It's Your Move!

TARGET AUDIENCE
This program is for youth who are 12 to 18 years old and their families and is intended to impact youth.

SUMMARY
It's Your Move!, a community- and school-based program, intends to encourage healthy eating and physical activity and promotes a healthy body weight and positive self-image among participants. Families, schools, and communities are involved in the effort to promote and sustain these ideals.

EVIDENCE
One quasi-experimental study showed potentially ineffective results. The proportion of intervention students who actively commuted to school increased, while those in the comparison group decreased. The intervention group gained significantly less weight and had a smaller increase in body mass index (BMI) z-score relative to the comparison group. However, there were no changes in the following outcomes assessed: breakfast consumption, fruit and vegetable intake, or soft drink consumption. The proportion of students who were active after school decreased in both groups, and this decrease was greater in the intervention group. Time spent watching TV, videos, or DVDs increased in both groups.

COMPONENTS
Students collaborate with government and local communities to find ways to make healthier options more accessible. School project officers and student ambassadors help deliver the program's dietary, physical activity, and body image goals:

- Encourage consumption of water and reduce consumption of sugary beverages;
- Increase numbers of youth who eat breakfast;
- Increase consumption of fruits and vegetables;
- Improve the nutrition quality of school foods;
- Increase active commuting practices (e.g., biking, walking);
- Promote participation in organized sports and other active recreational activities; and
- Create and support the acceptance of various healthy body shapes and sizes and decrease inappropriate dieting behaviors.

Students track their eating and physical activity habits daily.

Social marketing (e.g., television advertisement, newspaper articles, radio interviews, posters, newsletters) is used to promote program goals and objectives and increase the awareness of the program.

PREVIOUS USE
It's Your Move! was implemented in Australia from 2005 to 2010 in five East Geelong and Bellarine Secondary schools.
It’s Your Move!

TRAINING

Students, Project Coordinators, Project Management Teams, and Physical Education Teachers participate in training; however, details and cost information for the training were not located. Please use the details in the Contact section for more information.

CONSIDERATIONS

Considerations for implementing this program include obtaining buy-in from communities, school administration, teachers, cafeteria managers, students, and parents; recruiting school staff to lead as School Project Officers and giving these individuals release time from teaching each week for program responsibilities; finding students to serve as Student Ambassadors; and applying for grant money or acquiring funds for program activities.

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 It’s Your Move!, the Clearinghouse is interested in helping you! Please call 1-877-382-9185 or email Clearinghouse@psu.edu

TIME

Implementation time varies. The project described under Evidence was conducted over a 3-year period.

COST

Program implementation costs were not located. Please use the details under the Contact section for more information.

EVALUATION PLAN

To move It’s Your Move! 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 Lynne Millar by email lynne.millar@deakin.edu.au or contact the Victorian Government Department of Health by mail 50 Lonsdale Street, Melbourne, Victoria, Australia 3000, phone (03) 9096-9000, email enquiries@health.vic.gov.au, or visit www.healthinfonet.ecu.edu.au/key-resources/programs-projects?pid=58

SOURCE

www.healthinfonet.ecu.edu.au/key-resources/programs-projects?pid=58

www.militaryfamilies.psu.edu