

Take Charge Be Healthy[®]: Supplementing the MS/HS Health Curriculum with Web-based Instruction

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Presentation Outline

- ◆ Take Charge Be Healthy (TCBH) web-based module content and delivery
- ◆ Module development process and implementation to date
- ◆ Process and product evaluation outcomes
- ◆ Student learning outcomes
- ◆ Availability of TCBH and other resources in development

Take Charge Be Healthy[®]

- ◆ **Mission:** *Take Charge* seeks to empower youth to take responsibility for their own health behaviors through healthy lifestyle choices and education.
- ◆ **Goal:** improving teens' health through impacting knowledge, attitudes, and behaviors
- ◆ **Focus Areas:** Physical Activity, Nutrition, Related Health (diabetes, weight management, CVH risk factors)
- ◆ **Targeted Audience:** 12-18 year olds (Middle and High School students); teachers

Development of Take Charge Be Healthy®

- ◆ In 2001, Healthy Hearts for Kids (HH), a web-based module for 5th grade students was made available to all WV 5th grade teachers.
- ◆ Results from HH showed significant changes in students knowledge and attitudes related to physical activity, nutrition, and tobacco use.
- ◆ With the success of HH, Take Charge Be Healthy® was conceptualized as a supplement to the middle and high school health curriculum in WV
- ◆ Funding was made available through the WV BPH (CVH Program), the Claude W. Benedum Foundation, WV Governor's office, and the WV CARDIAC Project
- ◆ Take Charge Be Healthy® (TC) was developed in 2007 and first piloted in 2008.

Take Charge Be Healthy[®]

- ◆ The module was designed with a “teen feel” including more interactive areas, the latest in flash animation and graphics depicting real teens in real “everyday” situations.
- ◆ The program was initially piloted in three middle schools and two high schools in WV during the 2006-2007 school year. It was released to all interested schools for the 2007-2008 school year.
- ◆ Initial data analysis indicates significant changes in attitudes and behaviors of all users toward a healthier lifestyle.

Core Content Focus

Take Charge Be Healthy® focuses on three main content areas:

Nutrition
Physical Activity
Related Health



Program Content encourages:

- ◆ Health literacy
- ◆ Positive decision making
- ◆ Health advocacy
- ◆ Recognition of influences (i.e. home, community, environment, media)
- ◆ Self-discovery and goal setting

Desired Outcomes

- ◆ Increased knowledge
- ◆ Positive attitudes
- ◆ Improved behavior

Web-based program that focuses on improving teen's health through impacting knowledge, attitudes, and behaviors as they relate to physical activity, nutrition, and health.

Take Charge
BE HEALTHY

Take charge of your health

Take The Tour! | Take Charge Home

Login
username:
password:
Log In ▶
Teachers Sign Up Now!
Register ▶

Speak Out Loud ▶
It's your opinion...

Poll **View Archive** ▶
Which item do you think is the most popular food choice in your schools' vending machine?
 Potato chips
 Pretzels
 Candy
 Cereal / energy bar
 No vending machine
Submit ▶

Enter 10 Goals
for a chance to **WIN**
a \$50 Amazon Gift Card

Teachers Info ▶
Teachers view more information about Take Charge! and how to integrate it in your curriculum.
Parents Info ▶
Parents want to get involved with your teens health? Click here to find out how!

ASH THE EXPERTS
You have questions? You want answers? Ask one of the experts today!
Read More ▶

Media Mania
Talk about what you see in the media T.V., Magazines, Billboards? It's Mania! Don't be pushed around by the media. Check out Media Mania and tell us what you think about today's advertising tactics?
Read More ▶

Your Physical Activity
Are you physically active or a couch potato? Read about the benefits of being active, and find new physical activities that you can enjoy...
Nutrition / Physical Activity / Health

Log It
Track your daily diet, physical activity, pedometer steps, and/or screen time by logging in your activities and then viewing your progress. You can also set goals to improve your health, and monitor your success!
Read More ▶

Game On!
All work and no play? NO WAY! Check out cool interactive games you can play...
Read More ▶

Newsletter ▶
What's the Buzz?
Title: Philly school effort cuts weight gain
Intro: NEW YORK - Five Philadelphia elementary schools replaced sodas with fr...
The Real Files
Name: Shawna M.
Age: 14
Location: Topeka, KS
Trivia Break
What is the average number of times your heart ...
Recipe of the Week
Cucumber Crackers
Sensational Almond Joy Pudding
Submitted by: Cheryl B, WV
Physical Activity of the Week
TV Commercial Exercise
Yoga and Pilates
Submitted by: Holly M, WV
Speak Out Loud Results
In a recent survey, we asked teens just like you about your physical activity habits. We got a lot of respsens...
Fitness Calender

Day	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Goal							
Actual							

Read More ▶

The Apprenticeship
who will be expelled next?
Check out real teens tackling today's health issues head to head. Read their entries, and decide who is cut out for the Apprenticeship. And if you don't like their answers, submit your own!
Read More ▶

Website can be accessed from outside of school providing teens with an opportunity to continue using the module at home.

The screenshot shows the 'Take Charge Be Healthy' website. At the top, the logo features the text 'Take Charge' in a large, bold, white font on a red circular background, with 'BE HEALTHY' in a smaller font below it. To the right of the logo is the tagline 'Take charge of your health' and a photograph of five diverse people in a gym setting. Below the logo is a navigation bar with the text 'Take The Tour! | Take Charge Home'.

The main content area is divided into several sections:

- Login:** A form with fields for 'username:' and 'password:', a 'Log In' button, and links for 'Teachers Sign Up Now!' and 'Register'.
- Speak Out Loud:** A section with the text 'It's your opinion...' and a right-pointing arrow.
- Poll:** A section titled 'View Archive' with the question 'Which item do you think is the most popular food choice in your schools' vending machine?'. It includes radio button options for 'Potato chips', 'Pretzels', 'Candy', 'Cereal / energy bar', and 'No vending machine', and a 'Submit' button.
- Enter 10 Goals:** A promotional banner for a contest to win a '\$50 Amazon Gift Card'.
- Your Physical Activity:** A section featuring an image of a person skateboarding, the text 'Are you physically active or a couch potato? Read about the benefits of being active, and find new physical activities that you can enjoy...', and a 'Read More' link.
- Log It:** A section with an image of a woman and the text 'Track your daily diet, physical activity, pedometer steps, and/or screen time by logging in your activities and then viewing your progress. You can also set goals to improve your health, and monitor your success!', and a 'Read More' link.
- Game On!:** A section with an image of a Pac-Man character and the text 'All work and no play? NO WAY! Check out cool interactive games you can play...', and a 'Read More' link.
- Newsletter:** A section titled 'What's the Buzz?' with a 'Read More' link. It includes a featured article titled 'Philly school effort cuts weight gain' with an intro about Philadelphia elementary schools replacing sodas. Other links include 'The Real Files' (Name: Shawna M., Age: 14, Location: Topeka, KS), 'Trivia Break' (What is the average number of times your heart...), 'Recipe of the Week' (Cucumber Crackers, Sensational Almond Joy Pudding, Submitted by: Cheryl B, WV), 'Physical Activity of the Week' (TV Commercial Exercise, Yoga and Pilates, Submitted by: Holly M, WV), and 'Speak Out Loud Results' (In a recent survey, we asked teens just like you about your physical activity habits. We got a lot of responses...). At the bottom of the newsletter section is a 'Fitness Calender' table with columns for 'Day' and 'Date'.
- Teachers Info:** A section with the text 'Teachers view more information about Take Charge! and how to integrate it in your curriculum.' and a 'Read More' link.
- Parents Info:** A section with the text 'Parents want to get involved with your teens health? Click here to find out how!' and a 'Read More' link.
- Ask the Experts:** A section with an image of a doctor and the text 'You have questions? You want answers? Ask one of the experts today!' and a 'Read More' link.
- Media Mania:** A section with an image of a television and the text 'Talk about what you see in the media T.V., Magazines, Billboards? It's Mania! Don't be pushed around by the media. Check out Media Mania and tell us what you think about today's advertising tactics?' and a 'Read More' link.
- The Apprenticeship:** A section with an image of a person and the text 'Check out real teens tackling today's health issues head to head. Read their entries, and decide who is cut out for the Apprenticeship. And if you don't like their answers, submit your own!' and a 'Read More' link.

How is Take Charge Be Healthy® Different for the teacher?

- ◆ Web-based learning gives teachers the opportunity to engage students in an environment that is comfortable to them.

“We are teaching students of the “@” generation and they expect to learn in their language. Interactive web-based programs are written in a language they can relate to and understand.”

