

Title of Intervention	Just for Kids!	
Website	http://www.just-for-kids.org/	
Intervention Strategies	Group Education	
Purpose	'Decrease obesity, improve cardiovascular fitness, physical fitness, and increase knowledge regarding the fat content of foods, in fourth grade students.'	
Populations	Fourth grade students from an urban elementary school.	
Settings	School-based	
Partners	Not mentioned	
Intervention Description	"One hour of instruction in the classroom for 10 consecutive weeks. Students completed weekly readings and homework assignments, participated in role plays, practiced problem solving techniques, learned about the fat content of foods, learned to talk about their feelings, and were asked to exercise each day for thirty minutes."	
Theory	Not mentioned	
Resources required	Staff/Volunteers:	Classroom teacher or health professional.
	Training:	None. (Teachers guide with lesson plans provided.)
	Technology:	None.
	Space:	Classroom
	Budget:	Just for Kids! Workbook \$12. Discounts for bulk orders.
		Instructors Guide \$28
	Intervention:	Just for Kids! Workbook and Instructors guide.
	Evaluation	Electronic scale, portable stadiometer, Holtain calipers, sphygmomanometer, stethoscope, Types of Food questionnaire, and SPSS statistical software.
Evaluation	Design:	Quasi-experimental pre-test post-test control group design.
	Methods and Measures:	Measures were body mass index, triceps skinfold thickness, blood pressure, resting heart rate, three minute step test, one minute recovery heart rate, and nutritional knowledge.

Outcomes	Short term impact:	Significant change for triceps skinfold thickness, diastolic blood pressure, and knowledge were obtained for the intervention group.
	Long term impact:	Not measured
Maintenance	None mentioned.	
Lessons Learned	Not mentioned.	
Citation(s)	Rodgers, Desiree V., Johnson, Susan R., Tschann, Jeanne M., Chesterman, Elizabeth A., and Mellin, Laurel M. The Evaluation of an Obesity Prevention Program Among Fourth Grade Students. Just For Kids! Retrieved from: http://www.just-for-kids.org/JFK_Links_Research.html	
Current Program Status	Just For Kids! Materials are available at: http://www.just-for-kids.org/index.htm .	