



WEBER MOVES

Project Leader and Report Submitted by: Teresa Hunsaker, FCS Agent, USU Extension, Weber County

The Weber Moves Everyone Wins Task Force, as part of the Weber Coalition for a Healthy Community and in conjunction with SNAP-Ed, established relationships and partnerships in elementary schools in the county to increase physical activity and encourage healthy food choices.

\$10,000

Grant Funding

The pilot programming for this grant request was targeted for Roosevelt Elementary 4th graders due to an expressed interest by the principal and his concern for the students in his school. Principal Skeen has witnessed first-hand the effects of activity in the lives of his students. He comments, "There are way too many kids just sitting against the wall at recess, so many who aren't taking advantage of the time to get out and move."



PARTNERSHIPS INCLUDE

- USU FSNE Weber County Faculty
- Teresa Hunsaker
- SNAP Ed (Food \$ense) Director, Heidi LeBlanc
- Weber Moves Everyone Wins Task Force
 - United Way of Northern Utah
 - Get Out And Live (GOAL) Foundation
 - Ogden Regional Hospital
 - McKay Dee Hospital
 - Weber County Health Department
 - Midtown Health Clinic
- Roosevelt Elementary Principal, Justin Skeen.
- Weber County School District Director of Student Services, Art Hansen

OBJECTIVES MET

- Provide relevant and up-to-date research findings on health and obesity-related issues, such as the interrelationship between exercise and reduced obesity.
- Increase students' knowledge of the benefits of cardiovascular exercise and physical activity.
- Increase students' and parents' confidence in determining a meal plan to increase the consumption of fruits and vegetables within their family budget.
- Increase awareness of health-associated risks when overweight.
- Introduce participants to information and products to assist them in their own food and exercise choices.
- Collect information from participants for future programming possibilities and needs.

POSITIVE OUTCOMES

Principal Skeen reported increased activity at recess on non-Weber Moves days by the majority of the 4th grade students. Teachers also reported there was student enthusiasm for this project.



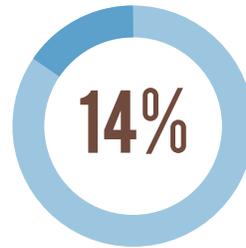
Breakfast consumption increased by 5%



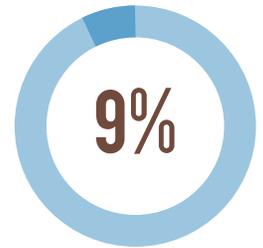
Water consumption after school increased by 11%



Drinking water every day increased by 17%



Drinking sodas every day decreased by 14%



Fruit juice consumption at lunch increased by 9%



Eating snacks in front of the TV every day dropped by 6%



Youth reporting they 'rarely' eat candy increased by 12%



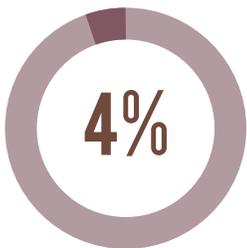
Soda consumption at lunch decreased by 57%



Helping family prepare meals 4-7 days/week increased by 17%



Helping choose and select groceries for the family increased by 19%



Eating dinner with family as opposed to in front of the TV increased by 4%



Eating dinner with the family every day increased by 6%



Vegetable consumption increased by 3% for those eating 3-5 or more servings



Fruit consumption increased by 21% for those eating 3-5 or more servings



27% increase in youth sports, dance, or activities outside of school recess



PROCEDURES AND METHODS IMPLEMENTED

- 15 weeks of exercise and activity at morning recess time 3 days a week. (This is 3 weeks longer than we planned, as weather cooperated and volunteers were willing.)
- Presented three classes on nutrition education.
- Followed the American Academy of Pediatrics (AAP) approach of 5-2-1-0...5 fruits and vegetables every day, 2 hours or less of screen time per day, 1 hour of physical activity each day, and 0 servings of sugar-sweetened drinks.
- Included movement through music. Two college dance students at Weber State choreographed a dance, taped it, and taught it. (Not the kids favorite: they did like the flash mob idea at first; it was just too hard to teach them in big groups.)
- Added short bouts of 15-20 minutes of physical activity to existing classroom activities.
- Encouraged activity during scheduled recess, lunch, and other break periods.
- Promoted school change by providing physical activity and game equipment, teacher training, and organized physical activity during breaks before and after school.
- Collaborated with the PTA organization, teachers, and parents.
- Held a 4-week series of classes on nutrition for adults.
- Educated and encouraged parents to participate with their children in active transportation to school (walking, biking, etc.). Provided incentives to do so. Incentives included: water bottles, t-shirts, dog tags, pencils, journal, equipment for the school, and individual jump ropes for each student. A final awards and celebration ceremony was also held.
- Established and utilized an evaluation tool.

180 Total number of volunteer hours



SURPRISING OUTCOMES

- Of more than 90 parents, only two did not return the Parent Permission Form.
- Milk consumption at lunch decreased by 22% (Maybe because water consumption went up?)
- Two volunteers were dedicated to every single day both fall and spring sessions for a total of 180 hours of time. They were amazing, and the kids loved them. That is the equivalent of \$1,800 in match monies.
- Four new schools are interested in running this at their school. We will help them get things set up.