

iAmHealthy Final Report

- iAmHealthy was a free school-based program that helped Kansas families (grades 2- 4) learn about healthy lifestyles.
- This program was funded by the National Institutes of Health and focused on changing behaviors to help rural children and their families to live healthier lives.
- Families either received (1) an e-newsletter or (2) televideo group-based services, both of which provided information on healthy lifestyle approaches:
 - Monthly e-newsletters focused on healthy lifestyle tips, recipes, and activities for the whole family
 - Televideo group-based and one-on-one meetings helped families set individualized health goals and strategies



18
Elementary Schools



141
Families



Families were randomized
to 1 of 2 groups

Way to go!

After participating in iAmHealthy for 8 months, students were more active and ate fewer red foods*!

*Red food- food with >7 grams of fat and/or >12 grams of sugar

Results from All Schools



↑15%
Increase in step count
7,836 to 9,007 average steps



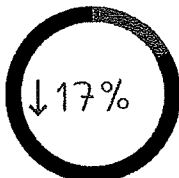
↑13%
Increase in moderate to vigorous physical activity
52 to 59 average minutes



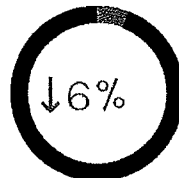
↓16%
Decrease in red food* count
7.1 to 5.9 average count



↓15%
Decrease in red food* servings
6.7 to 5.7 average servings



↓17%
Decrease in sugar sweetened drinks
1.1 to .9 average servings



↓6%
Decrease in sedentary time
498 to 468 average minutes

Parent Testimonials

"I did think it was valuable...to be more aware of the foods that she ate and how it affects you and your body..."

"A really good program and really well relatable to kids..."

"I thought overall we had a really good experience with the program."

Thank you to all the families who participated from December 2011 to November 2020, and to all iAmHealthy school representatives!



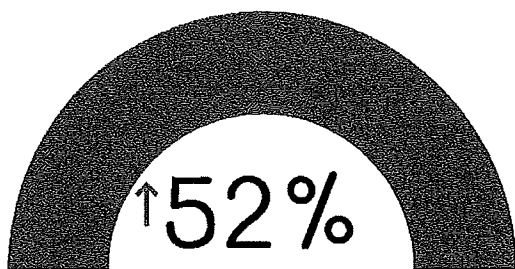
Select Results from

Ellsworth Elementary School

After participating in iAmHealthy for 8 months, students at Ellsworth Elementary School reported:

- Average **red food* servings** decreased by **12%** (5.8 to 5.1 average servings)
- Average **red food* count** decreased by **14%** (6.3 to 5.4 average food count)
- Average **fruit and vegetable servings** increased by **52%** (1.5 to 2.2 average servings)
- Average **moderate to vigorous physical activity** increased by **4%** (53 to 55 average minutes)
- Average **sedentary time** decreased by **6%** (465 to 439 average minutes)

*Red food= food with ≥ 7 grams of fat and/or ≥ 12 grams of sugar



The percentage of increased consumption of average fruit and vegetable servings by Ellsworth students

A special thank you to the Ellsworth Elementary School families who participated, and to the iAmHealthy school representatives there, Traci Sallman and Bonnie Peterman!