

Project Narrative

I. Introduction

There is a strong need to design and implement practical programs, on a small scale, to create awareness among people on the effectiveness of nutritional and behavioral interventions to prevent obesity. Currently many federal and state programs are working to tackle the alarmingly increasing rate of obesity. Obesity, according to Centre for Disease Control, has reached epidemic proportions in the United States and childhood obesity has more than tripled in the past 30 years. Poor diet and lack of physical activity, unhealthy lifestyle and inadequate nutrition knowledge are some of the contributing factors that effect overall health and wellness. Randolph Fit and Healthy pilot program is a community health and wellness plan with the goal of promoting nutritional education, intervention and physical activity supporting healthy lifestyle. The program is designed to target the Randolph Elementary School students and their families.

II. Program Overview

Randolph Fit and Healthy pilot program is a three months long plan specifically formulated to help Randolph families make small and practical changes to create a healthier lifestyle through nutrition intervention and physical activity. The program follows guidelines recommended by the US Department of Agriculture, Dietary Guidelines for Americans 2010, Center for Disease Control and American Dietetic Association.

The program is designed to provide the participants themed activity plan and supplemental tools and material relating to nutrition and healthy lifestyle, one week per month. The family activity plan consists of, but is not limited to, some of the following theme ideas:

- (1) *Munch on Rainbow* (Fruits and veggies week)
- (2) *Limit the Box-Let's Walk* (No television and 30 minutes minimum family physical activity week)
- (3) *Together We Eat* (Family meal week)
- (4) *Watch the Label* (Learning to read the labels week)
- (5) *Our Grains are Whole* (incorporating whole grains in meals week)
- (6) *Snack Attack* (Learning to prepare and use healthful snacks week)
- (7) *Calcium to the Rescue!* (Recommended calcium intake awareness and utilization week)

To be eligible to enter the drawing for the grand prize, all participants will have the option to continue the weekly activity for another week. For example, after a family has successfully participated in the “*Munch on Rainbow*” activity, they can chose to continue with the activity for another week. Next month a new activity will be introduced. The main objective of introducing

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new activities is to help the participants make small and realistic changes to a healthy lifestyle. Repeating the activity will also help demonstrate the effectiveness of behavioral change among those who decide to do so.

III. Target population

In order to implement the Randolph Fit and Healthy pilot program, a collaborative effort is required from school Parent Teacher Organization, principal, staff and parents. Parents play a pivotal role by not only providing healthful and nutritious food choices but also setting desirable limits for their children to lead a healthy life. Principal and teachers provide the students opportunity to participate in nutrition education as well as health and wellness aspect of their curriculum. PTO not only provides opportunities for students to learn in a supportive environment but also supports parents' and teacher's efforts in promoting a healthy life style. The Randolph Fit and Healthy pilot program is designed to involve the students and their families from any one grade level from grade 3rd to 5th.

IV. Project objectives

The mission of Randolph Fit and Healthy is to create a healthier community environment by promoting good nutrition and physical activity. The main goal of the program is:

1. To help the community experience small and practical changes towards a healthy lifestyle by making healthier choices and using precautionary measures against obesity.

V. Methodology

One grade level from grades 3rd to 5th will be asked to participate in the project. The program will be promoted through Wingspread (weekly newspaper), PTO newsletter and school website. All aspects of the project will be presented to the parents in various forms including informational material sent home and orientation to parents, PTO and school staff. The sign up letter and informational package will be sent through electronic mail and also delivered to teachers for distribution to students. A week after the sign up deadline, returned sign up letters will be either collected through electronic mail or from the teachers. Electronic mail will be used as the primary mode of communication. Backpack mail will be utilized for those participants who wish to do so.

In order to guarantee the smooth implementation of Randolph Fit and Healthy pilot program following measures will be taken:

- Orientation for parents, PTO and school staff
- Handouts
- Monthly newsletter
- Supplemental material
- Pre and Post assessment
- Monthly themed activity plan

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Following will be included in the monthly activity plan:

- Theme related weekly activity guidelines
- Weekly activity calendar/chart/planner
- Theme related resources (website links, books)
- Healthy Tips for the week/month
- Theme related recipe cards for the week
- Theme related interactive activity ideas and tips
- Shopping list
- Activity record sheet
- Monthly activity online survey
- Monthly newsletter consists of 3 issues distributed to the participating families
- Contact information for the participants in case any guidance or assistance is needed

VI. Incentive:

A prize drawing system is proposed to be incorporated as a participation incentive. Prizes will be awarded through drawing. Successful submission of the activity log sheet will automatically enter the participating family into the monthly drawing. The drawing for the grand prize will be held on the 3rd month. All those participants who turn in their activity log sheets for the week and an extra week, each month, will be eligible for the grand prize drawing. An award criterion is as follows:

Successful Completion and Submission of Weekly Activity Log			
	Month 1	Month 2	Month 3
Eligibility for monthly drawing	Week 1	Week 1	Week 1
Eligibility for Grand prize drawing	Week 2*	Week 2*	Week 2*
* Repetition of Week 1			

VII. Cost Analysis:

The project budget comprises of possible purchase of prizes, printing and copying of the material. Community Service Learning grants, AAFES, Services and other area businesses will be contacted as potential donors for the program. The cost comparisons will be done on the companies providing the best deals for rewards purchasing.

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Project Timeline:

Time	Milestones
	Month 1
Week 1	Meeting with the School Staff and PTO
	Introductory letters sent home with students of selected grade level
	Final production/printing of plan and educational activity material
	Donors recruitment/ resource management
Week 2	Sign up letters collected from the teachers and electronic media
	Program orientation for the parents as needed
	Activity plan, resources and material for the month sent home
	Donors recruitment/ resource management
Week 3	Themed activity implementation week
Week 4	Activity log sheet collection from the students and through electronic mail
	Data Analysis
	Monthly Drawing
	Month 2
Week 1	Activity plan, resources and material for the month sent home
Week 2	Themed activity Implementation week
	Donors recruitment/ resource management
Week 3or 4	Choice of activity repetition
Week 4	Activity log sheet collection from the students and through electronic mail
	Data Analysis
	Monthly Drawing
	Month 3
Week 1	Activity plan, resources and material for the month sent home
Week 2	Themed activity Implementation week
Week 3and 4	Choice of activity repetition
	Activity log sheet collection from the students and through electronic mail
	Post-activity surveys sent home
	Data Analysis
Week 5	Outcome evaluation
	Monthly Drawing and Grand Prize Drawing