



Color Me Healthy: Implementing A Wagon Full of Fun and Success

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The relationship to learning

- Small nutritional deficiencies can impair learning
- Physical activity improves academic performance
- Overweight children miss more days of school
- Behavioral problems improve with diet quality
- Poor dietary and exercise habits are associated with other high-risk behaviors



What Did We Want To Achieve?

- Repeatedly expose children to a variety of foods
- Let children explore foods with their senses
- Limit less nutritious foods and encourage fruit and vegetable intake
- Expose children to activities that keep them physically active
- Educate parents on the importance of children developing healthy eating and physical activity habits
- Encourage parents to be good role models... “do as I say not as I do” doesn’t work



Color Me Healthy



preschoolers moving & eating healthy





Color Me Healthy is a program developed for children ages four and five that provides **fun**, **innovative**, **interactive** learning opportunities on **HEALTHY EATING** and **PHYSICAL ACTIVITY**.





The Program is designed to stimulate all of the senses of young children: touch, smell, sight, sound, and, of course, taste.





Color Me Healthy uses
color, music and
exploration of the senses to
teach children that healthy
food and physical activity
are FUN!





History of Color Me Healthy

- Developed in North Carolina and implemented statewide
- Results of pilot were similar to NC evaluation (8 week follow-up):
 - 96.6% of providers rated CMH excellent or very good
 - 91% of providers were using CMH in the classroom
 - 99.8% of providers will use CMH again in future
 - 97.4% and 98.7% of providers indicated CMH increased physical activity and knowledge of healthful eating, respectively



Color Me Healthy...

