



STEPS TO HEALTH: Making the **HEALTHY** Choice the **EASY** Choice

Steps to Health educates and inspires North Carolinians to eat healthfully, be active, and save more through targeted programs for youth and adults facilitated through Cooperative Extension in your county. Our goal is to help participants make healthy choices within a limited budget and choose physically active lifestyles.

Steps to Health programs provide enriching health education to your students while respecting your health and safety. Our programs come complete with curriculum, enrollment forms, data collection instruments, and educational extenders for your participants—making them easy to facilitate wherever YOU are! As you plan for your next year, we encourage you to consider Steps to Health as a key component of your school year.

Each program is described below, as well as a brief description of how we can support you throughout the 2020–2021 school year.

SCHOOL-BASED PROGRAMS



Color Me Healthy: Children learn by using color, music, and exploration of the senses that healthy eating and physical activity are fun! Each lesson is

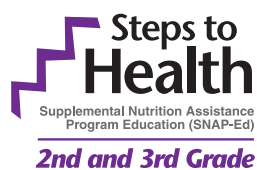
centered around a specific topic and includes taste tests and physical activity breaks.

Age: 4–5 years old

Length: Nine 20–30 minute lessons weekly

Materials: Each session has a handout with nutrition tips, physical activity suggestions, reading recommendations, and recipes for the child to take home to a caregiver. Each child will receive a certificate when they “graduate” from our program.

Evaluation: Parent and teacher feedback forms are collected at the start and end of the program.



2nd and 3rd Grade: Kids get inspired to try new foods and incorporate daily movement with hands-on activities, games, physical activities, and taste tests.

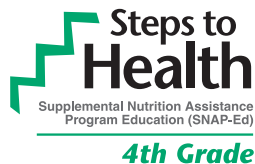
Age: 7–9 years old

Details: Nine 30–45 minute lessons weekly

Materials: Each student is provided with activity worksheets and a handout to take home to a caregiver with nutrition tips, physical activity suggestions and a recipe to try. Students receive a certificate when they complete the program!

Evaluation: Students provide their feedback on a pre- and post-survey while caregivers and teachers complete a feedback form.

SCHOOL-BASED PROGRAMS, continued



4th Grade: Inspiring students to plant, grow, and try a variety of vegetables while learning about nutrition and physical activity.

Each lesson includes taste tests, physical activity, gardening experiences, and educational games.

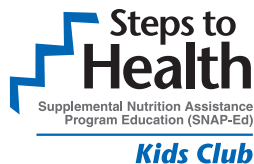
Age: 9–11 years old

Details: Twelve 30–45 minute lessons weekly

Materials: Students are provided with worksheets to complete during the lesson. A handout for adults with recipes, nutrition information and physical activity is sent home with each student. Students are awarded a certificate when they complete the program!

Program Notes: You can work with your Family and Consumer Sciences (FCS) Extension Agent to involve your Horticulture Extension Agent and Extension Master Gardeners to help deliver this program and share the love of gardening with your students. In response to COVID-19, seed packets may be provided to classrooms in lieu of the school garden. Please speak with your local FCS agent about this possibility for your students.

Evaluation: Students will provide feedback on pre- and post-surveys. Caregivers will be asked to complete a feedback form.



Kids Club: This program teaches children about nutrition and physical activity through interactive games and hands-on activities, it is ideal for after

school and community-site settings. Each session includes a taste test and an abundance of physical activity.

Age: 5–12 years old

Details: Eight 20–30 minute lessons weekly

Materials: Students are provided a recipe/nutrition activity book, physical activity boosters, and handouts to take home to an adult with nutrition tips and healthful suggestions. All participants receive a certificate when they complete the program!

Evaluation: Students complete a pre- and post-survey and host organizations are encouraged to complete a feedback form at the end of the program.

Eligibility

Schools are eligible for Steps to Health programming if they participate in the National School Lunch or Breakfast Program. The school must have at least 50% of students receiving free or reduced meals. Check with your FCS agent to ensure that your school is eligible for Steps to Health school-based programs.

COMMUNITY-BASED PROGRAM



Take Control: This comprehensive program empowers adults to learn about preventable chronic diseases. Each session includes a brief physical activity break, a

recipe demonstration, goal-setting, and a review of helpful nutrition strategies.

