sup>rd</sup> Grade Children	<ul style="list-style-type: none"> <li>▪ 8-month after-school program</li> <li>▪ Examine changes in body composition, CV fitness, blood pressure, total cholesterol, and high-density lipoprotein-cholesterol.</li> </ul>	<ul style="list-style-type: none"> <li>▪ Youths in the intervention group showed a relative reduction of percentage body fat, a greater relative gain in bone mineral density, and a greater relative reduction in heart rate response to the step test.</li> </ul> <p>Publication: <i>Obes Res.</i> 2005 Dec;13(12):2153-61.</p>	<p>Principal Investigator - Dr. Zenong Yin, University of Texas-San Antonio. Email: zenong.yin@utsa.edu</p> <p>Program coordinated by Medical College of Georgia, Department of Pediatrics, Georgia Prevention Institute, Augusta</p>
TACOS (Trying Alternative Cafeteria Options in Schools)	Adolescents  TACOS operation manuals and forms are not available at this time.	Randomized school-based study that evaluated an environmental intervention to increase sales of lower fat foods in secondary school cafeterias.	<ul style="list-style-type: none"> <li>• Intervention schools showed a higher mean % sales of lower fat foods in year 1 (27.5% vs. 19.6%) and a significantly higher % sales of lower fat foods in year 2 (33.6% vs. 22.1%). A steeper rate of increase in sales of lower fat foods was observed in intervention schools in year 1 (+10% vs. -2.8% in control schools, p = .002), but not in year 2</li> <li>• School-based environmental interventions that increase the availability and promotion of lower fat foods can increase purchase of these foods among adolescents.</li> </ul>	<p>Principal Investigator:  Simone French, PhD  Division of Epidemiology  1300 South Second Street, Suite 300  Minneapolis, MN 55454  Phone: (612) 626-8594  Email: french@epi.umn.edu</p>

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## Other Physical Activity and Nutrition Programs & Resources\*

<b>Program Name</b>	<b>Grade/Age</b>	<b>Goal(s)</b>	<b>Accomplishments</b>	<b>Contact Information</b>
Generation Fit	Students ages 11-18	Students take part in community service projects that promote more physical activity and healthier eating among their friends and families, and in their schools and communities.	<ul style="list-style-type: none"> <li>● Food for Thought: Trying new recipes in your cafeteria</li> <li>● Message Magic: Selling healthy eating and physical activity</li> <li>● Lending a Helping Hand: Planning meals for those in need</li> <li>● Team Up for Good Health: Improving habits with a partner</li> <li>● Let's Get Moving: Making physical activity a priority in our community</li> </ul>	American Cancer Society Phone: 800-ACS-2345 Web: <a href="http://www.cancer.org">www.cancer.org</a>
Team Nutrition	Grades pre-K through 12	To empower schools to serve meals that meet the Dietary Guidelines for Americans, and motivate children in grades pre-K through 12 to make healthy eating choices.	<p>Team Nutrition Supporters participate in school activities such as:</p> <ul style="list-style-type: none"> <li>● Presenting nutrition and health fairs</li> <li>● Write about Team Nutrition in their newsletters</li> <li>● Reinforce Team Nutrition in the community by personalizing and reproducing Team Nutrition materials for employees, constituents and community organizations.</li> </ul>	<p>Web: <a href="http://www.fns.usda.gov/tn/">www.fns.usda.gov/tn/</a></p> <p>USDA Team Nutrition 3101 Park Center Drive, Room 632 Alexandria, VA 22302 Phone: 703-305-1624 Fax: 703-305-2549</p>
Being Healthy Rocks!	Ages 10-14 years	Help kids learn lifelong behaviors for good health.	Includes: 1) Educator and family guide that offers ideas for teaching in health care, school, community setting. 2) Tips for making it fun to practice new behaviors at home. Winner: ADA Pediatric Nutrition Educ. Award	Health Innovations, Park Nicollet 3800 Park Nicollet Blvd. St. Louis Park, MN 55416 1-888-637-2675 Website: <a href="http://parknicollet.com/healthinnovations">parknicollet.com/healthinnovations</a>