*Ann Wells, Health Teacher
Princeton, WV*

How is Take Charge Be Healthy® Different for the student?

- ◆ This type of instruction create opportunities for dynamic learning with interactive and multi-media components.
- ◆ Students can interact with the material and learn valuable study skills as they are in control of what they take in and remember.

TC: 411

✓ Your **Nutrition** ✓ Your **Physical Activity** ✓ Your **Health**

Pre-Quiz **The 411**   

✓ **411** ▶

✓ Do You Know? ▶

✓ Media Mania ▶

Game On ▶

Post Quiz



 **The Apprenticeship**

Speak Out Loud
It's your opinion... ▶

Your healthy body weight ...what is right for you?

For teens, this question is hard to answer! There are many variables that play a role in a healthy body weight. There is no single right weight for everyone - even for two people who are the same height and age. Here are three of the main reasons:

- Puberty affects your growth and development.
- We all have different body types.
- You inherit certain traits from your parents.

FACT:
The Average height increase in one year for a 13 year-old male is 3 inches.



During Puberty...

...your body begins making hormones that spark physical changes like faster muscle growth, and spurts in height and weight gain. Once you enter puberty, you can expect to see changes for several years. Some of you began puberty at 8 years old ...others at 14. So, you can see how it can be very normal for two people who are the same age and height to have very different body weights.



Your Healthy Body Weight

What is Diabetes?

Ticker Facts

Reality Check...

Take Charge!

TC: 411

- ◆ The 411 is the primary content delivery section
- ◆ This section covers the various components of each topic and concludes with a summary page that empowers students to *Take Charge!* of the health decisions that shape their life.



Your Physical Activity (PA)

The PA 411 teacher students...

- ◆ What is physical activity?
- ◆ How does fitness “fit” into my life?
- ◆ Alternatives to traditional organized sports
- ◆ The importance of setting goals.

Your Physical Activity 411

Physical Activity What, why & how?

Fitness Factor How does it fit in?

PA 4 Me! New Ideas!

“Goal”den Rules Set your goals

Take Charge! Be physically active!

Take Charge **INTERACTIVE**

Clickable “myth” facts helps students see through the un-truths related to physical activity

FICTION



Sports Drinks are better for you than water while exerc

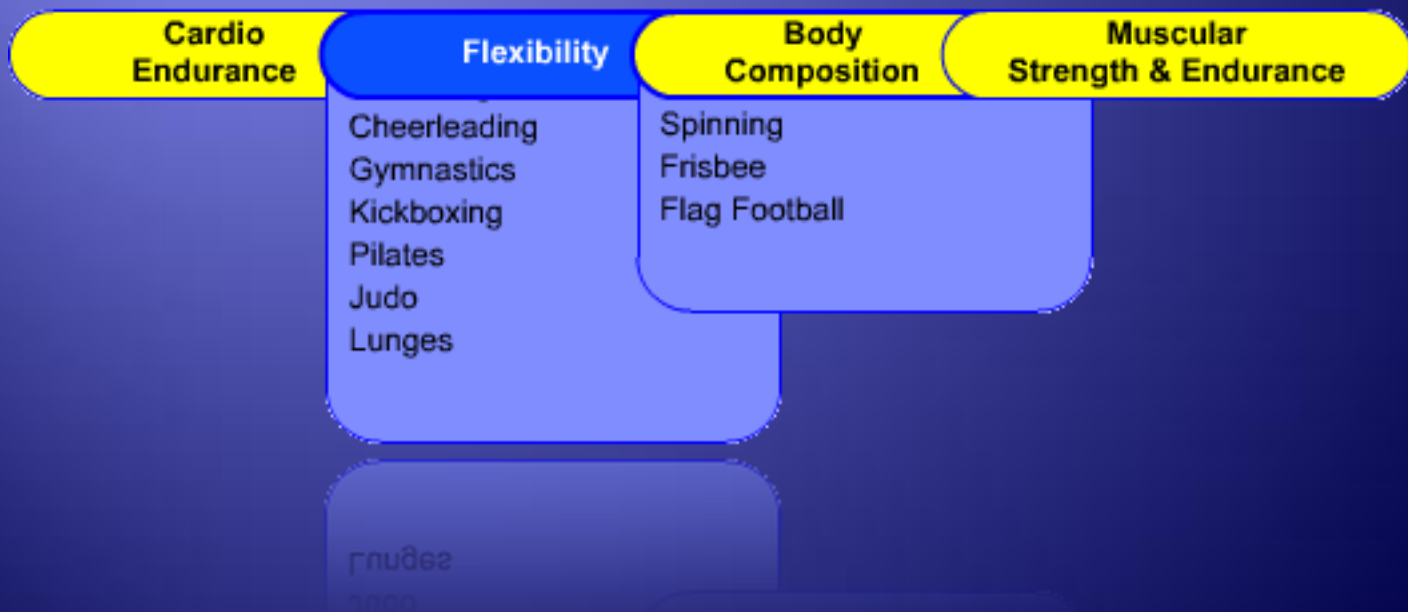
TRUTH

Unless you are exercising more than 90 minutes or in really hot weather, the carbs and electrolytes in sports drinks do not really help your performance, so water is just as good for you.



Take Charge **INTERACTIVE**

Interactive flash items make lists and charts come alive and captivate students.



Your Nutrition

The Nutrition 411 teaches students...


- ◆ About healthy eating
- ◆ How energy balance affects weight gain
- ◆ The importance of reading food labels
- ◆ Why portion sizes are a key factor in nutrition

Your **Nutrition** 411

- Why Eat Healthy?** Affects on you
- Energy Balance** Energy In - Energy Out
- Label me SMART** You're eating what?
- Portion Distortion** Portion size facts
- Take Charge!** Make healthy choices

Take Charge INTERACTIVE

The Balancing Act!



A glazed donut contains about how many calories?

- A) 200
- B) 300
- C) 400**

CORRECT! There are about 400 calories in just one glazed donut. That is almost 20% of your daily calorie need in just one tiny snack.

Burn-Away

How many minutes of physical activity are required to burn off those calories?

Low-Intensity	135 minutes
Moderate-Intensity	60 minutes
Vigorous-Intensity	30 minutes

[Next]

Students learn how energy balance plays a significant role in weight management

Your Health

The Health 411 teaches students...

- ◆ What a healthy body weight is for a changing teenager
- ◆ About the risks and management of diabetes
- ◆ How genetics can influence your health



Your Health 411

Healthy Body Weight What is yours?

What is Diabetes? Type I and II

Your Genes It's what your made of

Reality Check... What affects your health?

Take Charge! Reduce unhealthy risks!

Take Charge **INTERACTIVE**

Healthy Body Weight Calculator

Gender: Male Female

Age: year month

Height: feet inches

102-143

The Healthy Body Weight Calculator takes the students information and gives them their ideal body weight range



Your **Nutrition**



Your **Physical Activity**



Your **Health**

Pre-Quiz

411

Do You Know?

Media Mania

Game On

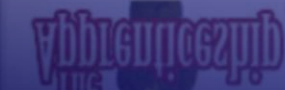
Post Quiz




Speak Out Loud

It's your opinion...
It's your opinion...

Speak Out Loud



Do You Know

It is unlikely for a heart attack victim to feel pain or discomfort in other areas of the body besides the chest, such as the arms, neck, back, jaw, or stomach.

- true
- false
- NOT AN ANSWER CHOICE
- NOT AN ANSWER CHOICE

1 of 10



TC: Media Mania

- ◆ View popular media (video clips, billboards, etc)
- ◆ encourages students to critically analyze and voice opinions about media
- ◆ Empower students to see beyond the magic of media.

The screenshot shows the 'Media Mania' website interface. At the top, there is a header with the title 'Media Mania' in a stylized font, and three icons: a banana, carrots, and a carton of milk. Below the header, there are two navigation buttons: 'Media Mania' and 'See Other Students' Responses'. The main content area is divided into three tabs: 'Introduction', 'Media 1', and 'Media 2'. The 'Media 1' tab is active, displaying a video player with a video thumbnail showing a woman in a white crop top and a man in a blue jacket. Below the video player, there is a progress bar and playback controls. To the right of the video player, there is a text area with the following content:

Media Name:
"Brittney and Pepsi"

Things to Consider:
"With so many drink choices out there, ads like this go to great lengths to help you forget that a single can (just like the one Brittney is holding) has 150 calories, lots of sugar, caffeine, and NO nutritional value.

