

Workgroup Member Talking Points: Pilot Project Introduction to School Principal

Note: This is a reference tool for Population Health workgroup members to highlight main project talking points. It is not a handout for school principals or staff.

A health improvement team made up of multiple regional agencies is focusing on diabetes prevention work. The team will be conducting a pilot project: a children's program called

Walk the Walk! Talk the Talk! See Your Doc!

This program was selected as a pilot **specifically because of its potential impact on diabetes**. Main themes include the importance of:

1. Physical activity
2. Healthy food selections
3. Getting regular examinations by a doctor or dentist
4. Understanding basic facts about diabetes

We are offering this program to **two elementary schools in the region in Fall, 2015 and we would like to invite your school to participate** (Mission View Elementary, Rock Island Elementary).

Pilot Project Talking Points:

- There is **no cost** to students or the school to participate.
- The program has **7 class sessions** and is offered as an **after-school program**.
- Each class lasts approximately 30 - 45 minutes.
- Class size is limited to **25** students.
- We are **targeting students ages 6 – 8**. Older students (up to age 11) could attend if target enrollment is low.
- Incentives, such as t-shirts and take-home materials, will be provided.
- Printed materials will be available in English and Spanish.
- A pre-test and post-test will be conducted during the classes. A second post-test will be done approximately one month after the last class.
- Classes will be taught, supported, and monitored by instructors who have completed ***Walk the Walk!*** train-the-trainer instruction.

We would like to start on Thursday, October 1, finishing all classes in October, 2015.

If the principal is interested in the program, find out if he/she would like a meeting and/or identify a school contact for the workgroup to coordinate with.