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<b>Program Name</b>	<b>Grade/Age</b>	<b>Goal(s)</b>	<b>Accomplishments</b>	<b>Contact Information</b>
Fit, Healthy and Ready to Learn	All grades/ages	Publication: The State Education Standard Vol. 3, No. 4 Autumn 2002	A few featured articles: <ul style="list-style-type: none"> <li>● Education Reform and the Goals of Modern School Health Programs</li> <li>● The Untapped Power of Schools to Improve the Health of Teens</li> <li>● Creating a Healthy School Nutrition Environment</li> </ul>	Web: <a href="http://www.boards.org">www.boards.org</a> (to subscribe)  The State Education Standard National Association of State Boards of Education 277 South Washington St., #100 Alexandria, VA 22314 Phone: 703-684-4000 Fax: 703-836-2313
Kids Walk To School Day	Adolescents and Adults	Children walk and bike to/from school.  Emphasize regular PA for children, improved pedestrian safety, and healthy and walkable community environments.  Communities working together to create safe routes to school.	Anticipated benefits: <ul style="list-style-type: none"> <li>● Increased levels of daily physical activity for children</li> <li>● Increased likelihood that children and adults will choose to walk and bike for other short distance trips</li> <li>● Improved neighborhood safety</li> <li>● Fewer cars traveling through the neighborhood</li> <li>● Fewer cars congesting the pick-up and drop-off points at the school.</li> </ul>	Web: <a href="http://www.cdc.gov/search">www.cdc.gov/search</a>  Kidswalk-to-School Centers for Disease Control and Prevention 4770 Buford Hwy, NE, Ms/K-46 Atlanta, GA 30341 Email: <a href="mailto:ccdinfo@cdc.gov">ccdinfo@cdc.gov</a>

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<b>Program Name</b>	<b>Grade/Age</b>	<b>Goal(s)</b>	<b>Accomplishments</b>	<b>Contact Information</b>
School Health Index  SHI: School Health Index For Physical Activity, Healthy Eating and a Tobacco-Free Lifestyle	All Grades	To help schools assess and improve its physical activity, healthy eating, and tobacco use prevention policies and programs.	The SHI is a self-assessment and planning tool that enable schools to: <ul style="list-style-type: none"> <li>● Identify the strengths and weaknesses of your school's health promotion policies and programs</li> <li>● Develop an action plan for improving student health</li> <li>● Involve teachers, parents, students and the community in improving school policies and programs</li> </ul>	Web: <a href="http://www.cdc.gov/search">www.cdc.gov/search</a>  Centers for Disease Control and Prevention, Division of Adolescent and School Health (DASH) Email: <a href="mailto:HealthyYouth@cdc.gov">HealthyYouth@cdc.gov</a>
Bright Futures	Children and Adolescents and Families	Focus areas: oral health, nutrition, mental health and physical activity.  Promote and improve the health, education, and well being of children, adolescents, families and communities.	<ul style="list-style-type: none"> <li>● Develop materials and tools for families, health professionals, schools, and communities</li> <li>● Disseminate Bright Futures content, philosophy, and materials</li> <li>● Train health professionals, other professionals, families, and communities</li> <li>● Develop and maintain partnerships</li> <li>● Evaluate and refine these ongoing efforts</li> </ul>	Web: <a href="http://www.brightfutures.org">www.brightfutures.org</a>  Bright Futures Project Georgetown University Box 571272 Washington, DC 20057-1272 Phone: 202-784-9556 Fax: 202-784-9777 Email: <a href="mailto:Brightfutures@ncemch.org">Brightfutures@ncemch.org</a>