Ads like this one try to associate their product with someone who teens admire. Dont be fooled, Brittney probably steers clear of

Below the text area, there is a question: "Who is the target audience for this media?" followed by a row of checkboxes: Children, Teens, Adults, Females, Males, and Everyone. A red button labeled "Description" is positioned to the right of the checkboxes. The bottom of the screenshot shows a blurred view of the same interface, suggesting a scroll or a second instance of the page.

TC: Log It

- ◆ Self reporting tool to help teens track their daily physical activity and diet
- ◆ 2-day recall
- ◆ Instant feedback based on user input
- ◆ Opportunity for students to set goals related to feedback





Activity Tracker



Physical Activity Pedometer Screen Time Goal Met

Nam liber tempor cum soluta
nobis eleifend option congue nihil
imperdiet doming id quod mazim
placera facer possim assum.

Diet Diary



Fruits Vegetables Goal Met

Nam liber tempor cum soluta
nobis eleifend option congue nihil
imperdiet doming id quod mazim
placera facer possim assum.



Your Hike

Invidunt ut labore et dolore magna aliquyam erat, sed diam voluptua. At vero eos et accusam et justo duo dolores et ea rebum. Stet clita kasd gubergren, no sea takimata sanctus est Lorem ipsum. Invidunt ut labore et dolore magna aliquyam erat, sed diam voluptua. At vero eos et accusam et justo duo dolores et ea rebum.

[Enter Your Hike](#)



Step 2: Add Pedometer Steps Step 3: Add Screen-Time Activities Summary

Activities



Welcome to the Activity Tracker. Here you will choose all the physical activities you participated in on **3/22/2011**, the level of intensity, and the amount of time you spent doing those activities. When you are done, click "Continue" at the bottom. Be sure to think about what you did before and after school, during P.E. class, or any other time you were physically active.

Record Activities for 3/22/2011
Remember...record only what you did yesterday.

Note: Click on the [Info](#) to see a description of the activity.

	During School			After School		
	How Long?	Level of Intensity?	Where?	How Long?	Level of Intensity?	Where?
Ball Playing Info	-Time-	-Rate-	-Place-	-Time-	-Rate-	-Place-
Baseball/Softball	-Time-	-Rate-	-Place-	-Time-	-Rate-	-Place-
Basketball	-Time-	-Rate-	-Place-	-Time-	-Rate-	-Place-
Bicycling	-Time-	-Rate-	-Place-	-Time-	-Rate-	-Place-
Bowling	-Time-	-Rate-	-Place-	-Time-	-Rate-	-Place-
Chasing and Tagging Games	-Time-	-Rate-	-Place-	-Time-	-Rate-	-Place-
Combatives Info	-Time-	-Rate-	-Place-	-Time-	-Rate-	-Place-
Dancing Info	-Time-	-Rate-	-Place-	-Time-	-Rate-	-Place-

Combatives
Description: karate, judo, wrestling, boxing, etc.



FRUITS

Berries - Blackberries

5

Total FRUITS: 5

Feedback



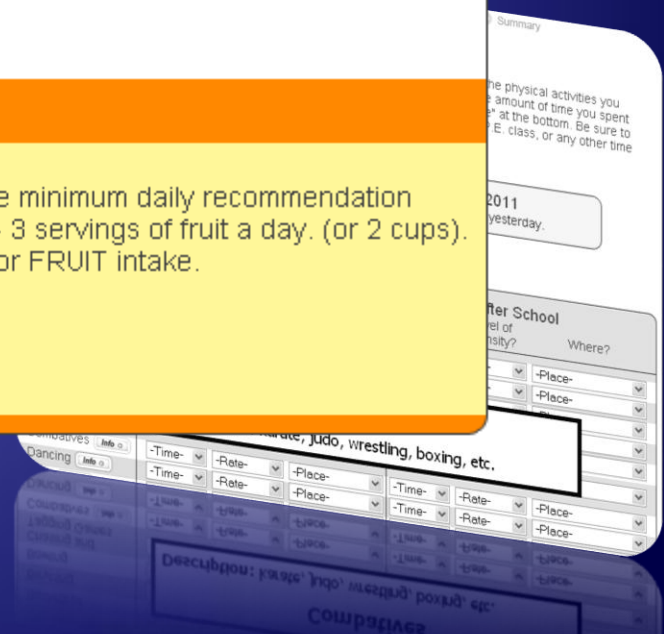
You ate 5 servings of fruits yesterday. GREAT! Keep it up! Ideally, strive for 3 servings (or about 2 cups) of fruits each day.

Set Fruit Goal



Are you eating enough fruits each day? Remember, the minimum daily recommendation according to most national organizations is between 2 - 3 servings of fruit a day. (or 2 cups). Based on your results above, set a goal for tomorrow for FRUIT intake.
[View Goal Report](#)

Fruit Goal:





Take Charge
of Your Health



[Teen Main](#) | [Log It Home](#) | [Goal Report](#) | [Log Out](#)

[Return to Log It Home](#) 
[Return to Diet Diary Calendar](#) 

Diet Diary

Thank You, Demo User, for setting Diet Diary goals!

Fruit Goal Set



For your next Logit entry, you have set a goal to eat at least 6 servings of fruit.

[Back to Log It Home](#) 

you
spent
sure to
er time

- Place-
- Place-
- Place-
- Place-
- Place-

TC: Ask an Expert

- ◆ Getting real answers to real questions (from real experts!)

Thanks for submitting your question!
Remember to always ask your parents or your doctor if you have concerns about your health such as body weight, diet, or the amount of physical activity that is right for you!



Ask the Expert

You've got questions? Hey they have answers! Pick an expert from the drop down list and send them your question. Check your message center often to see if your question was answered on Take Charge! Don't worry, you don't have to put your name, just your question.

Select an Expert

Health - Dr. William Neal



Ask Your Question

How do I become more physically active?

Submit Your Question

TC: Speak Out Loud



Speak Out LOUD



Speak Out Loud (SOL) is a place where you can express your opinions about various topics. You have a voice, let it be heard! You can take any of the three surveys below by clicking "Take the survey". To view past survey results, check out the archives to the right. Remember, if you complete two surveys you are eligible to win a Walmart Gift Card

**All About
Screen Time**

Take the survey

coming
soon

**Your
Nutrition**

Take the survey

coming
soon

**Your
Physical
Education**

Take the survey

Check out the
ARCHIVES
click here

**Your PE
Results**

TC: Speak Out Loud

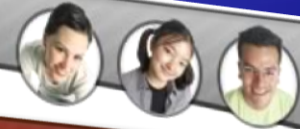
- ◆ Surveys about teen issues such as...
 - ◆ Screen Time
 - ◆ Nutrition
 - ◆ Physical Activity
 - ◆ Handheld Technology
 - ◆ and more...

The screenshot shows the 'Speak Out Loud' website interface. At the top left, there is a 'Walmart Gift Card' logo. The main header features the 'Speak Out Loud' logo with a person speaking into a microphone. Below the header, a paragraph explains the site: 'Speak Out Loud (SOL) is a place where you can express your opinions about various topics. You have a voice, let it be heard! You can take any of the three surveys below by clicking "Take the survey". To view past survey results, check out the archives to the right. Remember, if you complete two surveys you are eligible to win a Walmart Gift Card.' Below this text are three survey buttons: 'All About Screen Time', 'Your Nutrition', and 'Your Physical Education', each with a 'Take the survey' button. To the right, there is a 'Check out the ARCHIVES click here' button with a red arrow pointing to a 'Your PE Results' button. At the bottom, there are more survey buttons for 'Screen Time', 'Nutrition', 'Education', and 'Results'.

Speak Out Loud

It's your opinion...

 [Current Survey](#)  [Survey Archive](#)



What's happening in your school cafeteria?

Speak your Mind about lunch at school!

Lunch time is a time to unwind and take a break, and recharge for the rest of your school day. We want to know about your cafeteria and your lunch choices!

1. Your gender*

- I am a male I am a female

2. Your age*

- Please Select - 

3. Your school grade*

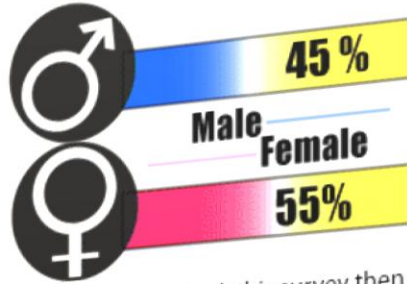
- Please Select - 

4. Rate your feelings about the quality of your school lunch program as it relates to nutritional quality (meeting the food groups, limiting fat, and unhealthy quantities of sugar, salt, starches, etc.). (1 being the lowest and 5 being the highest)

1 3 3 4 5

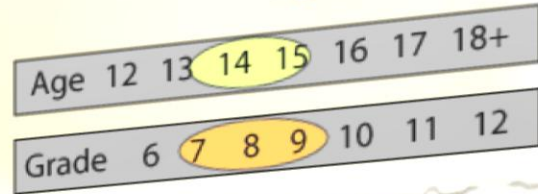
(1 being the lowest and 5 being the highest)
food groups, limiting fat, and unhealthy quantities of sugar, salt, starches, etc.).

