INTERVENTION TEAM

Michigan State University

- **Faculty & Staff** (Departments of Nutrition Kinesiology & Human Medicine**)**
- **Extension Staff**
- **Undergraduate student SPartners** (Dietetic& Kinesiology seniors)
- **Medical students** (1st & 2nd year)

Michigan Public Schools

- **Fifth grade physical education teachers**
- **Administrative staff**

STUDY POPULATION

- 5th grade public school students from schools with ≥25% students qualifying for free & reduced lunch. To participate 5th grade students assented and parent/guardian consented

PRIMARY STUDY AIMS

1. To increase the percentage of students achieving national recommendations for physical activity and nutrition behaviors
2. To improve the public school students' knowledge, attitudes and self-efficacy about heart healthy nutrition and physical activity behaviors as recommended by national guidelines
3. To improve or maintain the number of students with a desirable CVD risk factor status

SECONDARY STUDY AIMS

1. To promote school staff and parental support for heart healthy activities to help children achieve their heart health goals
2. To provide applied hands-on learning and training for MSU health profession students

(S)PARTNERS FOR HEART HEALTH INTERVENTION COMPONENTS

8 lesson plans: conducted by PE Teachers using JIFF with assistance from MSU SPartners

8 small break out-discussion meetings: facilitated by MSU SPartners following JIFF lesson plans

Ongoing web-based goal setting & tracking: facilitated MSU SPartners

School Environment:
-Monthly bulletin boards
- PA announcements
Parent Education:
- Monthly newsletters & Q & A sessions 2 times/yr

MEASUREMENT EVALUATION PROTOCOL*

(Conducted the first and last month of the school year)

- **Psycho-behavioral Measurements**
  - CV health knowledge and self efficacy for nutrition and physical activity behaviors
  - Dietary intake (food frequency) -Parental support and involvement level
  - Habitual free-living physical activity and screen time
- **Physical Measurements**
  - CVD risk factors: Body mass index (BMI), body composition, waist circumference, resting blood pressure, blood cholesterol, C-reactive protein, and aerobic fitness
- **Process Evaluation & Focus Groups**
  -evaluation of protocol compliance
  - focus groups with teachers, school administrators, 5th grade students and their parents

** A data summary of CVD risk status will be given to parents and includes comparisons with norms and tips on how nutrition and exercise can positively influence risk factor status*