

Healthy Lifestyle Choices (HLC)

BRIEF PROGRAM DESCRIPTION

The HLC Program is a cross-curricular behavioral-health program that can be used as part of the Physical Education/Health classes or in traditional classroom settings. The program was developed for pre-K – 8th grade and addresses life skills, conflict resolution, nutrition, substance abuse prevention and safety and fitness.

HLC also offers an after-school program called Camp Boost to be implemented with youth enrolled in out-of-school time programs. Camp Boost addresses the growing problems of inactivity and poor nutrition.

*VFHY will fund the Nutrition and Fitness units of the HLC programs

SPECIFIC OUTCOMES

HLC evaluation outcomes are as follows:

- Children exposed to HLC have higher health knowledge.
- Children exposed to HLC reported eating more nutritious foods at lunchtime.
- Children exposed to HLC reported increased physical activity.

AUDIENCE CHARACTERISTICS

<i>Age Range</i>	Youth ages 4 – 12
<i>Grade</i>	Pre-K – 6 th grade
<i>Gender</i>	Both Male and Female

PROGRAM DETAILS

<i>Type of Program</i>	Prevention
<i>Audience Size</i>	Maximum 35
<i># of Lessons</i>	8
<i>Length of Sessions</i>	45 minutes
<i>Duration of Implementation</i>	Once per week for 8 weeks
<i>Training</i>	Free online training

HOW IT WORKS

HLC includes six units, with four core lessons taught per unit. Lessons should be taught once per week for approximately 45 minutes. VFHY will provide funding for two of the units (Nutrition and Fitness). Units addressing other youth risk behaviors will be provided at no extra charge. It is important that students receive instruction on goal setting and decision making prior to teaching the Nutrition and Fitness units.

HLC recommends that all personnel responsible for implementing the program participate in the free online training prior to implementation. It is also recommended that the implementation site designate a program coordinator to oversee and monitor program progress.

The HLC programs are easy to use, require few supplies, include multiple assessment tools and are aligned with the National Health Education Standards. Free online resources are offered to support HLC programs at www.hlconline.org including parenting tips, games for youth, and staff wellness tips.

IMPLEMENTATION ESSENTIALS

To replicate with fidelity:

- All lessons in the Nutrition and Fitness units must be completed using the full scope and sequence of the curriculum.
- The Fitness and Nutrition lessons must be taught after students learn about goal setting and decision making.

MATERIALS

HLC Pre-K – 6th Grade Behavioral-Health Classroom Teacher's Manuals - \$109 each

HLC 7th & 8th Grade Program - \$129

Camp Boost Afterschool / Summer Camp Program
Ages 5 – 12 Kit - \$129 each

PROGRAM CONTACT

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