4. Rate your feelings about the quality of your school lunch program as it relates to nutritional quality (meeting the



More males took this survey than females.

Participants age & grade



This survey was completed by mostly 13-15 year olds in the 7th-9th grade.

When do you spend more time watching TV or playing Video Games?

Survey Says...

the number one answer is

**In the evenings before bed...
66%**

2% - Before School

26% - Right after school

6% - I don't watch TV

How much time do you spend watching TV or playing video games?

Less than 1 hour

25%

1-2 hours

39%

3-4 hours

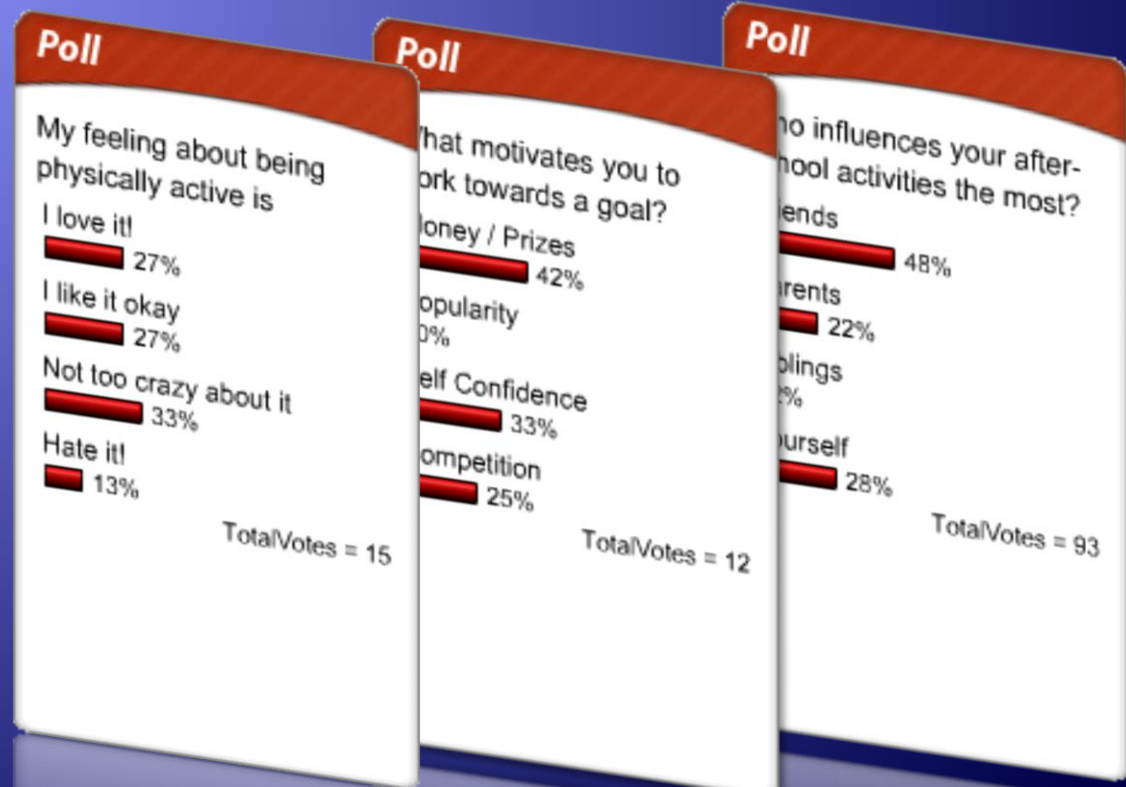
30%

More than 4 hours

6%

TC: Daily Polls

- ◆ Daily opportunities for students to voice their opinion on health related topics



TC: Teacher Tools

- ◆ Generate student unique IDs and Passwords
- ◆ Select topics and timelines
- ◆ Student content, quizzes, etc
- ◆ Track student completion and progress
- ◆ Communicate with students through TC



Class Management

In this area you can:

Add

- classes
- student
- topics

View

- class information
- individual student activity
- student ID cards
- pre/post knowledge scores
- current topic
- topic progression

Edit

- class profiles
- student profiles
- topic progression

Just click the button below to get started.

[Enter Class Management](#)

Enter Class Management

Teacher Tools Menu

Just click the button below to get started

TC Development Process

- ◆ “Lessons learned” from Healthy Hearts 4 Kids (healthyhearts4kids.org)
- ◆ Focus groups with 8th graders
- ◆ Experts in content areas, educational technology, and curriculum development
- ◆ Expert reviewers
- ◆ Pilot: two middle schools and one high school (2 years later)
- ◆ Modifications and expansion

◆ 2001 - 2010

States	49
Schools	1040
Teachers	1777
Students	34521



Healthy Hearts 4 Kids

WWW.HEALTHYHEARTS4KIDS.ORG

YEARS: 2001-02, 2002-03, 2003-04, 2004-05, 2005-06, 2006-07, 2007-08 to date

USER: West Virginia students

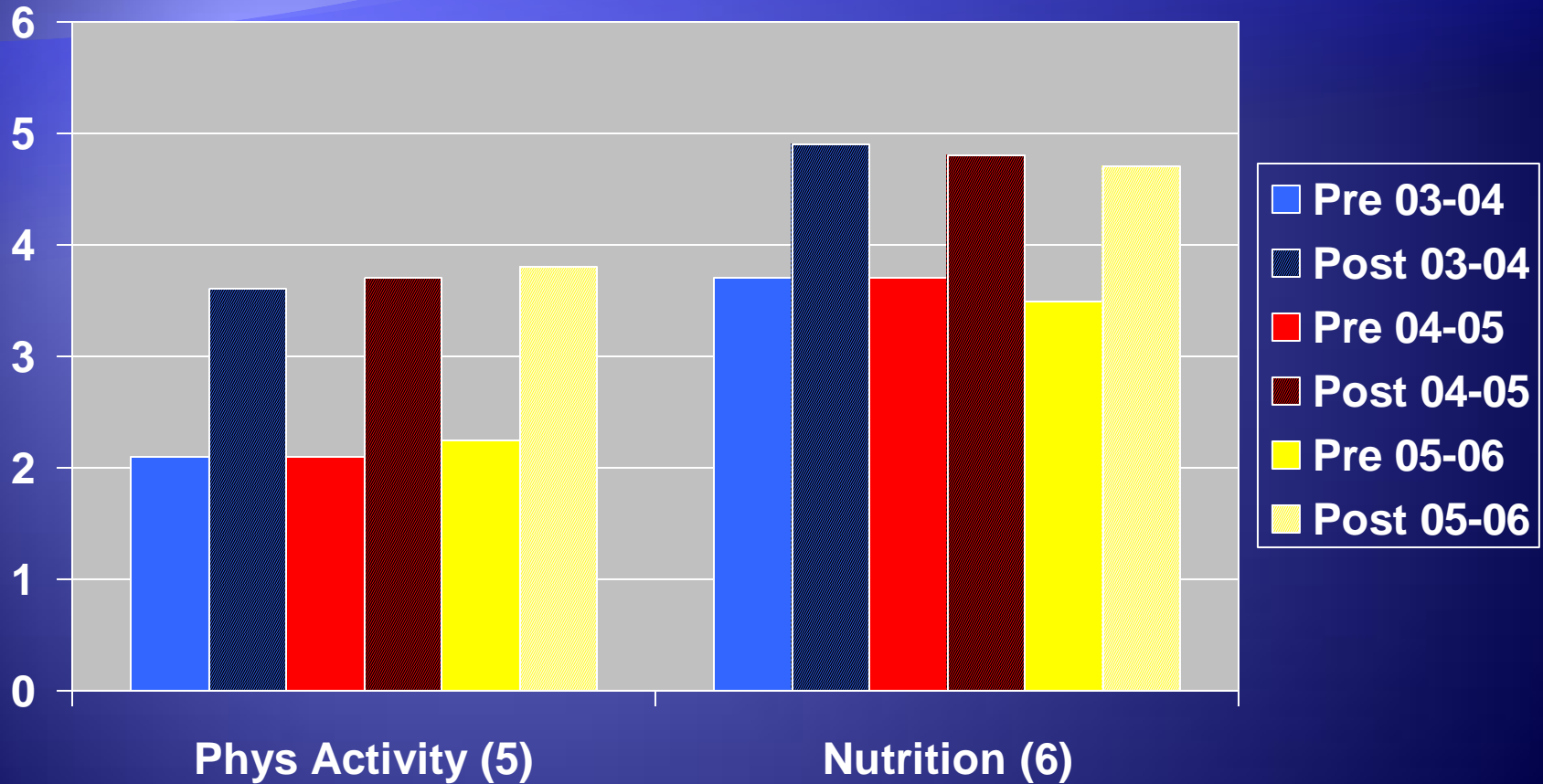
State:	# of Counties	# of Districts	# of Schools	# of Teachers	# of Classes	# of Students
WV	54	0	391	882	1155	18059

