

Commit to Fit! Project Healthy Schools End of Year Report

**Carman-Ainsworth Middle School, Flint
2013/2014**

Carman-Ainsworth Middle School successfully completed its first year of the Commit to Fit! Project Healthy Schools program, which began in August, 2013. Approximately 389 seventh grade students received Commit to Fit! Project Healthy Schools health and wellness education during physical education (P.E.) class, which was based on the five Commit to Fit! Project Healthy Schools goals:

- Eat more fruits and vegetables;
- Make better beverage choices;
- Be active every day;
- Eat less fast and fatty foods;
- Spend less time in front of a screen.

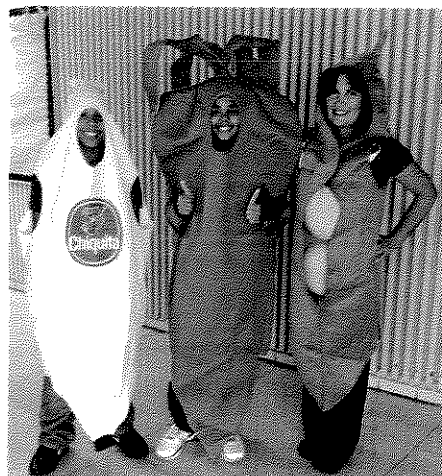
The ten core lessons were taught to all seventh grade P.E. classes by Lisa Masi and Abbey Cowen, the seventh grade P.E. teachers, with support from the Greater Flint Health Coalition and the University of Michigan's Project Healthy Schools consultant. To reach all seventh grade students, the lessons were conducted in both the fall and spring marking periods. Ms. Masi's classes, in both the fall and spring marking periods, completed all the lessons. Ms. Cowen's classes completed all the lessons in the fall, however, due to unexpected circumstances in the spring marking period, all of her lessons, except for lessons nine and ten were completed.

ADDITIONAL HEALTH & WELLNESS PROMOTION ACTIVITIES

Back to School Open House – Greater Flint Health Coalition staff had a Commit to Fit! Project Healthy Schools display and shared information and handouts with parents and students about the program. At this time, parents and students were also recruited to participate on the School Wellness Team.

Commit to Fit! Project Healthy Schools Kick-Off Event – The Commit to Fit! Project Healthy Schools Kick-Off event took place during a brief assembly with all seventh grade students. Allison Rariden, Greater Flint Health Coalition staff, introduced two students dressed as a carrot and apple to partake in the veggie rap, a fun rap about the importance of eating fruits and vegetables. Additionally, Ms. Masi discussed the program and what students can expect during the school year.

Parent Teacher Conferences – Greater Flint Health Coalition staff had a Commit to Fit! Project Healthy



Schools display at parent teacher conferences in October sharing information with parents and families about what their students are learning through the program.

Turkey Trot – To engage students in physical activity during the school day, Ms. Masi coordinated a Turkey Trot in which all students congregated on the school track at designated times to walk/run one mile. The top finishers in each group received a medal.

Commit to Fit! Smart Bites Launch – Commit to Fit! Smart Bites, a new program engaging local youth in making healthy decisions when dining out, was launched in March through their student video broadcast.



SCHOOL WELLNESS TEAM

The School Wellness Team was established in June, 2014 consisting of individuals representing school staff and students. The Team has had initial discussions regarding potential activities and events to host in the upcoming school year. The Team will convene in the fall to finalize plans.



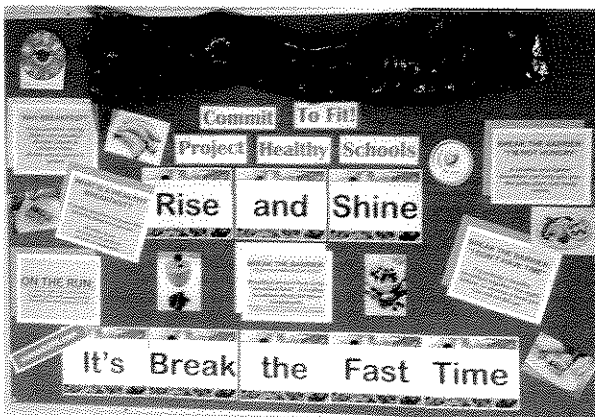
FOOD POLICY CHANGES & ADDITIONS IN THE CAFETERIA

The Commit to Fit! Project Healthy Schools team met with Becky Baker, Food Service Director for Carman-Ainsworth Schools, to discuss opportunities for collaboration to promote healthy eating among students. Potential activities and events were discussed, which will be pursued in the following school year.

PARENT & STUDENT COMMUNICATION

Parents and students have learned about Commit to Fit! Project Healthy Schools in several ways throughout the school year. Examples include:

- A Commit to Fit! Project Healthy Schools information table displayed at the Back to School Open House and Parent Teacher Conferences in the fall, which presented information to parents and students about the program and opportunities to get involved;
- A Commit to Fit! Project Healthy Schools bulletin board, located in a central hallway, conveys healthy lifestyle messages and is updated on a monthly basis;



- Commit to Fit! Project Healthy Schools communications through a variety of channels including the school website, Facebook page, newsletter, and student broadcast.

PROGRAM EVALUATION & RESULTS

Seventh grade P.E. students completed the Health Behavior Questionnaire before and after receiving program curriculum to evaluate the Commit to Fit! Project Healthy Schools program. Commit to Fit! Project Healthy Schools staff is currently processing the Health Behavior Questionnaires and will provide Carman-Ainsworth staff with the results following completion.

FUTURE & SUSTAINABILITY

As we approach the second year of Commit to Fit! Project Healthy Schools programming at Carman-Ainsworth Middle School, we look forward to promoting healthy behaviors through unique activities and events, and creating a healthy school environment with the support of the school administration, staff and Wellness Team. Greater Flint Health Coalition staff and the Project Healthy Schools coordinator will continue to assist with health and wellness initiatives in the coming school year and will work towards transitioning Commit to Fit! Project Healthy Schools to a Carman-Ainsworth Middle School-run program by the third year of implementation. This transition plan will allow the school to be completely independent from the Commit to Fit! Project Healthy Schools coordinator and will result in a sustainable program.

CONCLUSION

The Greater Flint Health Coalition-University of Michigan Health System partnership to implement Commit to Fit! Project Healthy Schools at Carman-Ainsworth Middle School in the 2013-2014 school year has been a great success. We look forward to the continuation of Commit to Fit! Project Healthy Schools at Carman to make a positive impact on the health behaviors of youth in Genesee County.