

Healthy Community Alliance, Inc.

Fit & Fun© Program

Outcomes

- Some 18,000+ students and their families in 24 school districts have participated in various Fit & Fun© activities and received nutrition and physical activity information to prevent disease and maintain good health.
- Increased awareness of the importance of good nutrition and daily physical activity among participants. (Many success stories.)
- Policy and environmental changes have taken place in many schools such as:
 - installation of Healthy Snack vending machines (3 schools)
 - purchase of climbing walls or other physical activity equipment
 - students able to use water bottles in classroom to keep hydrated
 - healthy snack policies in some classrooms
 - additional physical activity time in school day
 - nutrition analysis of school menus
 - school hallways made available for indoor community walking programs
- Opportunity for students to try foods they may not have tasted previously. Introduced new foods into the diets of many students through taste testing and sticker program activities.
- Many schools have received Fit & Fun© kits to continue with additional activities regarding nutrition and physical activity.
- Students choosing more fruits and vegetables in cafeteria tracked by Food Service.
- Students bringing more fruits and vegetables in packed lunches noticed by cafeteria staff.

Data Collection/Evaluation

- This has been our greatest challenge.
- Currently partnering with St. Bonaventure University to improve data collection and evaluation. New evaluation tools were implemented last year and revised evaluation tools are being used in the current school year.
- Our data has shown an increase in the number of students who reported eating fruit and vegetables at lunch.
- Many students have reported trying and liking new foods.
- An increase in the amount of physical activity during and continuing after the program was reported by many students.

Strategies

- Success of the program is due in part to incentives for both students and school districts. These include prizes, trinkets, sports equipment for students and mini-grants for school districts. Mini-grants are to be used to make a policy change regarding physical activity or nutrition
- See description sheet for strategies used with each activity.

Length of Initiative

- This initiative began in the 2000-2001 school year at Gowanda Central School through a 5-year grant.
- Other schools have participated through one-time grant initiatives.

Targeted Participants

- WNY wide and beyond. We have received requests for copyrighted Fit & Fun© Manual from as far away as NYC.
- Students in grades Pre-K -8th grade and their families are the primary target population.
- Schools, After School programs, and daycares have all participated in various activities.

Fit & Fun© a copyrighted program can only be used with permission from Healthy Community Alliance