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Program Name	Grade/Age	Goal(s)	Accomplishments	Contact Information
Hearts N' Parks	Children, adolescents, and older adults	<p>To encourage Americans of all ages to aim for a healthy weight, follow a heart-healthy eating plan, and engage in regular physical activity.</p> <p>To bring information about overweight and obesity to the community.</p> <p>To empower people to make better lifestyle choices in order to improve their overall health.</p> <p>To reduce the growing trend of obesity and the risk of coronary heart disease in the United States.</p> <p>Communities in NC, rural &amp; urban settings.</p> <p>Add value to existing summer programs at parks facilities.</p>	<ul style="list-style-type: none"> <li>● More than 50 Hearts N' Parks sites now active in 11 states</li> <li>● Children's scores improved significantly in heart-healthy eating knowledge, behavior, and intention.</li> <li>● Children's scores in physical activity attitude increased.</li> <li>● Adolescents scores improved significantly in heart-healthy eating behavior, intention and in overweight/obesity knowledge.</li> <li>● Adult participants significantly improved scores in all areas of knowledge, attitude and behavior.</li> <li>● Adult participants reported adding, on average, 2 hours of moderate physical activity per week.</li> <li>● Adults reduced the time spent in sedentary activities.</li> <li>● Post-test scores of participants over 60 years old showed greater improvement overall than younger adults.</li> <li>● The performance report is available at <a href="http://www.nrpa.org/pdf/HNPREport6-25-03.pdf">http://www.nrpa.org/pdf/HNPREport6-25-03.pdf</a></li> </ul>	<p>Web: <a href="http://www.nhlbi.nih.gov">http://www.nhlbi.nih.gov</a>  <a href="http://www.nhlbi.nih.gov/health/prof/heart/obesity/hrt_n_pk/index.htm">http://www.nhlbi.nih.gov/health/prof/heart/obesity/hrt_n_pk/index.htm</a></p> <p>National Recreation and Park Assoc.  22377 Belmont Ridge Rd.  Ashburn, VA. 20148  Phone: 703-858-2162  Toll free: 800-649-3042  Fax: 703-729-4753  Email: <a href="mailto:programs@nrpa.org">programs@nrpa.org</a></p>

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<b>Program Name</b>	<b>Grade/Age</b>	<b>Goal(s)</b>	<b>Accomplishments</b>	<b>Contact Information</b>
<i>FITNESSGRAM</i> <i>ACTIVITYGRAM</i>	K-12 physical activity assessment program	Fitness assessment of choice for thousands of schools and is used for millions of children and youth annually.	<ul style="list-style-type: none"> <li>• Each of the test items are selected to assess important aspects of a student's fitness, not skill or agility</li> <li>• Students are compared not to each other, but to health fitness standards, carefully established for each age and gender, that indicate good health</li> <li>• Participants receive objective, personalized feedback and positive reinforcement, which are vital to changing behavior and serve as a communications link between teachers and parents.</li> </ul>	Web: <a href="http://www.cooperinst.org/ftgmain.asp">www.cooperinst.org/ftgmain.asp</a>  American Fitness Alliance Human Kinetics (www.humankinetics.com) Phone: 800-747-4457
CANFit (California Adolescent Nutrition and Fitness program)	Children and Adolescents 10-14 yr. olds	Improve nutritional status and physical fitness of California's low African American, Latino, and Pacific Islander youth.	<ul style="list-style-type: none"> <li>• Provide funding, training, and technical assistance to community programs</li> <li>• Evaluate and disseminate effective strategies for community program develop.</li> <li>• More than 100 grantees &amp; scholarships.</li> </ul>	Web: <a href="http://www.canfit.org">www.canfit.org</a>  Arnell J. Hinkle, RD, MPH, CHES California Adolescent Nutrition and Fitness Program 2140 Shattuck Ave., Suite 610 Berkeley, CA 94704 Phone: 510-644-1533 Fax: 510-644-1535
Smart Stepping	Elementary through college	A program incorporating movement, walking, math, health and physical education, active living and learning.	<ul style="list-style-type: none"> <li>• Since 1981 Creative Walking Inc. has helped over 5,000 schools and school districts implement walking and wellness programs.</li> <li>• No evaluation data available on website. Testimonials available for review.</li> </ul>	Web: <a href="http://www.creativewalking.com">www.creativewalking.com</a> Robert Sweetgall, Creative Walking, Inc.; P.O. Box 4190 McCall, ID 83638 Phone: 888-421-9255 toll free Fax: 314-721-0303 Email: <a href="mailto:rob@creativewalking.com">rob@creativewalking.com</a> Smart Stepping Resource Package = \$22.00 plus S&H