Age: 18 years and older

Details: Eight 1 hour lessons weekly

Materials: Participants are provided handouts with nutrition information, a suggested recipe, guided goal tracking and physical activity tips.

Evaluation: Participants complete a pre- and post-survey.

Eligibility

A site is eligible for Steps to Health programming if that site is documented to serve generally low-income populations where at least 50% of people have a gross income at or below 185% of the Federal Poverty Line. Some sites automatically qualify including but not limited to: public housing developments, congregate nutrition sites, county health department programs, homeless and domestic violence shelters, prisoner reintroduction programs, food pantries, soup kitchens, and Head Start facilities. Check with your FCS agent to ensure that your site is eligible.

COVID Disclaimer: To reduce risk associated with COVID, taste tests have been suspended. Food demonstrations and sensory experiences are available in lieu of taste tests at this time. Taste tests will return with normal programming following resolution of the pandemic.

Delivery Modalities

In-Person



A traditional approach to direct nutrition education. A Steps to Health educator physically visits the classroom, community center, faith-based organization, or education site. They bring all the materials, food, and equipment to teach participants about healthful eating, physical activity, and mindfulness. Each lesson includes a brief physical activity break and a taste test of a delicious and affordable recipe.

- A Steps to Health facilitator comes to the classroom physically
- Hands-on demonstrations and activities
- Very little facilitation required from partners (i.e. teachers, counselors, etc.)
- Materials are provided
- Most interactive

Hybrid In-Person/Distance Education



In this approach, a Steps to Health educator will help facilitate programs with both recorded lessons and live programming via virtual platform. This educational approach is most suited for groups who are still meeting in-person; but, who cannot support visitors on-site. Recorded lessons are at least 20 minutes long and include nutrition education, a food demonstration, and a brief physical activity break. The entire lesson is approximately an hour long and includes an interactive review of nutrition principles, discussions and review of handouts as well as demonstrations of physical activities and a healthful recipe. Most programs are eight classes long and it is recommended to offer one class a week to maximize retention of the principles taught.

- Steps to Health facilitators are **not** physically present in the classroom
- Materials can be delivered to your school/site and are available for download
- Can be flexible:
 - Facilitators can join the classroom via video conferencing software, or
 - Facilitators can provide recorded classes and join the classroom just for demonstrations
- Limited interaction with the Steps to Health Educator
- Partners help facilitate the class via distribution of materials and in-person demonstrations (as appropriate)
- Demonstrations are done via virtual platform

Virtual Education



The most flexible of all Steps to Health educational offerings, virtual education provides access to Steps to Health content and programs via videos and video-conferencing. Virtual education is currently offered as pre-recorded program classes. Steps to Health facilitators are available via email, phone, and “office hours” where participants can visit with them via video-conferencing to ask program-related questions. This approach is completely self-directed and participants can watch food demonstrations and complete worksheets on their own time. Recorded classes are at least 20 minutes long and include nutrition education, a food demonstration, and a brief physical activity break.

- Steps to Health facilitators are **not** physically present in the classroom
- Minimal interaction with Steps to Health Educator
- Materials are available virtually for download
- Demonstrations are done via virtual platform
- Program is self-directed

Which programs are available and how do I include them?

Color Me Healthy and Take Control program classes are recorded and currently available. Recordings of all of elementary education curricula (2nd grade, 3rd grade, 4th grade, and Kids Club) are planned for release in early 2021.

If none of these options sound right, reach out to your NC State County Extension Office or your FCS agent and we can work together to accommodate your lesson plan, health, and safety!

Program Name	Site Location		Audience		Age Range					Number of Sessions			Time per Session			Teaching Modes Available		
	School-Based	Community-Based	Children	Adults	4-5 years old	7-9 years old	9-11 years old	5-12 years old	18 years old and above	8	9	12	20-30 minutes	30-45 minutes	1 hour	In-Person	Virtual	Hybrid (In-Person & Virtual)
Color Me Healthy	X		X		X						X		X			X	X	X
2nd and 3rd Grade	X		X			X					X			X		X	X	
4th Grade	X		X				X					X		X		X		
Kids Club	X		X					X		X						X	X	X
Take Control		X		X					X	X					X	X	X	X



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