YEARS: 2001-02, 2002-03, 2003-04, 2004-05, 2005-06, 2006-07, 2007-08 to date

USER: All States

# of States	# of Counties	# of Districts	# of Schools	# of Teachers	# of Classes	# of Students
45	298	138	900	1422	1884	27791

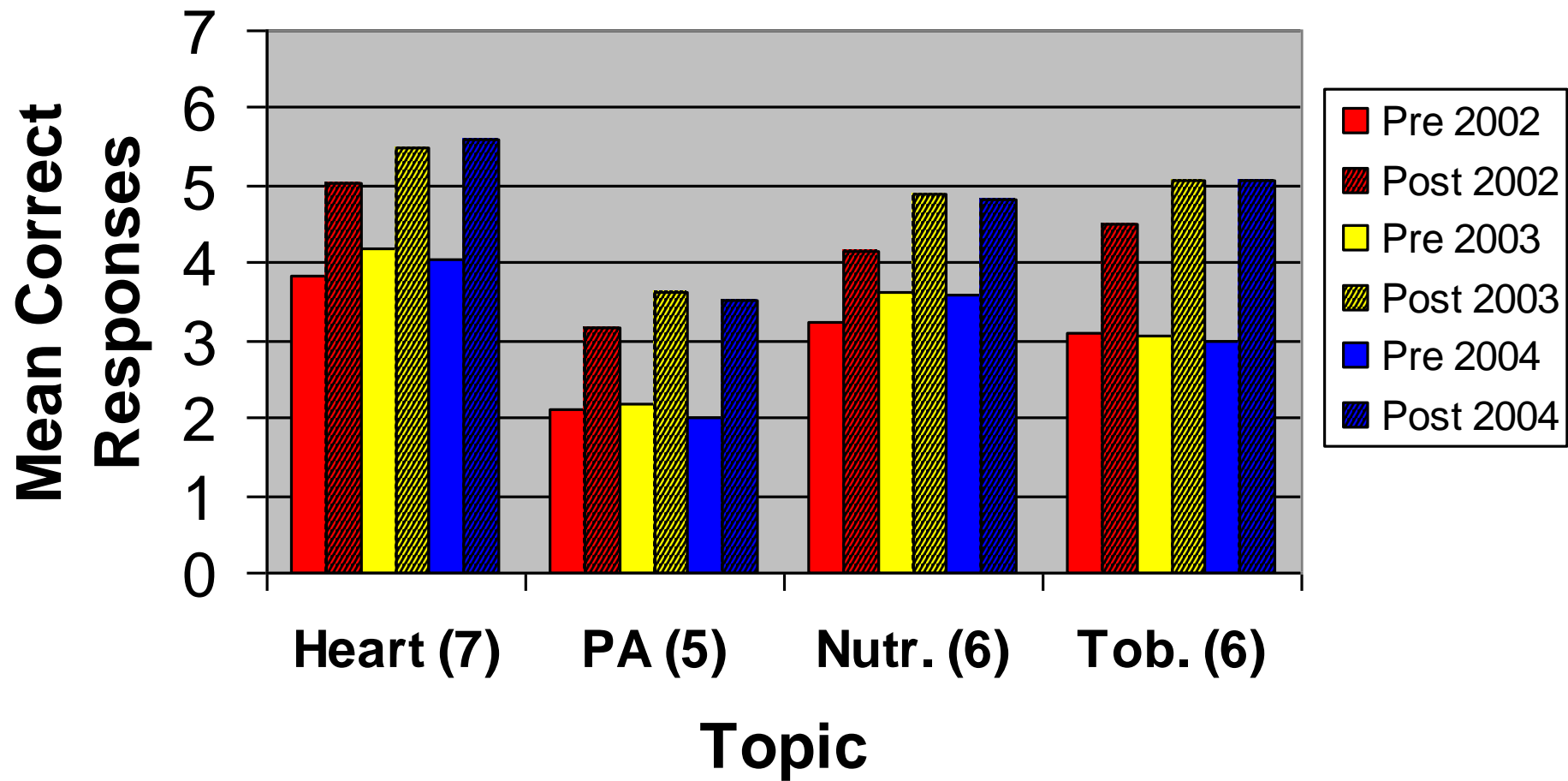
Knowledge Results 2004 – 2006*



Unit of Analysis = Class

* All changes significant at $p < 0.01$

Knowledge Results 2002 – 2004*



Unit of Analysis = Class

* All changes significant at $p < 0.01$

Sample Knowledge Question: *Physical Activity*

What is the MINIMUM number of **minutes** each day experts recommend you should be physically active?

(15, 30, 45, **60**, 90)

	Pre	Post
2003-04 Correct Response	39.05%	70.23%
2004-05 Correct Response	42.1%	86.6%
2005-06 Correct Response	26.4%	85.0%

Significant pre/post change at $p < 0.01$

Sample Attitude Question: Nutrition

Percent of Students reporting the likeliness they will eat 5 fruits and vegetables tomorrow

	2003-2004		2004-2005		2005-2006		2006-2007	
	Pre	Post	Pre	Post	Pre	Post	Pre	Post
Probably or definitely will	34.2 %	55.1%	37.4%	52.2%	35.4%	50.9%	38.4%	47.5%
Probably or definitely WILL NOT	29.4%	14.4%	26.0%	11.5 %	30.0%	14.9%	23.1%	13.9%

Significant pre/post change at $p < 0.01$

Sample Attitude Question: Nutrition

Percent of Students reporting the likeliness they will drink
2 or more soft drinks tomorrow

	2003-2004		2004-2005		2005-2006		2006-2007	
	Pre	Post	Pre	Post	Pre	Post	Pre	Post
Probably or definitely will	54.0%	31.5%	43.4%	24.9%	42.3%	26.9%	32.0%	27.1%
Probably or definitely WILL NOT	25.4%	46.2%	35.7%	52.7%	34.9%	47.9%	27.1%	51.3%

Significant pre/post change at $p < 0.01$

Teacher Perceptions

HH Teacher Survey (end of school year)

% of survey respondents that agree or strongly agree with statements

	2003 – 2004 N=39	2004 – 2005 N=33	2005 – 2006 N=32	2006 – 2007 N=36
HH increases students' health knowledge.	N/A	N/A	97%	94%
HH improves students' attitudes about nutrition, PA, and / or tobacco use.	NA	N/A	87%	97%
HH improves students' behaviors related to nutrition, PA, and / or tobacco use.	NA	N/A	84%	89%
HH meets my state content standards in technology	98%	84%	90%	100%

Teacher Perceptions

HH Teacher Survey (end of school year)

% of survey respondents that agree or strongly agree with statements

	2003 – 2004 N=39	2004 – 2005 N=33	2005 – 2006 N=32	2006 – 2007 N=36
HH is a positive addition to my classroom curriculum	88%	94%	93%	97%
HH content is important for my students to learn	97%	100%	97%	97%
I would use HH again next year with my students	97%	100%	100%	97%

Student Perceptions

HH Student Survey (end of school year)

% of survey respondents that agree or strongly agree with statements

	2003 – 2004 N=322	2004 – 2005 N=116	2005 – 2006 N=255	2006 – 2007 N=268
When I use HH, it encourages me to be more physically active.	75%	93%	83%	80%
HH made me think about choosing healthier foods.	69%	77%	80%	77%
I enjoyed using HH to learn.	75%	84%	89%	83%
I would like to use a similar module next year in school.	66%	72%	78%	76%

Outcomes Summary

- Student knowledge responses (pre-post) in all content areas (heart, physical activity, nutrition, tobacco) improved for all cohorts participating in the program in all years.
- Children's behavioral intentions in physical activity and nutrition routinely improved all years
- Significant increases in intentions to be physically active tomorrow, a year from now, and as an adult
- Significant decreases in intentions to drink 2 or more soft drinks tomorrow, a year from now, and as an adult
- Significant increases in intentions to eat 5 fruits and vegetables tomorrow, and a year from now

Outcomes Summary

- Teachers surveyed perceived the web-based *Healthy Hearts* positively and would continue to use such an instructional module in their curricula

Focus groups with 8th graders

- ◆ From that focus group we learned that teens desire interaction, “real life” graphics, and content that is relevant to the choices they face everyday.

