

Introduction

Behavior and environment have the largest effect on overweight and provide the best opportunity for prevention. You can help the children and youth in your out-of-school programs lead healthier lives by teaching them about healthy behaviors, like *5-2-1-Almost None*, and providing them the opportunity to practice those behaviors.

This brochure contains evidence-based and promising practice programs that address the *5-2-1-Almost None* behaviors as well as environmental elements affecting childhood overweight.

Evidence-Based Practices

Each evidence-based practice listed supports at least one element of the Nemours' *5-2-1-Almost None* healthy lifestyle message and includes either a toolkit or a boxed curriculum. All have been shown to be effective through evaluation.

Promising Practices

Each promising practice listed supports at least one element of Nemours' *5-2-1-Almost None* healthy lifestyle message and is tailored for certain grade levels. However, each either does not include a toolkit or boxed curriculum OR is not evidence-based, meaning it is currently under evaluation or has not been evaluated.

We encourage out-of-school programs to adopt curricula like these that promote healthy lifestyle behaviors among children and families.



The icons below represent each element of the *5-2-1-Almost None* healthy lifestyle message. The elements addressed by each practice will be shown next to its title in this brochure.



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Our Mission

Nemours Health & Prevention Services (NHPS), an operating division of Nemours, is dedicated to working with others to help children lead healthier lives. NHPS currently focuses on two priority areas: preventing childhood obesity through healthy eating and physical activity and emotional and behavioral health.

The focal point of our efforts to promote healthy eating and physical activity is the *5-2-1-Almost None* healthy lifestyle message, which calls for:



- Eating five or more servings of fruits and vegetables per day
- Spending no more than two hours a day in front of a screen
- Getting at least one hour of physical activity per day
- Drinking almost no sugary beverages

Childhood Obesity in Delaware

Approximately 37% of Delaware's children have a body mass index (BMI) at or above the 85th percentile, making them overweight or obese. This high percentage is a cause for concern because of the health consequences of childhood obesity, which include abnormal cholesterol, high blood pressure, type 2 diabetes, asthma, depression and anxiety.

Promoting Healthy Eating and Physical Activity in Out-of-School Programs

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1. CATCH Kids Club (CKC) 🍏 🏃

Coordinated Approach to Child Health After-School Education and Summer Enrichment Program

A physical activity and nutrition education program for an after-school/summer setting. Based on the original CATCH program, CKC increases nutrition knowledge, skills, and self-reliance, empowering children to make healthy dietary and physical activity choices.

Intended Audience: Grades K-5

Cost: Nutrition Manual and Activity Box – \$214.95; Nutrition Manual, Activity Box and Equipment – \$1,395

To order: www.flaghouse.com

2. Stanford S.M.A.R.T. 📺

Student Media Awareness to Reduce Television
Motivates children to reduce the time they spend engaged in watching television or playing video games.

Intended Audience: Grades 3-4

Cost: Students and Teachers Manual/CD-Rom – \$199

To order: <http://notv.stanford.edu/> or 650.723.0003



3. Media Smart Youth 🍏 📺 🏃 📱

An after-school program that enables youth to become media savvy by doing fun, hands-on activities. Focus is on media awareness, media production, nutrition, and physical activity.

Intended Audience: Ages 11-13

Cost: Facilitator's Guide, Poster, Video and DVD – Free

To order: www.nichd.nih.gov/msy/get_info.htm

4. Take 10! 🏃

A collection of 10-minute physical activities linked to academic learning objectives that can be adapted to the after-school/summer setting.

Intended Audience: Grades K-5

Cost: Materials Kit and Training Video – \$79 per grade level

To order: www.take10.net

5. P.H.A.T. 🍏 📺 🏃 📱

Promoting Healthy Activities Together

This program embraces music, dance, emceeing, and other elements of the hip-hop culture to deliver important messages about healthy eating and physical activity.

Intended Audience: Ages 10-14, focus on African American/ other minority adolescents

Cost: Multimedia Package – \$100 (\$55 for organizations who work directly with low-income youth)

To order: www.canfit.org or call 510.644.1533

6. Planet Health 🍏 📺 🏃 📱

A curriculum focused on improving the health and well-being of students while building and reinforcing skills in language arts, math, science, social studies, and physical education. Planet Health aims to increase activity, improve dietary quality, and decrease inactivity. Can be adapted to the after-school/summer setting.

Intended Audience: Grades 6-8

Cost: Program Manual and CD-Rom – \$45

To order: www.humankinetics.com or call 800.747.4457

7. Eat Well and Keep Moving 🍏 📺 🏃 📱

This multifaceted program provides healthy eating and physical activity lessons and addresses the whole environment, from the classroom to the cafeteria and physical education class, reinforcing healthy lifestyle messages throughout the school. Can be adapted to the after-school/summer setting.

Intended Audience: Grades 4-5

Cost: Program Manual and CD-Rom – \$45

To order: www.humankinetics.com or call 800.747.4457

8. Best Practices for Healthy Eating: A Guide to Help Children Grow Up Healthy 🍏 📱

This booklet provides healthy food guidelines for beverages, fruits and vegetables, milk, meats and meat alternates, and grains and breads; portion sizes that are based on the CACFP reimbursable meal guidelines; rationale to explain the recommendations; and sample policies to incorporate in your program.

Intended Audience: Caregivers

Cost: Free download

To order: www.growuphealthy.org



1. We Can! Parent Curriculum 🍏 📺 🏃 📱

Through tips and activities, this national education program targets parents and caregivers to help children maintain a healthy weight.

Intended Audience: Parents and caregivers

Cost: \$22 for print, free download

To order: www.nhlbi.nih.gov

2. Students Taking Charge 🍏 📺 🏃 📱

A toolkit designed to provide students with the tools necessary to assess, plan and implement nutrition and physical activity policies and environmental supports within their school or community-based organization.

Intended Audience: Grades 9-12

Cost: Free download

To order:

www.johnstalkerinstitute.org/wellness/students.htm

3. BodyWorks 🍏 🏃 📱

A program designed to help parents and caregivers of young adolescent girls improve family eating and activity habits. Focuses on parents as role models.

Intended Audience: Parents and caregivers

Cost: Free toolkit download (Note: training required)

To order: www.4woman.gov/BodyWorks/index.cfm

4. Girls on the Run 🍏 🏃

A life-changing, experiential learning program for girls, the program combines training for a 3.1 mile running event with self-esteem enhancing, uplifting workouts.

Intended Audience: Ages 8-13

Cost: Must join local Girls On The Run chapter to participate

To order: <http://girlsontherun.org/locations.html>