Adapting the Model to Pennsylvania



Pennsylvania Project Partners

*Working Together To Bring
Color Me Healthy to Pennsylvania*



Pennsylvania Department of Education



Pennsylvania Department of Health



Pennsylvania Department of Public Welfare,
Office of Child Development



Tuscarora Intermediate Unit

Penn State Cooperative Extension



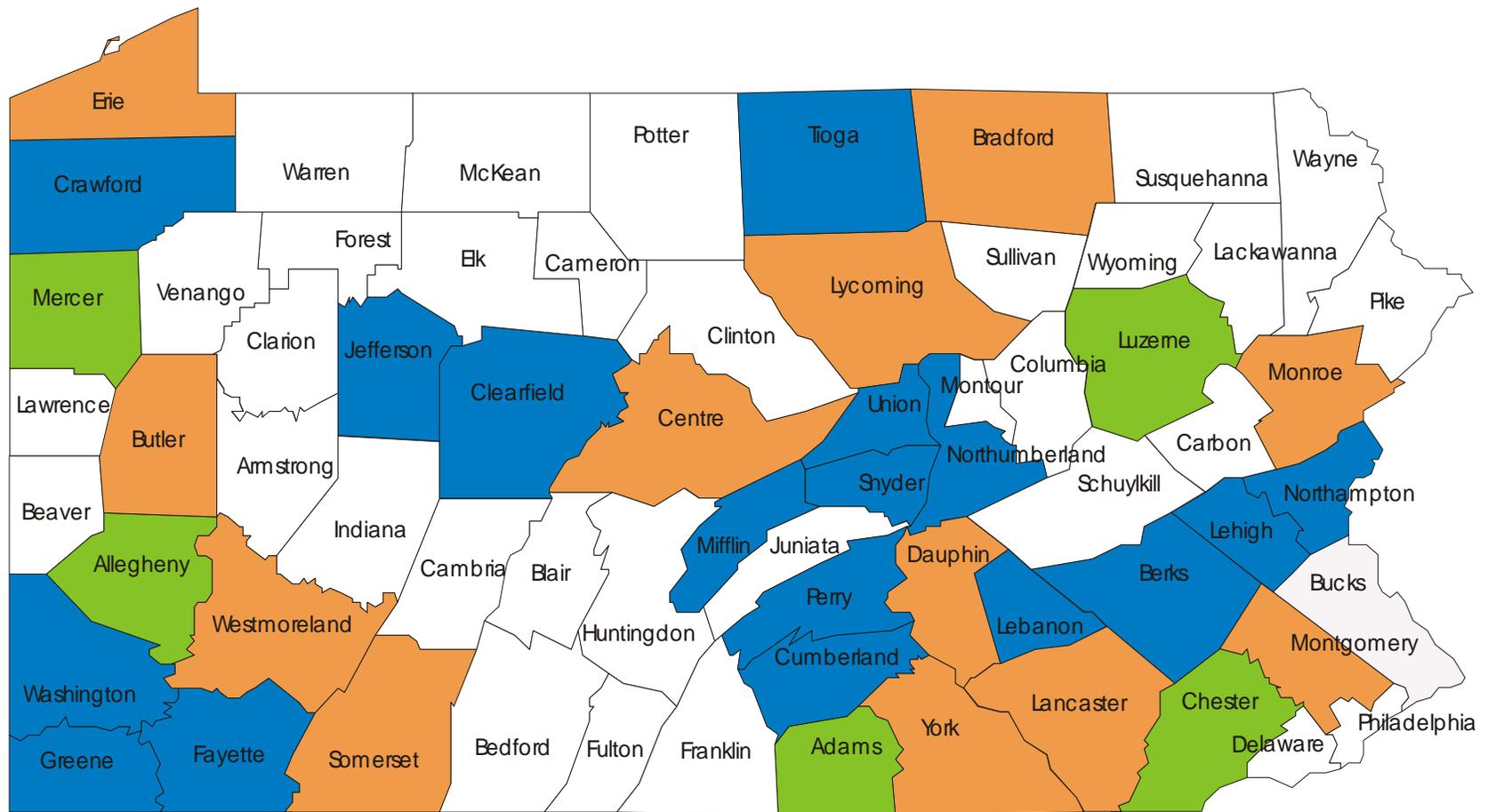
Head Start State Collaboration Project

Pennsylvania Nutrition Education Network



American Cancer Society

Color Me Healthy Implementation



 2003-2004 (pilot)

 2004-2005

 2005-2006



Color Me Healthy Trainings



- Providers are invited to attend training workshops
 - Head Start
 - Family Literacy
 - Licensed Childcare Providers



- Providers receive a Color Me Healthy Kit and Color Me Healthy Supplement for their site/classroom
- Trainings are conducted as a team by Family Literacy Technical Assistance and Penn State Cooperative Extension



- Three trainings are conducted in each county
- Head Start Regional Coordinators help to establish trainings to occur on Head Start inservice days
- Trainings emphasize integrating nutrition and physical activity into the normal day



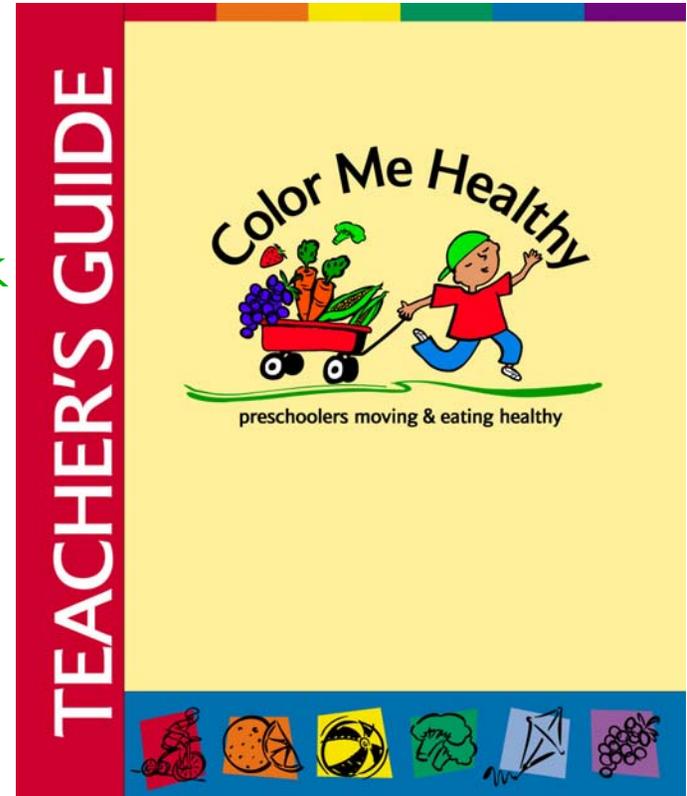


Color Me Healthy Successes

- 95% of participants rated the CMH training as excellent or very good
- 86% of the providers were using at least one component of CMH in their classroom
- Providers reported (87%), healthier eating (81%), and attitude towards physical activity (58%)
- Evaluation from 2004-2005 being analyzed (changed to a 6 month follow-up):
 - 24 hour dietary recalls pre and post Color Me Healthy (experimental and control sites).
 - Physical activity survey and activity monitoring (pedometers) pre and post Color Me Healthy (experimental and control sites).

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Circle Time



Circle Time is an important part of a young child's day and is a great place to teach children new concepts. Children have the opportunity to express, interact and participate throughout the learning process.

CIRCLE TIME INCLUDES:

- Teaching ideas related to healthy eating and being active.
- Lesson outlines including the **props** you will need and the **action** steps that will guide you through the lesson.