Team of Experts

- ◆ Development team
 - ◆ Designed instructional strategies used
 - ◆ Designed website functionality
 - ◆ Wrote, reviewed, edited content
- ◆ Expert Reviewers
 - ◆ Reviewed specific content and make suggestions for changes/improvements throughout the development process

Development Process: Experts



Take Charge was evaluated by a panel of experts representing each content area found in the module as well as a group of current teachers in the fields of physical education and health.

Each expert reviewed their specific section, commenting on all areas of the module including: Design, Content, and Evaluation.

Their findings were collected and the website was updated to reflect their recommendations. Each reviewer spent a considerable amount of time and made numerous recommendations and comments on all areas of the module.

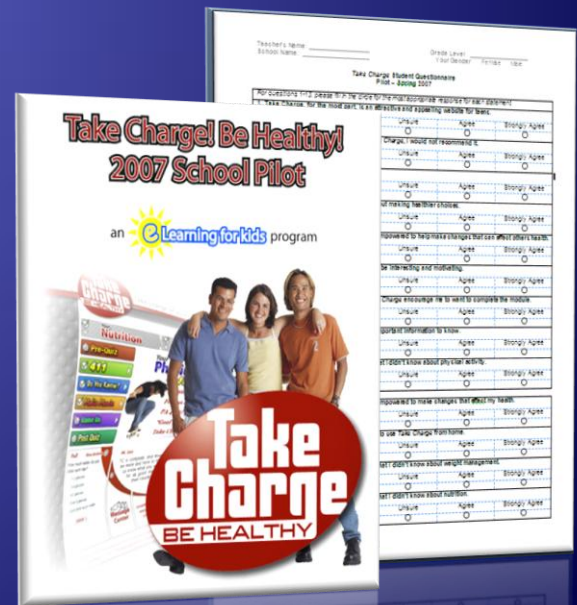
Each teacher reviewed any applicable sections according to their field of expertise as well as an overall evaluation of the site from a teaching standpoint.

Development Process: Pilot Test

Take Charge was piloted among two middle schools and one high school.

In all, 309 students used the module and completed all required sections. Each student also completed a survey about the module, and a select group from each school participated in a focus group interview session.

The teachers from all three schools completed a process evaluation as they directed their students in the use of the module and participated in focus group interviews at the completion of the pilot program.



Development Process: Pilot Teachers

Each pilot teacher was asked to complete a process evaluation during the use of Take Charge with their students. Some comments:

- “The registration process appeared complex, but was in fact very easy to complete in a short amount of time”

“This web-based learning module is a great alternative and supplement to the health curriculum. It also allowed me to cover many of the required technology standards.”

- “The teacher tools section was laid out in a manner that made it easy to navigate and evaluate the students work.”
- “The module reflected a good amount of content that I typically include in my health curriculum.”

TC Expansion

Take Charge 2007-2011

Countries Using TC	States Using TC	Teachers Using TC	Students using TC
5	22	153	7021

Student Outcomes Data

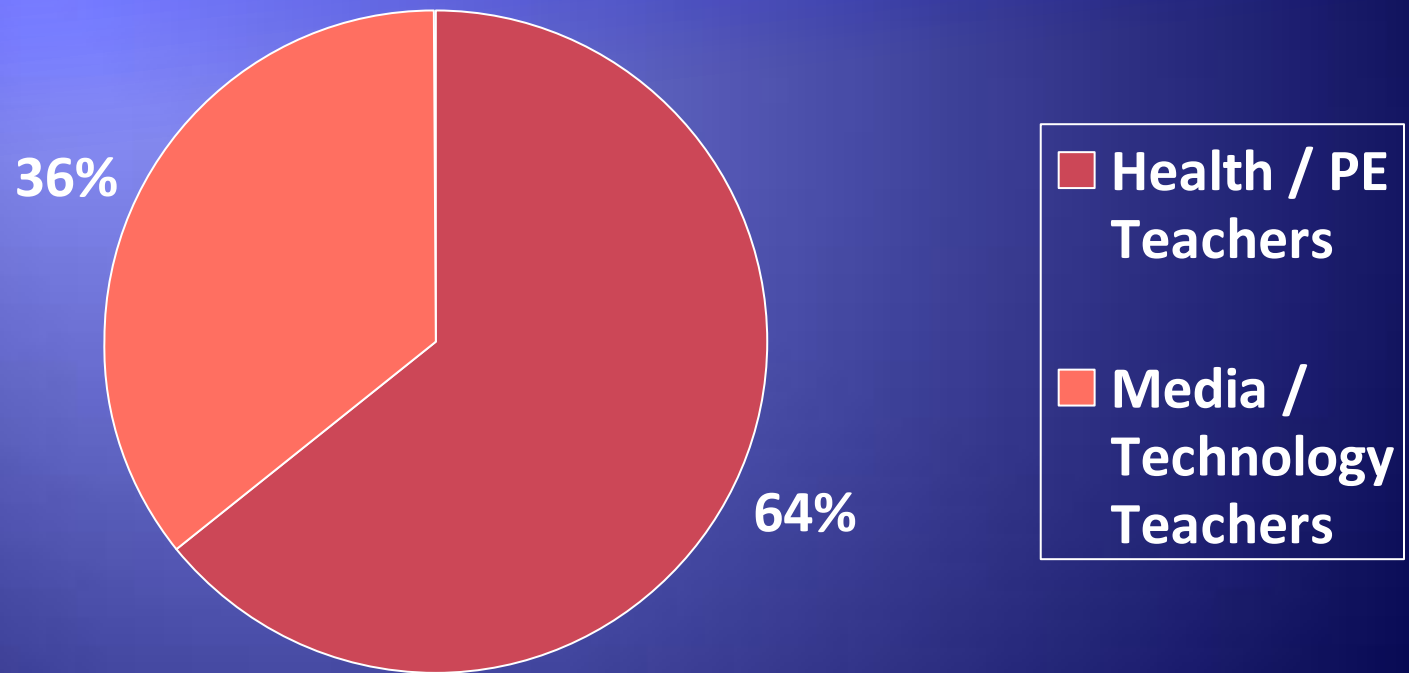
- ◆ Embedded assessment measures in module:
 - ◆ Pre/post knowledge tests
 - ◆ Pre/post attitude/behavior survey
 - ◆ PA and Diet 48 hr recall instrument
 - ◆ Demographics
 - ◆ State, county, school, teacher, class, student identifiers (age, gender)

Summary of Student Surveys

- ◆ 85.2% enjoyed participating in TC
- ◆ 85.8% said they think more about making healthy choices
- ◆ 71.9% said they learned something about PA they didn't know
 - ◆ 83.9% about weight management
 - ◆ 81.2% about nutrition
- ◆ 73.2% said they were more empowered to make changes that affect their health
- ◆ 66.7% said they were more empowered to make changes that affect others health

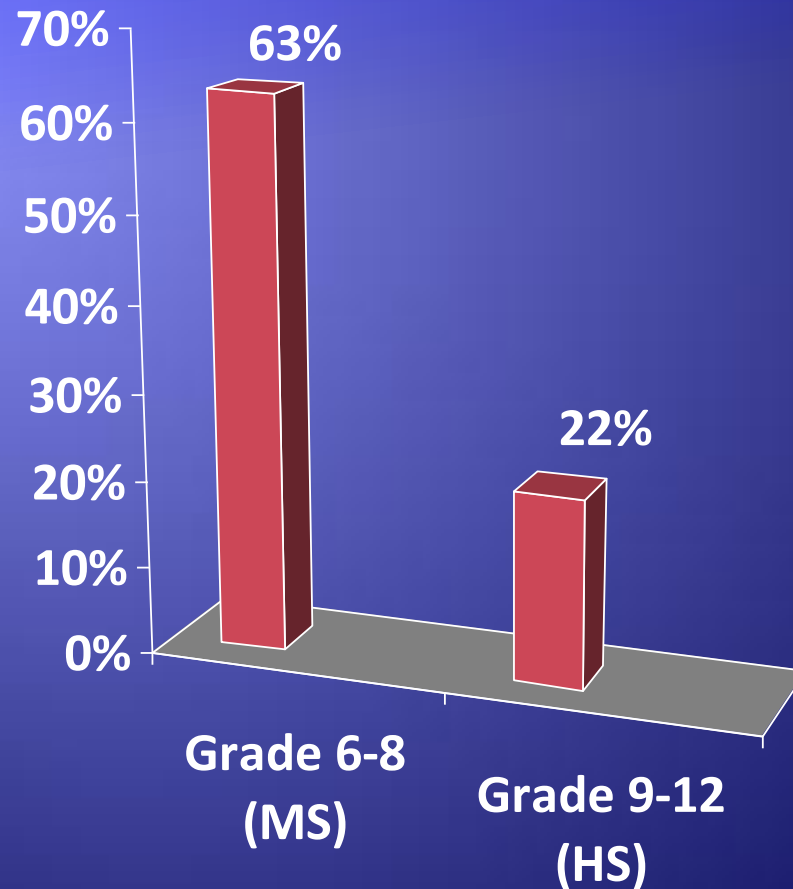
Teachers Using TC

(n=70)