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Program Name	Grade/Age	Goal(s)	Accomplishments	Contact Information
Kidnetic.com Website, Leader Guide, & Real-life Guide for Parents	'Tweens 9-12 yrs Parents	<ul style="list-style-type: none"> <li>* Fun, interactive, evidence-based website for health promotion</li> <li>* Health, nutrition &amp; PA content in areas titled:               <ul style="list-style-type: none"> <li>• The Kore</li> <li>• Betchakant</li> <li>• Inner G</li> <li>• Eat for Energy</li> </ul> </li> </ul> <p>Leader guide &amp; parent guide contain group &amp; family activities</p>	<ul style="list-style-type: none"> <li>• Tracking website hits</li> <li>• Tracking links to kidnetic.com website</li> <li>• Presented website info at many meetings</li> <li>• Established public-private partners and scientific advisors to support content and outreach</li> <li>• Free <i>Leader Guides</i> (revised 2006) with lesson plans for educators (free on-line) including modules on: fitness, food, fun, families, &amp; feelings.</li> </ul>	<p><a href="http://www.kidnetic.com">www.kidnetic.com</a></p> <p>Dick Elder/Laura Hatch 1100 Connecticut Avenue, NW Suite 430, Washington, DC 20036 202-296-6540 (phone) 202-296-6547 (fax) foodinfo@ific.org</p> <p><b>Free Kidnetic.com Leader Guide &amp; Parent Guide available at:</b></p> <p>www.ific.org</p>
<p><i>VERB™ It's what you do.</i></p> <p>Coordinated by the Centers for Disease Control and Prevention (CDC)</p>	<ul style="list-style-type: none"> <li>• Young people ages 9–13 (tweens) years</li> </ul>	<p>Increase knowledge &amp; improve attitudes and beliefs about tweens' regular participation in physical activity (PA).</p> <p>Increase parental &amp; influencer support &amp; encouragement of participation in PA.</p> <p>Heighten awareness of options &amp; opportunities for participation in PA.</p> <p>Facilitate opportunities for tweens to participate in regular PA.</p> <p>Increase/maintain the # of tweens who regularly participate in PA.</p>	<p>Evaluation results show that after 1 year of the campaign, 74% of children surveyed were aware of the VERB campaign and levels of reported sessions of free-time physical activity increased for subgroups of children 9 to 13 years of age.</p> <p>Website for Tweens: <a href="http://www.verbnow.com/">http://www.verbnow.com/</a></p> <p>Website for Parents: <a href="http://www.verbparents.com/">http://www.verbparents.com/</a></p> <p>Website for VERB Materials: <a href="http://www.cdc.gov/youthcampaign/materials/index.htm">http://www.cdc.gov/youthcampaign/materials/index.htm</a></p> <p>Website for Hispanic/Latino Materials: <a href="http://www.cdc.gov/spanish/verb/">http://www.cdc.gov/spanish/verb/</a></p>	<p>Email: CDC-INFO@cdc.gov</p> <p>Phone: 1-800-CDC-INFO (232-4636)</p> <p>Website: <a href="http://www.cdc.gov/youthcampaign/index.htm">http://www.cdc.gov/youthcampaign/index.htm</a></p>

