Bienestar/NEEMA Coordinated School Health Program

TARGET AUDIENCE
This program is delivered to Hispanic and/or African American children in kindergarten through 8th grade from low-income families and their parents and is intended to impact children.

SUMMARY
The Bienestar/NEEMA Coordinated School Health Program is designed to reduce the risk of Type II diabetes (i.e., adult-onset diabetes) and obesity by coordinating information dissemination and a variety of activities for participants. The program includes integrated materials for making changes in the classroom, the school food service department, the after-school program setting, and the home setting.

EVIDENCE
Four published evaluation studies are available on various versions of this program. Together, these studies show that 4th grade children exposed to the program may experience small improvements in fasting blood glucose levels, physical fitness, and dietary patterns (i.e., saturated fat, fat, fiber, fruits, and vegetables). The program has not been evaluated among other age groups, and the studies have not evaluated whether these modest changes are sustained past the end of the intervention.

COMPONENTS
The Bienestar/NEEMA Coordinated School Health Program seeks to reduce the risk of Type II diabetes and obesity by presenting key health messages to participants: consume less saturated fat and more fiber and increase physical activity. The program includes the following components:

- Bienestar/NEEMA Health Program: Offers 45 minutes of health education that covers nutrition, physical activity, self-esteem, self-control, and diabetes mellitus.
- Game Time*: Provides 45 minutes of physical education that includes time for physical activity.
- Health Club: Delivers health education and promotes leisure-time physical activity in the after-school setting.
- Home/Family program: Supplies the Bienestar/NEEMA Family Times health newsletters for parents and coordinates health-focused family parties once per month. Activities include cooking demonstrations, salsa dancing, and exercise and nutrition games.
- Bienestar/NEEMA Cafeteria program: Educates food service staff and students about healthy eating in the school cafeteria with a goal of encouraging students to eat less fat and more fruits and vegetables during lunch.

*A separate fact sheets is available for this program.

PREVIOUS USE
No previous use information was located.

www.militaryfamilies.psu.edu
Clearinghouse@psu.edu
1-877-382-9185
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#### TRAINING

This program can be implemented by a variety of individuals: classroom teachers, Physical Education (PE) teachers, after-school teachers, and food service staff. The program provides up to a half day, on-site training for all school staff involved with program implementation. Schools are required to purchase the program curriculum, which provides staff with guides and manuals for program delivery.

#### CONSIDERATIONS

Considerations for implementing this program include acquiring buy-in from school administrators, classroom teachers, PE teachers, after-school teachers, parents, and food service employees; finding locations with cooking facilities and areas large enough to engage in dancing and physical activity; and making time within the existing school curriculum to implement program components.

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 Bienestar/NEEMA Coordinated School Health Program, the Clearinghouse is interested in helping you! Please call 1-877-382-9185 or email Clearinghouse@psu.edu

#### TIME

The program is delivered for 7 months during the school year. Physical education classes last 45 minutes and are held four days a week. Health education classes last 45 minutes and are presented once a week. The after-school health club meetings are held for 1 hour every week. Parent meetings are held every other month for an hour. The food service program is held once a month for 30 minutes. Time for additional activities at home and in the cafeteria settings varies.

#### COST

The program curriculum for kindergarten through 2nd grade costs $346; the 3rd to 5th grade curriculum costs $358; the 6th to 8th grade curriculum costs $358. Additional program costs may vary. For additional information, please use the details in the Contact section.

#### EVALUATION PLAN

To move the Bienestar/NEEMA Coordinated School Health 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 to 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 contact the Social & Health Research Center by mail 1302 South St. Mary’s, San Antonio, TX 78210, phone 1-210-533-8886, email info@sahrc.org, or visit www.sahrc.org

#### SOURCE

www.sahrc.org

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