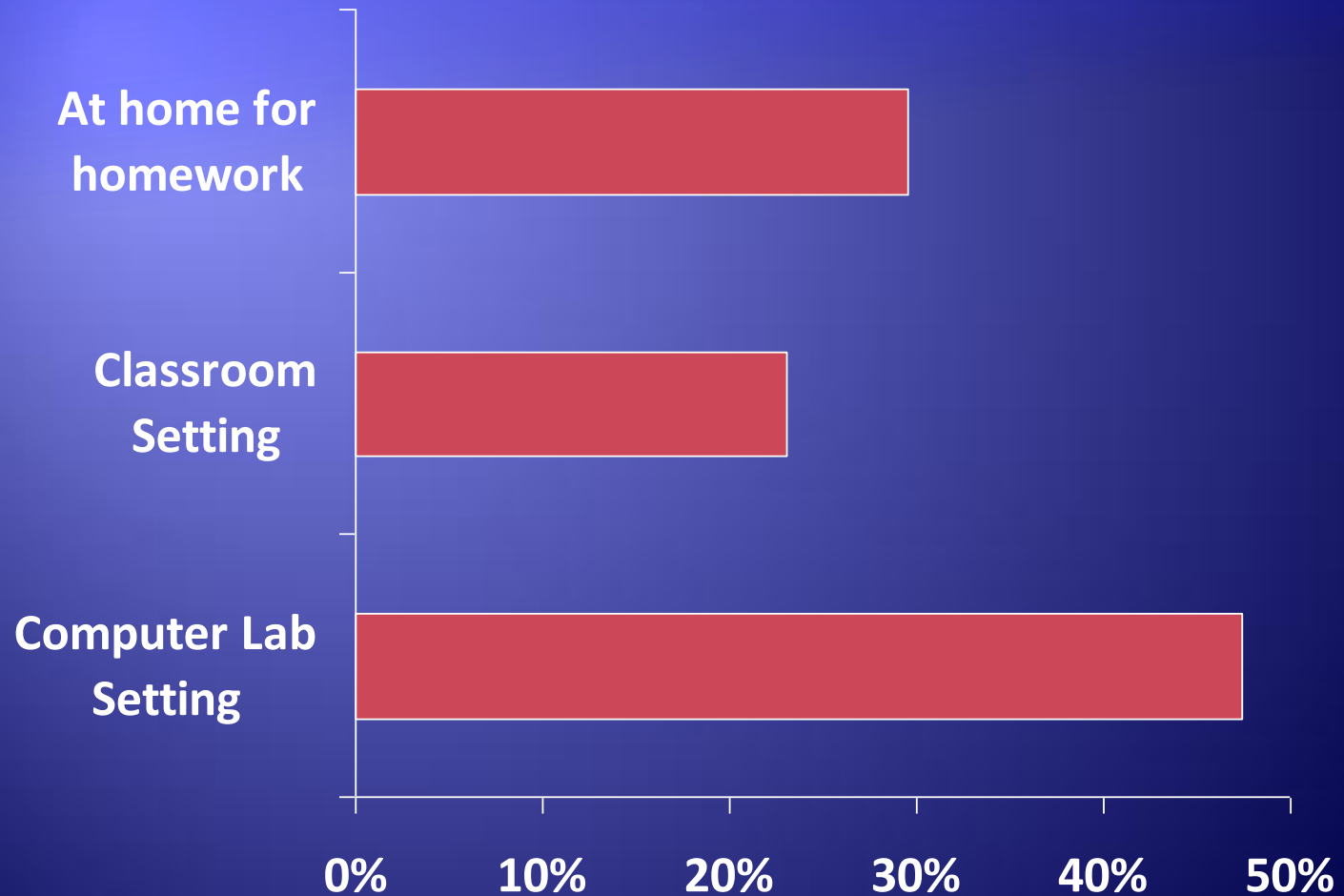
Student Grade Level

(n=111)



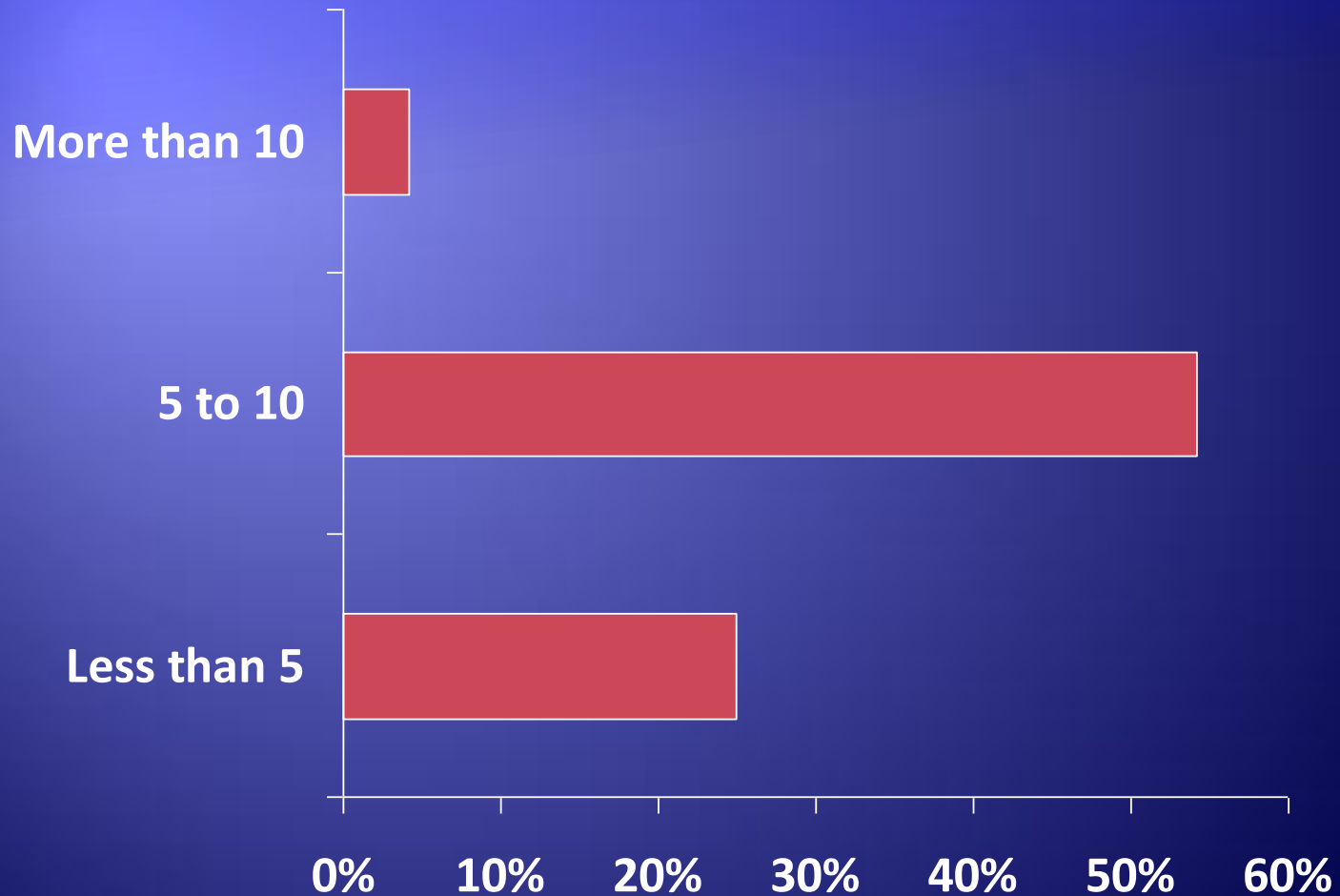
Implementation Environment

(n=78)



