

LINCOLN HEALTH FOUNDATION

Initiative:	Healthier Living
Project Name:	<i>Smart Bodies</i> ™ Program
Funding Period:	October 1, 2009 – September 30, 2010
Date of Funding:	October 1, 2009
Project Coordinator:	Cathy Judd, LSU AgCenter
Project Administration:	Lincoln Parish School Board
Total Funding Approved:	\$ 11,360.

Program Summary

The LSU AgCenter and Blue Cross Blue Shield of Louisiana are collaborating with Ruston Elementary and Cypress Springs schools in Lincoln Parish to improve students' health through the *Smart Bodies*™ program. Louisiana Tech University is networking with the LSU AgCenter, Cypress Springs and Ruston Elementary to evaluate project outcomes and assist with the project. Coordinators at each school will collect student/parent activity sheets, schedule dates for school-wide assembly, assist teachers with Take 10!, assist with Body Walk schedule, secure volunteers to set up/take down Body Walk, and secure 24 volunteers to engage students in activities inside the Body Walk display. Parents will be encouraged to participate in *Smart Bodies*™ through newsletters, parent/child take home activities, and special activities at Parent Teacher Association (PTA) meetings.

Smart Bodies™ is a youth program for healthy bodies and active minds. This comprehensive health program provides nutrition education and promotes increased physical activity through three components:

1) **Louisiana Body Walk Exhibit** - a 35 ft by 45 ft walk-through exhibit representing the human body, targeting kindergarten through 5th grade youth. Students explore the brain, mouth, stomach, small intestines, heart, lungs, bones, muscles, and skin, stopping at learning stations to participate in activities focused on the effects that different food have on each organ.

2) **Organ Wise Guys** - fun characters help young children understand physiology and healthy behaviors through books, games, dolls, and informational videos.

3) **Take 10! Classroom Program** - a classroom based grade-specific educational tool that encourages short bouts of physical activity integrated with academic lessons. Participating schools will receive curricular materials and training for each grade level providing teachers with learning activities that incorporate movement to reinforce academic concepts. The activity cards provided in the curricular materials are linked to the Grade Level Expectations (GLEs) established by the Louisiana Department of Education.

Objectives

The primary goals of the *Smart Bodies*™ program are to:

1. increase consumption of fruits and vegetables of the children participating (at school and at home);
2. increase nutrition and physical activity knowledge and willingness to participate in physical activity; and,
3. increase parental awareness of their child's weight status.

Three of the objectives submitted to the Lincoln Health Foundation will be met by involving the Ruston Elementary and Cypress Springs schools in the *Smart Bodies*™ program. The *Smart Bodies*™ program will help participants:

Objective 1. Increase opportunity for physical activity in community/school.

Objective 2. Increase teacher's knowledge of nutrition.

Objective 3. Increase parental knowledge of benefits of proper nutrition and physical activity.

Teachers will increase their knowledge of nutrition by teaching the *Smart Bodies*™ program, utilizing the Organ Wise Guys, implementing the Take 10! program in their class room, reading the educational books and watching the Organ Wise Guys DVD's. Parents will learn about nutrition through the student/parent activities, parent newsletters, and special events.

Proposal Rationale

Students will learn about nutrition in a fun and active manner. Teachers will take bouts of exercise with students while reviewing education information. The three components of the program will reinforce nutrition, exercise and eating fruits and vegetables.

The *Smart Bodies*™ program has been shown to be effective in promoting child wellness. It was evaluated formally through a 2 year research project. The outcomes for the students participating in *Smart Bodies*™ were as follows:

- Students significantly increased their knowledge about the health benefits of eating fruits and vegetables.
- Children who participated significantly increased their knowledge about the effects and benefits of physical activity.

Students who participate in the program at Ruston Elementary and Cypress Springs Elementary Schools will be evaluated to determine the effectiveness of the program in Lincoln Parish. Selected physical measurements will be taken (waist, height and weight) at the start of the Smart Bodies program and after 12 weeks involvement in the program. Health care managers, physical education teachers and university students in related fields will collect this data.

In addition, to the physical measurements, qualitative data will be collected. Written evaluations, observations, and other data provided by teachers and students (increased fruits and vegetables eaten at school/home, total time students exercised at school/home and changes in academic scores) will be included in the evaluation. These data will help determine if there was a change in eating behavior and/or an increase in physical exercise. LEAP test scores will be evaluated to identify any changes in student scores.

Blue Cross/Blue Shield and LSU AgCenter are providing the two schools materials valued at over \$1,200 to implement this program. However, the support materials

were limited in number with teachers being required to share the Take 10! Physical Activity Academic Kits (curriculum guides) as well as several other set of materials making implementation of the program laborious and less appealing to teachers. Lincoln Health Foundation is providing additional resources for teachers. Each teacher will receive the grade appropriate Take 10! Physical Activity Academic kits (notebooks). Additional Little Organ Annie dolls, books, and educational organ Wise Guys videos will be provided. With adequate materials teachers will be able to implement the program more efficiently and enhance the potential for successful outcomes.

Materials Provided by Lincoln Health Foundation	Number of items	Cost
Take 10! Physical Activity Academic Kit (notebooks) Kindergarten @ \$79.00 each	6	\$474.00
1 st Grade @ \$79.00 each	7	\$553.00
2 nd Grade @ \$79.00 each	7	\$553.00
3 rd Grade @ \$79.00 each	6	\$474.00
4 th Grade @ \$79.00 each	7	\$553.00
5th Grade @ \$79.00 each	5	\$395.00
Set of 8 Organ Wise Guys DVD's @ \$104.00 set	4	\$416.00
Reproduce resource DVD for each teacher	48	\$50.00
Little Organ Andy Doll @ \$199.00 (one for each class section)	8	\$1,592.00
One set of 6 hard covered books for each class section for each school @ \$90.00 (a set)	10	\$900.00
\$ 100.00 for each teacher to purchase classroom materials	50	\$5,000.00
One time refreshments/snacks for Body Walk presenters at both schools	60 People	\$200.00
One time Stipend for Coordinators managing <i>Smart Bodies</i> program	2 Lead Coordinators	\$200.00
Total		\$11,360.00

The Lincoln Parish School Board will administer the funds for this proposal; Kay Bradford will act as district program administrator. Resources will be purchased through the LSU AgCenter to receive a 20% discount on *Smart Bodies*™ resources.