

Title of Intervention	Planet Health	
Website	http://www.planet-health.org/	
	http://www.hsph.harvard.edu/prc/proj_planet.html	
Intervention Strategies	Group Education	
Purpose	Increase physical activity and improve dietary habits of middle school students.	
Populations	Middle school students.	
Settings	School-based	
Partners	Harvard University Prevention Research Center on Nutrition and Physical Activity, local schools.	
Intervention Description	Planet Health is a school based curriculum for middle schools. The curriculum is designed to fit easily into existing language, math, science, social studies, and physical education classes; to foster basic educational competencies; and to provide materials easy for teachers to use. The content emphasizes increasing consumption of fruits and vegetables, decreasing consumption of high-fat foods, decreasing television viewing, and increasing physical activity.	
Theory	Not mentioned	
Resources required	Staff/Volunteers:	Teachers
	Training:	Seminar for teachers (available on-line at http://www.planet-health.org/teacherInformation.cfm)
	Technology:	Not mentioned
	Space:	Classroom
	Budget:	\$14 per student per year. For curriculum pricing see: http://www.planet-health.org/ .
	Intervention:	Planet Health Curriculum
	Evaluation	Self-administered questionnaire, height, weight, and triceps skinfold.
Evaluation	Design:	Randomized controlled field trial

	Methods and Measures:	The intervention was randomized by school. Pre and post intervention 'all students completed a self-administered questionnaire that contained a 16-item validated physical activity questionnaire for youths; an 11-item validated television, video movie and video game use questionnaire for youths; self-reported menorrhoeal status and age at menarche in years; and questions regarding demographic characteristics. Height, weight and triceps skinfold of students were measured at baseline and at follow-up by trained personnel using standardized procedures.'
Outcomes	Short term impact:	There was a 'significant reduction in television watching for both girls and boys, and a significant decrease in the prevalence of obesity among girls.'
		"Intervention schools demonstrated a 'lower increase in BMI, lower gains in triceps skinfold thickness, decreased television viewing, and increased physical activity.'" Delayed Menarche.
	Long term impact:	Not measured
Maintenance	New teacher training and updates of curriculum.	
Lessons Learned	A "study demonstrated that 76% to 100% of teachers found the curriculum highly acceptable and 78% to 100% planned to continue using it. More than 90% found the curriculum effective and believed that it made a positive contribution to their classes."	
Citation(s)	Chavarro, Jorge E., Peterson, Karen E., Sobol, Arthur M., Wiecha, Jean L., and Gortmaker, Steven L. (2005) Effects of a school-based obesity-prevention intervention on menarche (United States). <i>Cancer Causes and Control</i> (2005) 16:1245–1252	
	Wang LY, Yang Q, Lowry R, Wechsler H. (2003) Economic analysis of a school-based obesity prevention program. <i>Obesity Research</i> 2003; 11:1313–24.	
	Wiecha JL, El Ayadi AM, Fuemmeler BF, Carter JE, Handler S, Johnson S, Strunk N, Korzec-Ramirez D, Gortmaker SL. (2004) Diffusion of an integrated health education program in an urban school system: Planet Health. <i>Journal of Pediatric Psychology</i> 2004; 29:467–74.	
	Gortmaker SL, Peterson K, Wiecha J, et al. (1999) Reducing obesity via a school-based interdisciplinary intervention among youth. <i>Planet Health. Arch Pediatric Adolescent Med</i> 153: 409–418.	

Current Program Status

The curriculum for Planet Earth is available for purchase thru <http://www.planet-health.org/>.