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Program Name	Grade/ Age	Goal(s)	Accomplishments	Contact Information
Way to Go Kids	Ages 9-14	Help overweight and underactive kids develop healthy lifestyle habits.	No evaluation data available.	Web: <a href="http://www.waytogokids.com">www.waytogokids.com</a> Phone: 256-880-6828 Email: <a href="mailto:steakley@sprintmail.com">steakley@sprintmail.com</a>
The Power of Choice	Pre-teens 11-13 years in after-school programs	Empower, motivate and build skills among pre-teens regarding fitness, food choices, food safety and health.	<ul style="list-style-type: none"> <li>• No formal evaluation data available.</li> <li>• <i>Leader's Guide</i> contains posters, CD, handouts, activities.</li> <li>• A USDA Team Nutrition Program delivered in the after-school setting.</li> <li>• Life skills activities that build confidence.</li> <li>• Positive experiences with peers, caring adults, and families.</li> <li>• Experience setting goals and making sound decisions.</li> <li>• Support for involvement in the community</li> </ul>	United States Dept of Agriculture Food Nutrition Service Team Nutrition 3101 Park Center Drive Room 632 Alexandria, VA 22302  <a href="http://www.fns.usda.gov/tn/Resources/index.htm">http://www.fns.usda.gov/tn/Resources/index.htm</a>
Making It Happen! School Nutrition Success Stories	K-12	Details the nutrition success stories of 32 schools/school districts in the U.S. divided into 6 categories	The six (6) categories of success stories are: <ul style="list-style-type: none"> <li>• Establish nutrition standards for competitive foods</li> <li>• Influence food and beverage contracts</li> <li>• Make more healthful foods and beverages available</li> <li>• Adopt marketing techniques to promote healthful choices</li> <li>• Limit student access to competitive foods</li> <li>• Use fundraising activities and rewards that support student health</li> </ul>	Available free on the internet:  USDA Team Nutrition <a href="http://www.fns.usda.gov/tn">www.fns.usda.gov/tn</a> CDC <a href="http://www.cdc.gov/HealthyYouth/Nutrition/Making-It-Happen">www.cdc.gov/HealthyYouth/Nutrition/Making-It-Happen</a>

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Program Name	Grade/Age	Goal(s)	Accomplishments	Contact Information
<b>Physical Best</b> <b>P</b> ractical <b>H</b> ealth-related <b>Y</b> outh fitness education <b>S</b> tandards-based <b>I</b> nclusive <b>C</b> omprehensive <b>A</b> ge appropriate <b>L</b> ifestyle  <b>B</b> ehavioral approach <b>E</b> njoyable! <b>S</b> elf-responsibility <b>T</b> eaching energy balance	K-12	The purpose of the program is to assist physical educators in teaching health-related fitness education, through quality resources and professional development training, with a focus on inclusiveness of all children, enjoyment of physical activity, and teaching cognitive concepts and knowledge through activity.	<ul style="list-style-type: none"> <li>● Inclusive: all students participate</li> <li>● Non-competitive: students work to improve themselves,</li> <li>● Progressive: resources follow proven educational progressions that help students take more responsibility for their own health-related fitness</li> <li>● Individualized: students set personal goals based on their individual fitness</li> <li>● Positive: makes physical activity and education a positive experience for all</li> <li>● Ready to use: activities outline prep., implementation and follow-up lessons</li> <li>● Incorporates the latest scientific info.</li> <li>● Linked to nat'l PE, dance &amp; health stds.</li> <li>● Often used in conjunction with Fitness Gram.</li> </ul>	Web: <a href="http://www.aahperd.org/physicalbest">www.aahperd.org/physicalbest</a>  American Fitness Alliance Human Kinetics Phone: 800-747-4457
Pennsylvania Advocates for Nutrition and Activity (PANA)	Free resources for all ages	<ul style="list-style-type: none"> <li>● CDC Obesity Grantee (1 of 27 states)</li> <li>● Impact obesity &amp; OW prevalence in PA</li> </ul>	Website features: <ul style="list-style-type: none"> <li>▪ Keystone Healthy Zone Schools</li> <li>▪ Professional development opportunities</li> <li>▪ Action Kits for Change and Resource Guide for schools</li> </ul>	PA Dept of Public Health & Statewide Partners Resources available at: <a href="http://www.panaonline.org/">http://www.panaonline.org/</a>
Eat Smart, Move More North Carolina	Free resources for all ages	<ul style="list-style-type: none"> <li>● CDC Obesity Grantee (1 of 27 states)</li> <li>● Impact obesity &amp; OW prevalence in PA</li> </ul>	Resources and Tools available for: <ul style="list-style-type: none"> <li>▪ Home</li> <li>▪ Preschool / School</li> <li>▪ Faith Organizations</li> <li>▪ Worksite</li> <li>▪ Health Care</li> <li>▪ Community</li> </ul>	NC Division of Public Health and Statewide Partners  Web site: <a href="http://www.eatsmartmovemorenc.com/">http://www.eatsmartmovemorenc.com/</a>

