Healthy Habits: a component of the Triple Play Program

TARGET AUDIENCE
This curriculum is for individuals, ages 6 to 18, who are members of the Boys & Girls Clubs of America.

SUMMARY
Healthy Habits is designed to teach youth about healthy eating strategies. It is the nutrition component of the Boys & Girls Clubs of America (BGCA) Triple Play* program, which is a program that emphasizes three components: 1) eating well, 2) staying physically fit, and 3) forming positive relationships.

*A separate fact sheet is available for Triple Play.

EVIDENCE
No peer-reviewed publications evaluating the effectiveness of this program were located.

COMPONENTS
Healthy Habits provides information and education to help youth improve their nutrition habits. Separate curricula have been developed for three different age groups: 6 to 8 years old, 9 to 12 years old, and 13 to 18 years old. A series of 10 lessons address the following topics:

- Examine the food pyramid;
- Discuss portion sizes;
- Recognize the importance of breakfast;
- Understand healthy snacking and fluid intake;
- Appreciate the importance of consuming fruits and vegetables;
- Identify basic cooking and food safety;
- Discover how to build healthy teeth and bones;
- Realize how to eat for healthy bodies;
- Learn to pay attention to hunger cues as opposed to food promotion cues; and
- Establish strategies for eating away from the home.

This program is offered through BGCA. Facilitators are encouraged to visit [http://bgca.org/whoweare/Pages/FindaClub.aspx](http://bgca.org/whoweare/Pages/FindaClub.aspx) to determine program availability, costs, and time commitment information.

PREVIOUS USE
This program is available to children in all military branches through military Youth Centers that are BGCA Clubs and through traditional off-site BGCA Clubs.

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

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Adolescents  Middle Childhood  Community-Based  Obesity  Nutrition / Diet

All Branches

TRAINING

No training is necessary; the Healthy Habits curriculum is delivered by the BGCA.

CONSIDERATIONS

Considerations for implementing this program include understanding that this program is offered by the BGCA and not all sites offer this specific program and recognizing parents may need to pay for this program and provide transportation for their child(ren).

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 Healthy Habits, the Clearinghouse is interested in helping you!
Please call 1-877-382-9185 or email Clearinghouse@psu.edu

TIME

The length of sessions and duration of the program will vary at each BGCA Center.

COST

Program implementation costs vary because each BGCA Center determines its own costs.

EVALUATION PLAN

To move the Healthy Habits program to the Promising category on the Clearinghouse Continuum of Evidence, at least one evaluation should be performed demonstrating positive effects lasting at least one year from the beginning of the program or 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 The Boys & Girls Clubs of America by phone 1-404-487-5700, email info/bgca.org, or visit www.bgca.org/Pages/Contact.aspx

SOURCE

http://bgca.org/whatwedo/HealthLifeSkills/Pages/HealthyHabits.aspx

www.militaryfamilies.psu.edu