

Title of Intervention	Shape Up Somerville: Eat Smart, Play Hard	
Website	http://teamnutrition.usda.gov/Resources/eatsmartmaterials.html	
	http://www.childreninbalance.org/	
	http://nutrition.tufts.edu/research/shapeup	
	http://missourifamilies.org/eatsmartplayhard/index.htm	
Intervention Strategies	Environments and Policies	
Purpose	Prevent weight gain in young children.	
Populations	1st - 3rd grade students in Somerville, MA.	
Settings	Community-based, School-based	
Partners	Children, parents, teachers, school food service providers, city departments, policy makers, healthcare providers, before- and after-school programs, restaurants, and the media.	
Intervention Description	Shape Up Somerville is an environmental change intervention designed to prevent obesity in culturally diverse, high-risk, early-elementary school children. It involved a community collaboration and development of the Shape Up team. The Shape Up team developed and implemented strategies designed to create energy balance for first through third graders in Somerville. In before-, during-, and after-school environments. Interventions were focused on increasing the number of physical activity options available to children throughout the day and on improving dietary choices. A list and description of the various projects can be found at: http://nutrition.tufts.edu/research/shapeup .	
Theory	Social change model	
Resources required	Staff/Volunteers:	Community Coalition, a Shape Up team. Other staff will vary by project.
	Training:	Project specific only. "Starting Healthy Eating Active Time Clubs" (HEAT) requires teacher training; trainings were conducted for School Nurses and local Pediatricians.
	Technology:	Not mentioned
	Space:	Not mentioned
	Budget:	Eat Smart. Play Hard materials are free. Many of the individual programs are no cost. \$500 was provided to schools as incentives. One and one-half million dollars was secured for this project's overall community effort.
	Intervention:	School Food Service enhancements and policy changes; HEAT Club In-School Curriculum; HEAT Club After-School Curriculum; Parent and Community Outreach; Shape Up Approved Restaurants; Walkability/Safe Routes to School; School Nurses/Pediatrician trainings; and Policy Initiatives.
	Evaluation	Portable stadiometer, digital scales, demographic survey.

Evaluation	Design:	Non-randomized controlled trial.
	Methods and Measures:	Grades 1 to 3 attending public elementary schools participated in an intervention designed to bring the energy equation into balance by increasing physical activity options and availability of healthful foods within the before-, during-, afterschool, home, and community environments. Many groups and individuals within the community were engaged in the intervention. The main outcome measure was change in BMI z-score.
Outcomes	Short term impact:	This community-based environmental change intervention decreased BMI z-score in children at high risk for obesity. Shape Up Somerville reduced approximately one pound of weight gain over eight months for an eight-year-old child."
	Long term impact:	Not measured.
Maintenance	Coalition Maintenance. On-going, varies by programs.	
Lessons Learned	"A key effort of our study entailed forming a community council, which guided the intervention development, implementation, and evaluation."	
Citation(s)	Cluggish, Sarah, and Gretchen Kinder. (2008) "Shape Up Somerville: a district tackles childhood obesity: a Boston suburb alters the culture of its schools--and work routines in the cafeteria--to teach the lifelong lesson of eating well." School Administrator 65.1 (2008): 12.	
	Economos, C. D., Hyatt, R. R., Goldberg, J. P., Must, A., Naumova, E. N., Collins, J. J., & Nelson, M. E. (2007). A community intervention reduces BMI z-score in children: Shape up Somerville first year results. Obesity, 15(5), 1325.	
Current Program Status	For current information on the Shape Up Somerville and individual program component descriptions you can go to: http://nutrition.tufts.edu/1174562918285/Nutrition-Page-nl2w_1179115086248.html For tools and resources used in Shape up Somerville go to: http://www.childreninbalance.org/	
	Eat Smart. Play Hard. Is a USDA program. Materials are available at no cost to schools and daycares that participate in the Federal Child Nutrition Programs or they can be downloaded and reproduced. (http://teammnutrition.usda.gov/Resources/eatsmartmaterials.html)	
	University of Missouri Extension has an Eat Smart Play Hard program that can be found at: http://missourifamilies.org/eatsmartplayhard/index.htm . This site includes local materials and resources.	