

## Pilot Project Announcement for Regional Elementary School Students

A regional health improvement team is interested in piloting a **health education program in Fall, 2015** at two Wenatchee-area elementary schools: Mission View Elementary and Rock Island Elementary.

### ***Walk the Walk! Talk the Talk! See Your Doc!***

**This educational program, developed by Amerigroup, focuses on three health improvement elements for children:**

1. increasing physical activity
2. making healthy food selections and recognizing terminology associated with diabetes
3. getting regular examinations by a doctor or dentist

### **About The *Walk the Walk* Program**

An active lifestyle, healthy food and beverage selections, and regular check-ups all play a role in maintaining and improving health. **When these behaviors are introduced at an early age and maintained, there is the potential to reduce the incidence of disease.** This program was selected as a pilot specifically because of its potential impact on diabetes. We will be evaluating the outcomes and potential for replicating and expanding the program in the future.

### ***Walk the Walk!* Key Program Elements:**

- *Walk the Walk!* consists of six class sessions, each lasting approximately 30 - 45 minutes. The standard delivery schedule is a weekly class over a six-week period. (As a pilot, it may be available as twice-weekly classes over a three-week period, but scheduling will be based on instructor availability and announced in advance of registrations.)
- **Scheduling classes as a special after-school program would be ideal.**
- One complete program will be offered per school.
- Class size is limited to 25 students.
- Enrollment is voluntary.
- A similar student age range (ages 6 – 8) is preferred.
- Basic student demographic information will be requested (name, age, ethnicity).
- A pre-test and post-test will be conducted as part of the program. Help from school staff is requested to conduct a future post-test to assess retention and any behavioral changes.
- **All participants will receive program incentives** (examples: gift bags, pedometer, t-shirt, oral care products, take home materials).
- All materials will be available in English and Spanish. We are currently recruiting Spanish speakers to assist as instructors and class support.
- An open floor setting away from other activities and distractions would be preferable to support physical activities and help hold student attention.
- **An identified school employee to serve as the program contact for the project team.**

There is **no cost to the student or school for this program.** Classes will be taught, supported, and monitored by instructors who have completed ***Walk the Walk!*** teacher instruction. However, all schoolteachers interested in observing the class are welcome to attend.

More information about this project is available. Please contact Cathy Meuret (Chelan-Douglas Health District) at [cathy.meuret@cdhd.wa.gov](mailto:cathy.meuret@cdhd.wa.gov) or Deb Miller (Community Choice) at [deb.miller@communitychoice.us](mailto:deb.miller@communitychoice.us) to register your school.