Minnesota Heart Health Program*

TARGET AUDIENCE

* This program is no longer available.
This program was for children in 6th through 10th grade and adults.

SUMMARY

The purpose of the Minnesota Heart Health Program was to increase physical activity and decrease risk factors associated with cardiovascular problems through community-wide challenges at work-sites and schools.

EVIDENCE

A public search identified multiple articles reporting on outcomes of the Minnesota Heart Health Program. A lack of evidence of positive program effects on smoking, risk factors for cardiovascular disease, (e.g., total cholesterol, blood pressure, physical activity), and Body Mass Index in community members 25 to 74 years old is tempered by evidence of program impact on adolescents (i.e., 7th to 12th grade) on smoking prevalence and intensity, self-reported healthy food choice, knowledge of healthy foods, and food salting behaviors. Overall long-term results on the reduction of cardiovascular disease and stroke were ineffective when compared to the control communities.

COMPONENTS

The Minnesota Heart Health Program used three exercise challenges to promote better health:

- The community-wide youth exercise promotion challenged 8th graders to exercise for 4 weeks, which was the equivalent of riding a bicycle 250 miles to a certain city. Each week, the students set goals, and, if they reached their goals, they received a postcard from the city to which they were riding. Tenth graders received lessons on how to monitor their heart rates, aerobic activities, safety procedures, healthy eating patterns, and regular physical activities.

- The community education for cardiovascular disease prevention included implementing city-wide poster, pamphlet, and book campaigns; offering continuing education classes for providers and teachers on prevention programs, role-modeling, and counseling skills for risk assessment and reduction; and providing group education on physical activity, nutrition, and heart health. Individual education is provided through newsletters and videos at Heart Health Centers.

- The Shape Up Challenge was a 1-month physical fitness competition between companies. Employees recorded how many minutes a day they spent exercising. The points were tallied and companies competed for intragroup and intergroup awards. A similar exercise competition was held between schools.

PREVIOUS USE

A longitudinal study was conducted between 1980 and 1993 in Minnesota.
TRAINING

Training requirements were not located.

CONSIDERATIONS

Considerations for implementing this program included determining availability of volunteers, finding space for exercise activities, and obtaining funds to implement the Shape Up Challenge and other 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 a program that is similar to the Minnesota Heart Health Program, the Clearinghouse is interested in helping you! Please call 1-877-382-9185 or email Clearinghouse@psu.edu.

<table>
<thead>
<tr>
<th>TIME</th>
<th>COST</th>
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<td>Implementing the Shape Up Challenge required 9 1/2 hours per work-site during the 1-month challenge. The student component lasted 4 months.</td>
<td>The Shape Up Challenge component cost about $5,000. Costs of the other program components were not located.</td>
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EVALUATION PLAN

To move the Minnesota Heart Health Program to the Promising category on the Clearinghouse Continuum of Evidence, at least two evaluations should be performed demonstrating positive effects lasting at least one year from the beginning of the program or 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

There is no program specific contact information because this program is no longer available.

SOURCE

http://health.mo.gov/data/interventionmica/PhysicalActivity/4006.pdf