Winning With Wellness (WWW)

TARGET AUDIENCE
This program is for children in 3rd and 4th grade, their teachers, and parents.

SUMMARY
Winning With Wellness (WWW), a school-based program, is designed to encourage children to engage in physical activity and make healthy dietary choices during the school day.

EVIDENCE
A pre-test post-test study was conducted in 2005 at an elementary school in Tennessee. At the end of the school year, no significant differences were observed for body mass index (BMI) z-scores. However, the study did find that students were significantly more active at school as measured by pedometers compared to baseline values. Significantly fewer unhealthy foods were being offered and purchased by students compared to baseline values. A second study compared data from 2005 with more recent data collected from the same school in 2009. The comparison revealed no significant differences between the two samples for self-reported physical activity behavior. Healthy food scores were significantly higher in 2009, which suggests food choices were healthier in 2009 compared to 2005. Pedometer data showed that students were significantly more active during the school day in 2009 as compared to 2005. Finally, significantly more green (e.g., fruit) and yellow (e.g., pasta) foods and significantly less red foods (e.g., candy bar) were being offered to students in the cafeteria in 2009 compared to 2005, which suggests healthy changes were still being made in food purchasing and preparation in the cafeteria.

COMPONENTS
The WWW is a comprehensive obesity prevention program modeled after the Centers for Disease Control and Prevention coordinated school health program. The program targets the following 8 areas:

- Nutrition Services: Four interactive lessons teach children how to make healthy food and beverage choices. Food and beverages are categorized based on fat and sugar content: green (e.g., fruits and vegetables), yellow (e.g., pasta), or red (e.g. candy), and posters are displayed with this information. A registered dietitian examines the school menus and provides suggestions for healthier options to the school food service coordinator.
- Health Education: A health education curriculum that discusses energy balance is delivered in six interactive lessons. Pedometers and tracking sheets are given to students to help them meet a goal of increasing daily steps.
- Physical Education: Indoor and outdoor walking trails are established, teachers implement 5-minute combination exercises that can be done in the classroom, and teachers are encouraged to use the Move it Moments component for up to 25 minutes a day in addition to other exercises.
- School Health, Counseling, & Psychological Services: Nurses measure students' BMI and provide information to their parents.
- Healthy School Environment: Replace soda in vending machines with water, develop guidelines that limit the use of low nutritive foods for classroom parties and to sell for fundraisers, and educate teachers on avoiding the use of food as rewards or punishment and not withholding physical activity as punishment.
- School Site Health Promotion for Staff: Promote free lectures about health and wellness at the school for school staff and provide discounted memberships to local gyms and free health screenings. Teachers can also organize a Biggest Loser program.
- Family and Community Involvement: Share program information with parents during PTO programs and in school newsletters. Teachers also send home informational handouts.

PREVIOUS USE
The program was developed in 2005, and no previous use information beyond the evaluation study was located.
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TRAINING

Teachers receive training on the three programs they deliver, Go Slow and Woah, Balance First, and Move it Moments, from an exercise specialist and program staff. Training time and costs were not located.

CONSIDERATIONS

Considerations for implementing this program include acquiring buy-in from school administration and teachers, realizing changes could need to be made to the school environment and this could be expensive and require funding, understanding that teachers are expected to deliver the majority of the program, and incorporating program elements into an existing 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 WWW, the Clearinghouse is interested in helping you! Please call 1-877-382-9185 or email Clearinghouse@psu.edu

TIME

The program lasts 1 academic year.

COST

No information on implementation costs was available.

EVALUATION PLAN

To move WWW 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 Karen Schetzina by mail Department of Pediatrics, Eastern Tennessee University, P.O. Box 70578, Johnson City, TN 37614, phone 1-423-439-7320, or email schetzin@etsu.edu

SOURCE

Schetzina et al. (2009).