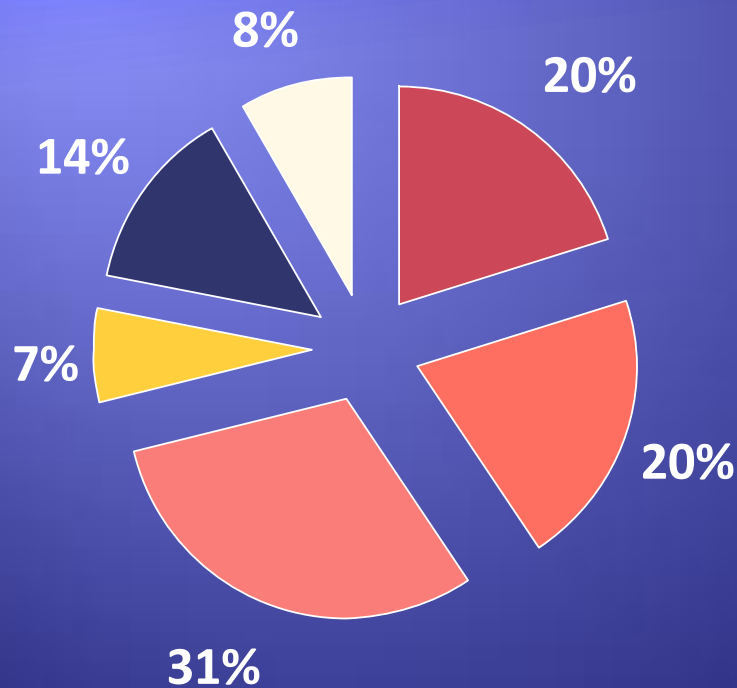
Number of Instructional Periods

(n=48)



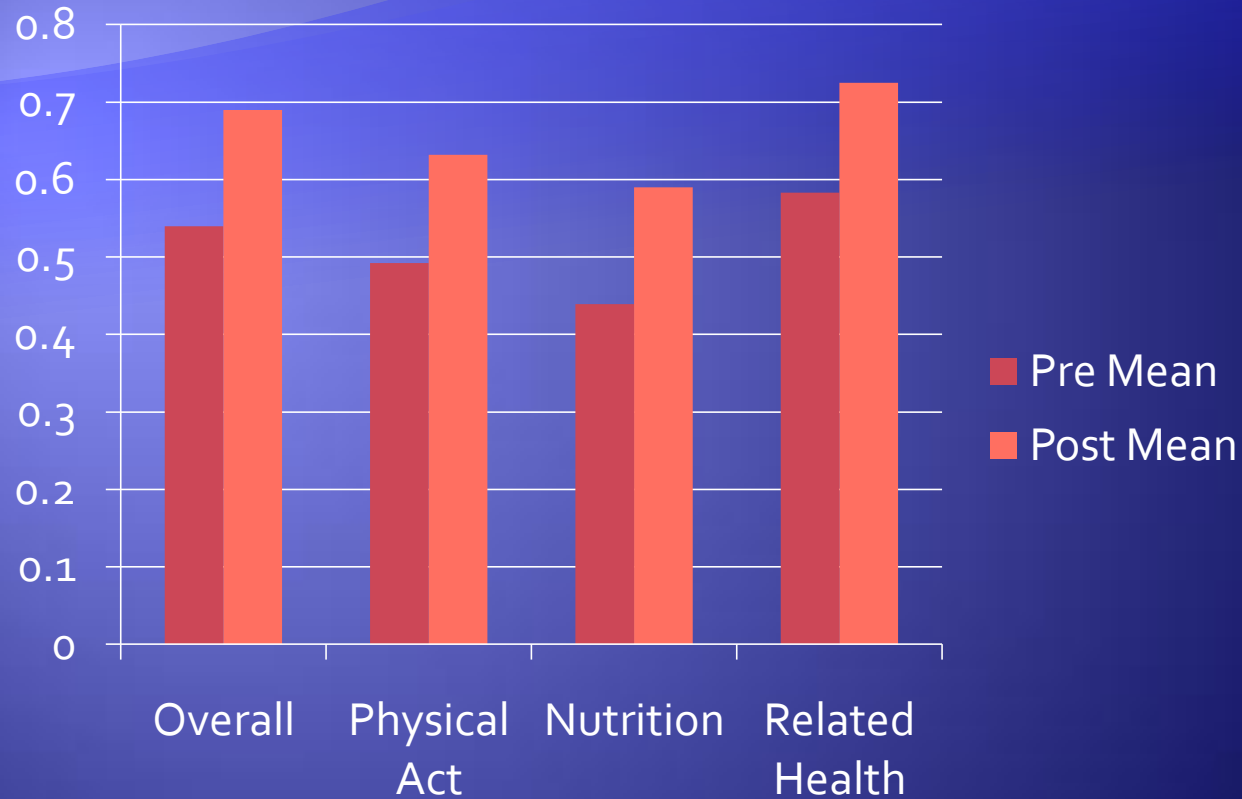
Needs to assist in teaching PA, nutrition, weight management

(n=48)



- More information / resources for the teacher
- More information / resources for the students
- More time to teach concepts
- Professional development opportunities
- More school commitment

Student Pre/Post Knowledge



N=2980

Paired t-test; $t=-55.25$; $p<0.001$ for overall and all three topics

Sample Knowledge Question: PA

Question: As a general rule, physical activities related to sports have more health benefits than individual physical activities such as jogging or skateboarding.

Answer: A. True B. False

	% correct
Pre Test	27.0
Post Test	49.9

$P < 0.001$

Sample Knowledge Question: PA

Question: The ability to exercise over an extended period of time at a moderate to vigorous intensity level defines the fitness component of

- Answer:**
- A. Flexibility
 - B. Muscular endurance
 - C. Body composition
 - D. **Cardiorespiratory endurance**

	% correct
Pre Test	58.0
Post Test	85.6

P=<0.001

Sample Knowledge Question: Health

Question: BMI (body mass index) is:

Answer:

- A. A comparison of the amount of fat to lean body mass a person has
- B. A formula to estimate how much body fat a person has based on his age, height, and weight
- C. A true measure of an individual's obesity level that takes into consideration body type, weight, and muscular development
- D. None of the above

	% correct
Pre Test	51.7
Post Test	70.3

P=<0.001

Student Pre/Post Behavior

Significant increase in positive health behaviors

- Overall behaviors
- Increase in 60 minutes PA last 7 days
- Increase in setting personal goals
- Increase in using food labels
- Decrease in soft drink consumption last 7 days
- Increase in eating vegetables last 7 days
- Increase in eating fruit last 7 days
- Decrease in screen time per day

2

Related sample Wilcoxon signed rank test

All $p=0.000$

$N=1040$

Student pre/post Behavioral Intentions

Answer choices: I definitely will not, I probably will not, I probably will, I definitely will

Behavioral Intention	Pre - % will	Post - % will	P value
Likeness will eat 5 fruits and vegetables tomorrow	51.3	60.7	0.000
Likeness will be PA 60 mins tomorrow	77.6	79.5	0.976
Likeness will drink two or more soft drinks tomorrow	46.1	42.5	0.000
Likeness of making health decisions tomorrow to help maintain or obtain a healthy weight	68.2	73.5	0.000
Likeness will set personal goals this month to improve eating habits and/or PA by recording and monitoring them	43.7	55.4	0.000

Paired t-test $p=0.001$ N=1040

Student Pre/Post Attitudes

n=1040

Answer choices: Strongly agree, Somewhat agree, Not sure, Somewhat disagree, Strongly disagree

Significant improvements in responses to these statements (agree choices):

It is important to eat healthy. 86.3 post

It is important to be physically active. 88.0 post

My friends think that it is important that I eat healthy every day. 52.0 post

No significant improvements in responses to these statements but high pre score:

- I could change the way I eat if I wanted to. 74.6 pre

- I could participate in more physical activity if I wanted to. 85.5 pre

- I could improve my body weight over the next 6 months if I wanted to. 81.3 pre

- I could help change my environment (home, school, community) if I wanted to. 67.3 pre

Upcoming Enhancements

- ◆ iPhone App for PA LogIt
- ◆ Users can enter physical activity log info “on the go”
- ◆ Utilizes one database for seamless integration of data between the computer and the phone.



How to Implement Take Charge

- ◆ Go to: takechargebehealthy.org
- ◆ Register your school
- ◆ Register as a teacher
- ◆ Enter students' names
- ◆ Generate student UserIDs and Password cards and distribute
- ◆ Select topic progression
- ◆ You're ready to go!

For more information:

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QUESTIONS??