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Program Name	Grade/Age	Goal(s)	Accomplishments	Contact Information
Project LEAN  (Leaders Encouraging Activity and Nutrition)	All ages and populations in California. Selected by the Kaiser Family Fdn's 1987 public awareness campaign to promote low-fat eating.	Create healthier communities through policy/environmental changes.  Educate Californians re: healthy foods and physical activity.  Conduct research-based, consumer-driven nutrition and physical activity campaigns.	California Project LEAN programs: <ul style="list-style-type: none"> <li>● Food on the Run (adolescents)</li> <li>● <a href="http://www.caprojectlean.org/about/default.asp">www.caprojectlean.org/about/default.asp</a></li> <li>● School Board Nutrition Policy Project</li> <li>● California Bone Health Campaign for Low Income Latino Mothers</li> <li>● Community-Based Social Marketing</li> <li>● California Nutrition Network</li> <li>● California Obesity Prevention Initiative</li> </ul>	Web: <a href="http://www.californiaprojectlean.org">www.californiaprojectlean.org</a>  California Project LEAN P.O. Box 942732 MS-675 Sacramento, CA 94234-7320 Phone: 916-323-4742 Fax: 916-445-7571  Project LEAN funds 12 regional offices.
"Smart Move!"	Women and children	Integrate physical activity promotion for healthy clients into their daily practice.  Enhance WIC's beneficial effects on the health status of participants and their families.	Components of program include: <ul style="list-style-type: none"> <li>● Assessment</li> <li>● Program Development</li> <li>● Staff Training</li> <li>● Staff physical activity initiative</li> <li>● Program implementation</li> <li>● Evaluation</li> </ul>	Kathy Benjamin, MS, RD Email: <a href="mailto:Kbenjamin@vdh.state.va.us">Kbenjamin@vdh.state.va.us</a>
<b>We Can!</b> (Ways to Enhance Children's Activity & Nutrition)	Children 8-13 years & their parents	Tips and fun activities focus on <i>three</i> critical behaviors to achieve a healthy weight	Focus areas: <ul style="list-style-type: none"> <li>● <i>improved</i> food choices,</li> <li>● <i>increased</i> physical activity and</li> <li>● <i>reduced</i> screen time</li> </ul>	Developed by the NIH including NHLBI, NIDDK, NICHD and NCI.  Free on the web at: <a href="http://www.nhlbi.nih.gov/health/public/heart/index.htm#obesity">http://www.nhlbi.nih.gov/health/public/heart/index.htm#obesity</a>
MyPyramid.gov Steps to a Healthier You	Pregnant/BF, Preschool, Kids, Adults	Provide MyPyramid Info, Tips & Resources, Print Materials	Interactive Tools: MyFoodapedia, MyPyramid Plan & Tracker, Menu Planner, Child Cost Calculator	Posters, Handouts, Videos, Interactive Tools, etc. available at: <a href="http://www.mypyramid.gov/">http://www.mypyramid.gov/</a>

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