### TARGET AUDIENCE

* This program is not available in the United States.

This program is for elementary school students.

### SUMMARY

Action Schools! BC, a school-based program, is designed to increase daily physical activity (PA) and improve healthy eating (HE) behaviors in students.

### EVIDENCE

Several publications describe outcomes related to implementation of the PA component. These studies suggest that participation in the program may increase daily PA in the classroom, the total number of steps taken per day (i.e., for boys only), and cardiovascular fitness. A small, short-term study suggests the HE component may have a modest effect on increasing fruit consumption. However, a pretest/posttest study design has been implemented to evaluate the effects of the program in youth over 7 months. There were no changes in body mass index z scores, physical activity behavior as measured via self-report or accelerometry, total caloric intake, or sugar sweetened beverage consumption. However, significant changes from baseline to the end of the program were observed for waist circumference z scores, aerobic fitness as measured by a 20 meter shuttle run test, and the variety of vegetables consumed.

### COMPONENTS

Action Schools! BC includes two major components:

- **PA:** This component is designed to provide training and resources for teachers and schools, so students can accumulate a minimum of 150 minutes of moderate intensity PA per week with half occurring in the regular academic classroom.

- **HE:** This component is designed to help participants boost fruit and vegetable consumption, increase their willingness to try new fruits and vegetables, and improve participants knowledge and attitudes related to produce consumption. Teachers are encouraged to incorporate at least one HE activity a month in the classroom and implement a fruit and vegetable and sugar-sweetened beverage campaign in the classroom.

Schools complete inventory forms to determine where improvements can be made in PA, HE, and school/community resources to ensure that the program is tailored to each school's needs. Then a school committee develops a plan for making changes in the six Action Zones, which include the following: school environment, scheduled PE, classroom action, family and community, extra-curricular, and school spirit. An assessment at the end of the year provides feedback on progress.

The education curriculum was re-designed in 2016 and began focusing only on elementary schools. The revisions now include content on core competencies of creative, critical, and reflective thinking; language and literacy; and personal and cultural identity. The program identifies these competencies as a set of skills all students need to develop to help them engage in life-long learning. One of the key outcomes of the program also includes health literacy, so youth are educated about their health and can make informed decisions regarding their lifestyle choices.

### PREVIOUS USE

The program was launched in 2004 in 10 primary schools in British Columbia (BC). The program was then tested in 25 schools throughout BC. It currently operates in every school district in BC through government funding with 400 to 500 training workshops held annually.
ACTION SCHOOLS! BC*

TRAINING

This program is facilitated by teachers who must complete training. Action Schools! BC has a support team of 70 regional trainers who facilitate program training and provide free support while schools implement the program.

CONSIDERATIONS

Considerations for implementing this program include understanding that this program operates in British Columbia, Canada, and support services may be limited for implementation in the United States and elsewhere; securing teachers, parents, students, and school administration buy-in; ensuring facilitators have time to complete the required training; obtaining parent volunteers; and developing a cooperative spirit among the many contributors to this program.

The Clearinghouse can help address these considerations. Please call 1-877-382-9185 or email Clearinghouse@psu.edu

IMPLEMENTATION

If you are interested in implementing Action Schools! BC, the Clearinghouse is interested in helping you! Please call 1-877-382-9185 or email Clearinghouse@psu.edu

EVALUATION PLAN

To move the Action Schools! BC program to the Promising category on the Clearinghouse Continuum of Evidence, at least one evaluation should be performed demonstrating positive effects lasting at least six months from program completion.

The Clearinghouse can help you develop an evaluation plan to ensure the program components are meeting your goals. Please call 1-877-382-9185 or email Clearinghouse@psu.edu

CONTACT

Contact the Clearinghouse with any questions regarding this program.

Phone: 1-877-382-9185 Email: Clearinghouse@psu.edu

You may also contact Action Schools! BC by mail Directorate of Agencies for School Health BC 1111-1030 West Georgia Street, Vancouver, BC V6E 2Y3, phone 1-604-681-0600, fax 1-604-681-0602, or visit www.actionschoolsbc.ca/contact/

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