

Outreach Program Description

South Central Public Health District (SCPHD) partnered with Nurture, Boys and Girls Club of the Magic Valley, University of Idaho Cooperative Extension, and Idaho Dairy Council to offer a “Passport Wellness Day” on April 3, 2014, to 125 children enrolled at the Boys and Girls Club (BGC) in Twin Falls.



Using a passport theme, children rotated between five stations that day, receiving stickers for each station they attended. Each station was approximately 30 minutes long. The stations are highlighted below.

Station One: BGC children taste tested various fruits and vegetables. In this station, for each food item they tried, they received a sticker. Items included snap peas, cherry tomatoes, red/yellow/green peppers, brussel sprouts, avocados, kiwi, cranberries, blackberries, mangoes, and Clementine oranges. Most the children were willing to try everything. Some were even surprised to find out that they actually liked something they didn't think they would! The Nurture handout “Eat a Rainbow” was sent home with each child at the end of the day.



Station Two: University of Idaho Cooperative Extension did a lesson on the importance of breakfast and the children got to make their own yogurt parfaits. A handout on the importance of breakfast was sent home with each child at the end of the day.

Station Three: The Idaho Dairy Council did a lesson on the amount of sugar in popular drinks. They also talked about the importance of physical activity and the children each received a milk. Information about dairy products was sent home with each child at the end of the day.

Station Four: BGC staff led a nature walk around the campus and then the kids had a few minutes to play at the park across the street from the BGC.

Station Five: BGC had arranged for someone to come in and lead Zumba, but she was sick the day of the event, so BGC staff improvised and led a game of kickball in the gym.



A press release was sent out about the event, and the local news station, KMVT, came and did a story on the event. The link can be found here: <http://www.kmvt.com/news/latest/Wellness-Event-Held-For-Boys-And-Girls-Club-253828991.html>.

Program Outcomes

At the end of the day, the children were asked to complete an evaluation that they then turned in to a BGC staff member to receive a prize: playground ball, jump rope, sidewalk chalk, or a Frisbee. (Please see evaluation on the following page—note it says the Zumba activity, but that was crossed off for the kids when they completed the evaluation.) All 125 children completed the evaluation.

- The most popular rotation was the smoothie-making station (90% indicated that they liked it and 40% indicated it was their favorite).
- 89% of the children liked tasting the fruit
- 81% of the children liked learning about sugar in their drinks
- 71% of the children indicated they liked all the stations.
- 64% of the children liked tasting the vegetables



All partners shared their appreciation for being invited to this event and indicated that they would be interested in participating again at BGC or other child care organizations.

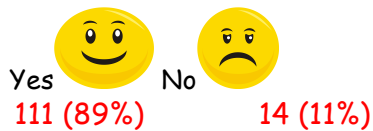
Thank you to Susie Beem, CHES, sbeem@phd5.idaho.gov/208-737-5946), for preparing this report.

Passport Wellness Day
Boys and Girls Club
4-3-14

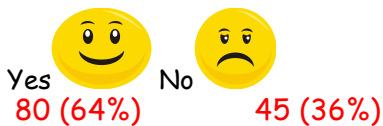
Directions: For each question, circle the face that answers the question.

N=125

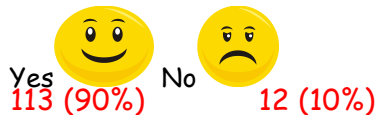
1. Did you like taste testing the fruit?



2. Did you like taste testing the vegetables?



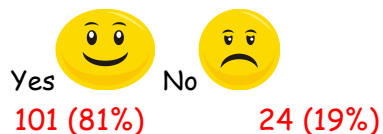
3. Did you like making your own yogurt smoothie?



4. Did you like the Zumba dancing? Didn't do



5. Did you like learning about sugar in drinks?



6. What was your favorite station? *Note: This was hard to score because kids circled multiple answers on this one but smoothies was the most popular with 40% having circled it on their page (even though they had other things circled as well).*

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|---------------------------|-------------------|
| Taste testing | Sugary drinks |
| Making smoothies 50 (40%) | Outdoor Adventure |
| Zumba | |