

Program Overview

Health Champions is a program designed to increase physical activity and healthy lifestyle knowledge and behaviors, as well as to promote advocacy for a healthy environment among adolescent-age youth. The Center for Healthier Communities at Rady Children's provides schools and organizations with the electronic *Health Champions* Program Guide (curriculum) and offers resources and support for implementation. *Health Champions* can be tailored to meet your needs: the topics, number of sessions and program duration is flexible.

Method

In order for a school or youth organization to implement the program, a facilitator must be identified at the site to lead the program. *Health Champions* has two main implementation models. These include the single site model and the community partnership model (for multiple site implementation).

Program Models

Health Champions offers a **single site model** and a **community partnership model**. The single site model is used when a school/organization wants to implement *Health Champions* at one site. The community partnership model is used when a facilitator at a school/organization trains other facilitators to implement *Health Champions* at multiple sites. For both models:

Health Champions facilitators are provided with*:

- ◆ A grocery gift card *up to* \$200 for healthy snacks
- ◆ Youth and facilitator incentives
- ◆ Guest speaker and field trip opportunities

Health Champions facilitators are asked to:

- ◆ Administer the pre/post survey
- ◆ Complete check-in forms or the participation report form
- ◆ Complete the end of program evaluation form

*While support and supplies last.

Participant Goals

- ◆ Increase knowledge of healthy eating and physical activity to prevent overweight
- ◆ Increase physical activity
- ◆ Increase intake of fruits and vegetables
- ◆ Decrease intake of soda/sugary drinks and high-fat, high-calorie foods
- ◆ Become an advocate for a healthy environment

Current Academic Year Participation*

Single site schools/ youth organizations	15
Community partnership schools/ youth organizations	6
Number of Youth	700

*Anticipated participation through August 2011

Current year findings from pre/post survey analyses are pending. Previous year participant data indicate:

- ◆ An increase in reading nutrition labels
- ◆ An increase in youth's ability to identify healthy foods

Plus, most program facilitators report that they want to continue the program in the future.

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www.SDHealthChampions.com

Health Champions Implementation Examples

Single Site Model

The **Hoover High School** Home Economics teacher incorporates the *Health Champions* curriculum into her weekly class. The students learn about physical activity, nutrition and healthy eating while cooking healthy recipes. Students have participated in a grocery store tour and field trip to Souplantation headquarters to learn about healthy shopping and cooking strategies.

Community Partnership Model

The **Sean O'Shea Foundation** is a non-profit organization that empowers at-risk youth by providing an eight-week yoga curriculum and wellness program for local schools and organizations. The Foundation has partnered with *Health Champions* by training their yoga instructors to use the *Health Champions* curriculum to incorporate a 30-minute wellness session into each yoga session.

Highlighting a Unique Partnership Model:

The University Health Champions (UHC), a student organization established at the University of California, San Diego has partnered with Rady Children's *Health Champions* program. The vision of UHC is to create a sustainable student-run adolescent health and nutrition program where teens can obtain the resources and knowledge they need to create and sustain healthy lifestyles. UHC has adopted the *Health Champions* name and curriculum and works collaboratively with our organization to facilitate health and nutrition programs for high school and middle school students.



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What is the main reason you want to participate in Health Champions?



Data from current year pre-surveys; N = 165

Current Health Champions Partners:

- ◆ Hoover High School
- ◆ Lindsay Community Day School
- ◆ Knox Elementary School
- ◆ Grossmont High School Cal-SAFE
- ◆ San Pasqual High School Cal-SAFE
- ◆ Ocean Shores High School Cal-SAFE
- ◆ Foothills High School Cal-SAFE
- ◆ Bernardo Heights Middle School
- ◆ Patrick Henry High School
- ◆ San Diego American Indian Youth Center
- ◆ University Health Champions
- ◆ Outside the Lens at Palomar Elementary School
- ◆ Outside the Lens at Loma Verde Elementary School
- ◆ Outside the Lens at Hilltop Elementary School
- ◆ Outside the Lens at Fred H. Rohr Elementary School
- ◆ Outside the Lens at Mueller Charter School
- ◆ Sean O'Shea Foundation at La Paloma Elementary School
- ◆ Sean O'Shea Foundation at Crawford Education
- ◆ Healthy Adventures at Spring Valley Recreation Center
- ◆ Healthy Adventures at Lemon Grove Library
- ◆ Healthy Adventures at Casa de Oro Library
- ◆ La Mirada Satellite School
- ◆ New Alternatives
- ◆ San Diego County HHS Central Region
- ◆ San Diego Commission on Gang Prevention and Intervention
- ◆ City of San Diego Parks and Recreation
- ◆ City Heights Wellness Center

Sponsors:

- ◆ Souplantation
- ◆ Ford Motor Company Fund
- ◆ Eric and Cecilia Meech