TARGET AUDIENCE

This program is for middle school students who are 11 to 13 years old.

SUMMARY

Creature-101, a school-based, computer program, is designed to teach adolescents about the importance of healthy eating and physical activity.

EVIDENCE

One quasi-experimental study was conducted in middle schools in New York City. Adolescents who were in the intervention group and played the Creature-101 game reported significant decreases in the frequency and amount of sugar-sweetened beverages and processed snacks they consumed compared to the control group. The program had no effect on adolescents’ consumption of fruit and vegetables, water intake, recreational screen time, or physical activity behavior.

COMPONENTS

Creature-101 is a web-based game for adolescents, and the game is divided into four levels.

Level 1 activities include signing into the game, creating an avatar and creatures, and learning about the purpose of the game.

Level 2 activities teach adolescents about the benefits of drinking water, eating fruits and vegetables, and engaging in physical activity and discusses the health consequences associated with eating foods that are high in fat and sugar.

Level 3 activities require adolescents to evaluate their own eating and physical activity behaviors and set goals for themselves.

Level 4 activities require adolescents to achieve energy balance in their creatures, provide an update on progress of their personal goals, and write an essay about what they learned in the game.

PREVIOUS USE

The program was developed in 2011, and no previous use information beyond the evaluation study was located.
**Creature-101**

**TRAINING**

No information about training was available.

**CONSIDERATIONS**

Considerations for implementing this program include acquiring buy-in from schools, ensuring that classrooms have enough computers with internet capabilities for students to play the game, and making time to fit the program into the existing school curriculum.

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 Creature-101, the Clearinghouse is interested in helping you!

Please call 1-877-382-9185 or email Clearinghouse@psu.edu

**TIME**

The program lasts 1 month and includes seven sessions. Two sessions are held each week, and these sessions last 30 minutes.

**COST**

No information about implementation costs was available.

**EVALUATION PLAN**

To move Creature-101 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 Dan Fu by phone 1-650-931-2700 or email fu@stottlerhenke.com

**SOURCE**