

Title of Intervention	WAY: Wellness, Academics & You	
Website	http://www.i4learning.com/	
Intervention Strategies	Group-education	
Purpose	Decrease obesity, increase fruit and vegetable consumption and physical activity in fourth grade students.	
Populations	Fourth grade students.	
Settings	School-based	
Partners	Not mentioned	
Intervention Description	WAY 'is designed to be integrated throughout the school year with activities ranging in engagement time from 20 minutes to 1 hour or more. The WAY program engages students in multidisciplinary activities in language arts, mathematics, science, and health content, building their academic skills while developing their health attitudes, behavioral intent, and, ultimately, behavior. The program includes a 10-minute aerobic exercise routine each day during class time. Students also kept a personal daily journal recording content notes, personal reflection, physical activity, and food choices.'	
Theory	Theory of Reasoned Action	
Resources required	Staff/Volunteers:	Classroom teacher
	Training:	Workshop
	Technology:	Video player
	Space:	Classroom
	Budget:	Curriculum available from: http://www.i4learning.com/ . Mini-kits start at \$150, call for pricing on full kits.
	Intervention:	Teacher guidebook with multidisciplinary activities and teacher resources; interactive DVD and DVD player; box of manipulatives (laboratory equipment) to support the activities; printed reference materials and a large-format reference book on the human body; nutrition resources from 5 A Day the Color Way; and the Produce for Better Health Foundation; student personal journal and home reference materials; and resources from national programs.'

	Evaluation	Portable stadiometers, digital scale, questionnaire, teacher observation.
Evaluation	Design:	Randomized Controlled Study
	Methods and Measures:	"Intervention and comparison classes were randomly selected at each school. Intervention teachers participated in workshops on the intervention and received program materials. BMI was calculated for baseline and post-data points based on measured height and weight collected by trained research teams. Baseline surveys were administered by the students' teacher in the presence of one of the research team members and collected."
Outcomes	Short term impact:	The findings showed significantly lower increases in BMI, improved dietary selection, and increased physical activity levels in the intervention classes.' 'Significant shifts in BMI were noted in the intervention group, with a 2% reduction in overweight youth in the intervention group.'
	Long term impact:	Not measured
Maintenance	Annual curriculum to be integrated into regular classroom curriculum.	
Lessons Learned	'Teachers reported a notable positive shift in students' attention and focus after they began to implement the 10 minutes of physical activity during class time.'	
	Teacher stated 'the program supported their academic goals and that they were enthusiastic about implementing the program.'	
Citation(s)	Spiegel, S. A., & Foulk, D. (2006). Reducing overweight through a multidisciplinary school-based intervention. <i>Obesity</i> , 14(1), 88.	
Current Program Status	WAY curriculum is available for Kindergarten to High school from i4learning at: http://www.i4learning.com/	