

Title of Intervention	Be A Fit Kid	
Website		
Intervention Strategies	Group Education	
Purpose	Improve physical activity and nutritional habits in children.	
Populations	6-12 year old students	
Settings	school-based, after-school program in rural communities of Southern Oregon	
Partners	Southern Oregon University, local businesses	
Intervention Description	Group Education: A 12 week program aimed at improving physical health. The program was offered 3 times each week for 2 hours, during an after-school program. Physical activity components include cardiovascular fitness, flexibility, muscular strengthening, and bone development. Nutritional components focused on current dietary guidelines emphasizing a diet rich in vegetables, fruits, unsaturated fats, and whole grains, while low in saturated fat and sugar.	
Theory	Precede-Proceed model	
Resources required	Staff/Volunteers:	Volunteers (local university), local businesses
	Training:	Not mentioned
	Technology:	Not mentioned
	Space:	Not mentioned
	Budget:	\$2,500 and local donations of supplies and prizes
	Intervention:	Plastic tokens, running medals (Fitness Finders), healthy awards and snack donations from local businesses such as whole-grain cereal or pancake mix.
	Evaluation:	24 hour food log, parent survey, Diet Analysis Plus 6.0 software, skin fold calipers, and scales.
Evaluation	Design:	Quasi-Experimental
	Methods and Measures:	Pre and post-intervention measures were compiled from participants. For fitness, a mile run and number of sit-ups in 60 seconds were measured. The nutrition component involved a simple nutrition test and 24 hour food log completed by parents for their children. Body composition testing and lipids tests were also collected.
Outcomes	Short term impact:	Significant improvements were observed in all fitness measures, body composition measures, and nutrition knowledge. Some improvements were noted in dietary habits. Significant reductions in HDL-C for all participants were noted. For those attending 75% of training or greater, there were significant reductions in total cholesterol and triglycerides.
	Long term impact:	A six month follow-up questionnaire suggested dietary and physical activity changes were maintained.

Maintenance	Not mentioned
Lessons Learned	1) It is important that the program be individualized and noncompetitive.
	2) Keep the concepts simple and expose children to specific foods associated with the concepts presented.
	3) Staff must be enthusiastic, supportive and serve as role models.
	4) Supportive school (policy and environment) and home environments are important to maintain the changes.
Citation(s)	Slawta, Jennifer, Bentley, Jeff, Smith, Joan, Kelly, Jessica, and Syman-Degler, Lucien. (07/2008) Promoting Healthy Lifestyles in Children: A Pilot Program of Be a Fit Kid. Health Promotion Practice. Vol: 9 Issue: 3 Pg: 305-312. ISSN: 1524-8399
Current Program Status	Be a Fit Kid curriculum is available through Healthy Kids Now (http://www.healthykidsnow.us/Index.asp). The curriculum is designed for 1st-5th grades. Healthy Kids Now will provide in-services, curriculum, and supplies, as able, to participating organizations. Healthy Kids Now, and is a National Heart, Lung, and Blood Institute's 'We Can' community site.