

HEALTHY

A Middle School Program for Diabetes Prevention

SCHOOL BREAK CHALLENGES

The school break challenges were implemented as part of the HEALTHY intervention program to provide a framework for continuous delivery of the key elements of the HEALTHY program: physical activity, healthy eating, and promotion of healthy lifestyle choices. The goal was to provide access to tools and resources that enhanced engagement in the goals of HEALTHY during school breaks through the participation of students and their families in physical activity and healthy nutritional choices.

Summer Break Challenge

The summer break challenge was implemented in the summer of 2008, between 7th and 8th grades. At the end of 7th grade, each student was provided with a package containing:

- 1 HEALTHY summer break challenge t-shirt for the student
- 1 HEALTHY summer break challenge t-shirt for other family member
- 2 HEALTHY summer break challenge calendar logs
- 1 HEALTHY summer break challenge refrigerator clip magnet for hanging the calendar log in a prominent location
- 1 jump rope and/or other equipment for physical activity
- Site-specific community information on neighborhood locations and programs

The calendar log was designed to hang like a calendar, with a graphic page on top and one weekly log on the bottom. There were 7 weekly logs.

Winter Break Challenge

The winter break challenge was implemented over the 8th grade winter holiday break (December 2008). Again, the main behavioral goal was to encourage families to engage in healthy food choices and physical activity, but also targeted reduction of sedentary activities. As students left for the break, each student was provided with a package containing:

- Exercise DVD designed specifically for the students
- Walking video that can be used by the whole family
- NHLBI "We Can" Parent Handbook with great information and tips including a section on physical activity and screen time (available in English and Spanish)
- NHLBI "Keep the Beat" cookbook with nutrition information or NHLBI "Delicious Heart Healthy Latino Recipes" bilingual cookbook
- HEALTHY branded cutting board to use while preparing healthy foods
- TV screen turn-off cling decal, suggestions to replace screen time with active time, and instructions to commit to a TV turn-off challenge by placing the decal over a widely used TV screen in the home and planning a day to replace screen time with active time (available in English and Spanish)