

# Program Evaluation

# Healthy Habits Program

Supported by

Humana  
Foundation

Program created by



Evaluation by



## Program Details

The Healthy Habits program, supported by the Humana Foundation, is a program developed by the Boys & Girls Clubs of Coachella Valley. The 10-week program was designed to encourage healthy behavior in program participants by engaging them in nutrition and fitness classes at their local Boys & Girls Clubs. Participants then shared this knowledge with their community at Family Nights and other community events.

Nutrition  
Classes



Fitness  
Classes



Family  
Nights



Community  
Events



## Participants

Three Clubs:



Indio  
Mecca  
Jefferson

Most children  
visited the club  
more than twice per  
week



54

children  
participated in  
the Healthy  
Habits program



Average age:

12



Participant age range: 9 to 17

Gender:  
53% female  
47% male



## Evaluation

In order to measure health, three different types of outcome measures were collected:

- Health Knowledge
- Health Behaviors
- Objective Health Outcomes

Participants took a pre-test before the start of the Healthy Habits program (Time 1) and then a post-test after the 10-week program (Time 2)



## RESULTS



### Increased Health Knowledge

#### BEFORE

going through the Healthy Habits program, the students' average score on a 10-item health and fitness quiz was only 6 out of 10.



#### AFTER

going through the 10 weeks of the Healthy Habits program, the students' average score increased to nearly 9 out of 10 on the same survey!



### Increased Healthy Behavior: Fruit Consumption

Average daily fruit consumption increased from about



to about





pieces of fruit at Time 1



pieces of fruit at Time 2



Average daily consumption of 100% fruit juice also increased from about 2 per day to about 3 per day.

## Increased Healthy Behavior: Physical Activity

The average number of days per week that participants were active for 60 minutes or more significantly increased by almost a whole day.



## Improved Physical Fitness

To capture an objective measure of physical fitness, the Boys & Girls Club used the California Department of Education's physical fitness test, FITNESSGRAM, to measure aerobic capacity, which is a measure of physical fitness. Research shows that having high levels of aerobic capacity is associated with reduced risk of many diseases and illnesses, including high blood pressure, coronary heart disease, obesity, diabetes, and cancer.

Aerobic capacity is measured by a VO<sub>2</sub>max score, which is the maximum rate of oxygen uptake. VO<sub>2</sub>max scores take into account a person's height, weight, age, gender, and running speed.

VO<sub>2</sub>max scores can fall into three categories defined by the California Department of education: the healthy fitness zone (HFZ), needs improvement, and needs improvement-health risk.

At Time 1:



At Time 2:



00%

of students with VO2max scores were in the "HFZ"

70%

of students with VO2max scores were in the "HFZ"

## Specific Successes:



6 students improved from "needs improvement" to "HFZ"



2 students improved from "health risk" to "needs improvement"



6 students whose scores were too low to even qualify as "health risk" were now able to have valid scores--and three of them even made it all the way to "HFZ"!



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For more information on the evaluation of this program, read the complete report.

All data were collected by the Boys & Girls Clubs of Coachella Valley. All data analysis and report-writing was conducted by Health Assessment Resource Center (HARC). This infographic was prepared by HARC's Director of Research and Evaluation, Dr. Jenna LeComte-Hinely, using Piktochart.