

Color Me Healthy

BRIEF PROGRAM DESCRIPTION

Color Me Healthy is a program designed to reach children ages four and five. It provides fun, innovative, interactive learning opportunities on physical activity and healthy eating. It uses color, music, and exploration of the senses to teach children that healthy food and physical activity are fun. Color Me Healthy is used in family day-care homes, Head Start classrooms and child-care centers.

SPECIFIC OUTCOMES

- When presented with a fruit or vegetable snack, children who participated in the *Color Me Healthy* program, increased fruit snack consumption by approximately 21% and vegetable snack consumption by about 33% within their childcare centers at 3-months after completion of the *CMH* program.
- Eight-week follow-up surveys were completed by childcare providers, who attended a *CMH* training (n = 486). Of those participants, 92% perceived an increase in physical activity of the children in their care, while 91.8% indicated that the *CMH* program increased the children's knowledge about movement. In addition, 93% perceived that using the *CMH* program increased the children's knowledge about healthy eating, while 79% indicated that the children were more willing to try new foods and 82% reported that the curriculum had improved fruit and vegetable recognition

AUDIENCE CHARACTERISTICS

Age Range	Youth ages 4 – 5
Grade	Pre-school - Pre-K
Gender	Both Male and Female

PROGRAM DETAILS

Type of Program	Prevention
Audience Size	5-30
# of Lessons	12
Length of Sessions	30 minutes
Duration of Implementation	12 weeks

HOW IT WORKS

The Color Me Healthy Teacher's Guide contains 12 lessons designed for use during Circle Time. The lessons provide caregivers with quick, easy ideas that can be taught in a variety of ways. Also included in the Teacher's Guide are six imaginary trips that allow the children to use their imagination to travel to different places and events. The Color Your Classroom section of the guide provides the teachers with suggestions to make their classrooms come alive. Because teachers are role models for children, the Color Me Healthy Teacher's Guide includes a section on how the teacher can eat healthy and stay active.

Four sets of picture cards are included in Color Me Healthy. The sets are dairy foods, colors of foods, where foods grow, and places to be active. Three classroom posters bring color to the classroom and are used as educational tools in many of the Circle Time activities. Seven original songs enhance the lessons in Color Me Healthy. Children and teachers enjoy the upbeat tunes and lyrics as they sing and dance along (CD and cassette tape included).

A hand stamp is included with the program and can be used as a fun way to reward participation in Color Me Healthy. The program reaches out to families with a series of 14 reproducible newsletters that reinforce the message that children are learning in the classroom. Color Me Healthy NEWS is designed to provide families information on healthy eating and physical activity such as how their family can be active together or how to encourage more fruit and vegetable consumption.

Each issue contains an after work healthy food idea and a "Kids Kitchen" segment that encourages the parent to involve their little one in food preparation. Two parent posters convey a basic message about healthy eating and physical activity. They can be used in the child care facility anywhere where parents gather.

IMPLEMENTATION ESSENTIALS

Color Me Healthy is delivered in the child care setting. It is suggested that all lessons be taught. This can be done weekly, monthly, or daily, depending on structure of the venue.

MATERIALS

Color Me Healthy Kit Includes:

- Teacher's Guide
- 4 Sets of Picture Cards
- 3 Classroom Posters
- CD with 7 Original Songs
- Hand Stamp
- 2 Parent Posters
- 14 Reproducible Parent Newsletters

Spanish Materials include: Picture Cards, 1 Classroom Poster, 13 Reproducible Parent Newsletters and 2 Parent Posters

Classroom Kit - \$80 per kit (orders over 100 are \$65 per kit)

Spanish Materials are \$25 per set (Orders over 100 are \$20 per kit), plus \$4 S&H per kit

Additional Music CDs are \$10 per CD (Orders over 100 are \$5 per CD)

Training Manuals are available to assist professionals who will be training child care providers or Head Start teachers in the use of Color Me Healthy. Each Training Manual contains: Training Presentation in PowerPoint, Color Me Healthy Clip Art, Participant Certificates, Sample Training Agendas, Marketing Materials, CD with all files, Evaluation Forms

Training Manuals - \$100 each, plus \$4 S&H

PROGRAM CONTACT

For training and program information, contact:

Carolyn Dunn

Box 7606

NCSU

Raleigh, NC 27695

Phone: (919) 515-9142

E-mail: Carolyn_Dunn@ncsu.edu

<http://www.colormehealthy.com/professional/index.html>