A K-12 school-university partnership that focuses on healthy eating and physical activity as key strategies for improving academic achievement.

Overview
The latest research shows that when schools provide daily opportunities for physical activity and healthy eating, their students are more on-task in the classroom, demonstrate increased concentration, and exhibit higher academic achievement compared to schools not implementing these best practices (Robert Wood Johnson Foundation, Action for Healthy Kids).

In the HELM project, the Rocky Mountain Prevention Research Center (RMPRC) will partner with K-12 schools to increase opportunities for physical activity and healthy eating. The RMPRC will provide schools with significant financial and human resources devoted to training and equipment. In exchange, K-12 principals will support their PE teachers in implementing a PE curriculum (SPARK). Each elementary school will establish a health team that includes the principal. Together, they will participate in a strategic planning process (AIM) that will result in increased physical activity and healthy eating for students.

HELM Components and Outcomes:

San Luis Valley Physical Education Academy
(SPARK PE Curriculum, Equipment, Training, Site Coordinator Support)

Students will:
- Meet the new CDE Health & PE standards
- Meet national daily recommendations for physical activity
- Enjoy lifelong physical activity

AIM
(RMPRC facilitates elementary schools in a planning process to create opportunities for healthy eating and physical activity)

K-12 Principals & PE teachers participate in professional development & implement SPARK
Elementary School AIM Health Teams participate in 10 strategic planning meetings
Complete surveys and interviews

Per School:
- $4K for AIM Health Teams
- $3-$10K in PE Equipment
- Professional development & release time
- AIM facilitator and 2 PE site coordinators

RMPRC Commitment

Timeline:
2010-2011: RMPRC recruits schools, collects baseline data, distributes SPARK curriculum
2011-2012: RMPRC distributes SPARK equipment, schools attend SPARK workshops, begin AIM, & complete surveys and interviews
2012-2013: SLV PE Academy and AIM Health Teams continue initiatives; final data collection

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