Healthy Start

TARGET AUDIENCE
This program is for children in preschool.

SUMMARY
Healthy Start, a comprehensive health education program, is designed to improve knowledge and change attitudes about healthy living and, consequently, modify unhealthy behavior in young children.

EVIDENCE
No peer-reviewed publications evaluating the effectiveness of implementing the current edition of the Healthy Start curriculum in a preschool setting were located. The program developers' original study to test the effectiveness of the Healthy Start program evaluated outcomes associated with the curriculum plus food service modifications in several Head Start preschools. Research published from this study suggests that the curriculum may help to increase knowledge of nutrition and physical activity; reductions in blood cholesterol levels may have been the result of the food service alterations.

COMPONENTS
The Healthy Start program package includes a 12-unit curriculum, 11 classroom posters, and 100 reward stickers. Children learn concepts through engaging activities, such as story telling, songs, rhymes, and art projects. The unit topics follow:

- Self-Esteem, Confidence, and Identity - Create positive feelings about one's body and personality;
- My Family - Appreciate family relationships and recognize diversity in family structures;
- My Amazing Body - Learn about the body's function and how to care for it;
- My Sun-sational Skin - Understand sun exposure is potentially harmful and learn how to protect skin;
- What are GO-Foods? - Identify and increase consumption of low-fat, high-fiber foods and identify and decrease consumption of high-fat, low-fiber foods;
- On The GO-Food Track - Review and reinforce concepts of GO Foods;
- Fitness Fun - Recognize and practice exercises that benefit the heart and lungs;
- Germs and Hygiene - Learn and practice healthy dental and general hygiene practices, such as brushing teeth daily, decreasing consumption of high sugar foods, and washing hands properly;
- Drug Free Me - Differentiate between drugs and medicines and characterize cigarettes as drugs;
- Getting Along with Others - Learn to manage feelings of anger, communicate in positive ways, prevent violence, and resolve conflicts;
- Safe and Sound - Explore safety at home, in school, and outside; and
- Healthy Habitat - Understand the importance of caring for the environment, including land, water, and air.

A shortened version of the program, Healthy Hops*, is also available.

*A separate fact sheet is available for this program.

PREVIOUS USE
This program has been commercially available since 2001, and the curriculum is being used in 21 states.

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TRAINING
Teacher training and train-the-trainer workshops are available from the program developer.

CONSIDERATIONS
Considerations for implementing this program include acquiring buy-in from the classroom teachers and finding time to implement the activities within the school day.

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

TIME
Time to implement activities varies. Each of the 12 units requires 10 to 60 minutes to complete.

COST
The Healthy Start curriculum package costs $190.

EVALUATION PLAN
To move the Healthy Start program to the Promising category on the Clearinghouse Continuum of Evidence, at least one evaluation should be performed demonstrating positive effects associated with the curriculum, beyond the food service alterations, 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 Healthy Start Company by phone 1-631-549-0010 EXT 114 or visit www.healthy-start.com

SOURCE
www.healthy-start.com