

OKLAHOMA DEPARTMENT OF EDUCATION

Project:

Fit and Healthy Schools

Type:

- School/community health education
- Information/event for parents/guardians

Setting:

- School-based

Partners:

- State health department
- State AAHPERD association
- Media outlet(s): local media coverage, radio spots statewide
- Other: Schools for Healthy Lifestyles Program, Turning Point, Task Force on Children's Health

Goals:

- To increase physical activity opportunities in schools and communities.
- To develop a youth media campaign targeting healthy lifestyle choices.
- To promote coordinated school health in each school.
- To enhance opportunities for healthy snacks and food choices in school.
- To provide schools and communities with resources, training, and technology for quality physical education programs that will promote lifetime health, fitness, and nutrition education.

Description:

The Fit and Healthy Schools program was implemented in five middle schools and one elementary school. Implementation included training for FitnessGram, a health-related fitness assessment; Polar heart-rate monitors; the CDC School Health Index; curriculum for lifetime health, fitness, and nutrition education; media campaign kits for local use; and a youth media campaign provided by the Oklahoma State Department of Education with radio spots and project brochures for parents.

Successes:

- The Fit and Healthy Schools program received excellent local media coverage.
- Outstanding leadership by the physical education teachers was instrumental in implementing all phases of the program.
- Radio spots ran statewide encouraging family physical activity and healthy nutrition choices.
- Parent and community involvement made the project more successful.



Challenges:

- Program evaluation was a major challenge.
- Obtaining consistent data from all schools was difficult, and the data collection form needed improvement.
- Program time in the schools was limited, and this affected the data's reliability.

Strategies for sustainability:

- The six original pilot sites will continue this program.
- Promotion of physical activity and good nutrition will continue through the state's Healthy Bodies-Strong Minds Initiative.
- Continue partnerships with the local Schools for Healthy Lifestyles program, the Governor's Task Force on the Promotion of Children's Health, and the state's Turning Point initiative.

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