



## The Great Body Shop

Source: [http://nrepp.samhsa.gov/legacy\\_browse.asp](http://nrepp.samhsa.gov/legacy_browse.asp)  
<http://www.TheGreatBodyShop.net>

### Program Overview

The Great Body Shop (GBS) contains a Pre-K through middle school comprehensive health education curriculum and coordinated school health resources. The goals of the program are to foster the wellness of children and their families, as well as support efforts to create a healthy school environment. Using GBS Teacher's Guide, monthly Student Issues and Parent Bulletins, the curriculum builds health knowledge, attitudes, life skills, and critical thinking skills. Health topics include injury prevention, personal safety, bullying, functions of the body, nutrition, community health and safety, character education, violence prevention, self-worth, growth and development, the cycle of family life, substance abuse prevention, HIV/AIDS and illness prevention, environmental health, consumer health, and physical fitness. GBS health curriculum meets National Standards for Health Education, is skills-based and is consistent with the recommendations of the USDA for nutrition education, CDC for tobacco prevention, AAHPERD for physical activity/health education, and PTA's Standards for Parental Involvement.

### Program Components

- Comprehensive substance abuse and violence prevention embedded in the health curriculum.
- Ten monthly themes, which are taught through 40 lessons; each lesson includes performance objectives that develop knowledge, values, life skills, and critical thinking skills.
- Monthly Student Issues and Parent Bulletins are used as a core component to guide student learning.
- GBS Coordinated School Health Kit, offers a school health advisory committee the resources to help create a healthy environment, encourage staff wellness, increase parental involvement, promote physical activity/nutrition, and coordinate school-based health services for children.

### Results

The study investigated whether students exposed to GBS: 1) use fewer health risk behaviors compared to the control group; 2) experience fewer health risk and more protective factors than the control group; and 3) make greater gains in healthy behaviors and risk/protective factors than those in the control group. Results indicated that:

- Students with greater exposure to GBS reported significantly lower use of alcohol, cigarettes, marijuana, and other substances than comparison students not exposed to GBS.
- Students with greater exposure to GBS reported significantly fewer violent acts and conduct problems than comparison students.
- Students with greater exposure to GBS reported significantly more family caring, higher self-esteem, lower emotional distress, and less antisocial behavior than comparison students, living in similar communities with no exposure.
- Students with greater exposure to GBS reported significantly more improvement on the Others Caring scale, the Antisocial Behavior Scale, the School Risk scale, and the Violent Behavior scale when compared to students not exposed to GBS.

### Recognition

Promising Program: The Substance Abuse and Mental Health Services Administration  
Promising Program: Office of Juvenile Justice and Delinquency  
Promising Program: Centers for the Application of Prevention Technologies (CAPT)  
CASEL Select Program: Collaborative for Academic, Social, Emotional Learning, Rating: Excellent  
Action For Healthy Kids: Score: 292/300  
Research-based Program Matrix: Rutgers Safe and Drug Free Schools and Communities Project



## ***The Great Body Shop Pricing***

Teacher's Guide (each grade level Pre-K through Middle School): \$45.00

### Student Issues

Grade Pre-K: \$6.50 per student per year

Grades K–6: \$5.50 per student per year

Middle School: \$5.50 per student per year



# Know Your Body (KYB) School Health Promotion Program

Source: <http://www.ed.gov/pubs/EPTW/eptw9/eptw9d.htm>  
<http://www.kendallhunt.com/kybHealth.html>

## Program Overview

Know Your Body (KYB) is a comprehensive, skills-based health promotion program, for students in kindergarten to sixth grades. The goal of KYB is to teach students the necessary knowledge, attitudes, skills, and experience to practice positive health behaviors and reduce their risk of future illness. The KYB curriculum addresses all of the health education content areas recommended by the Centers for Disease Control. It is recommended that the KYB program be taught a minimum of 40 minutes a week. KYB has identified cross-curricular connections to support an interdisciplinary approach to health education. KYB curriculum materials include: age-appropriate teacher's guides (grades K-6); student master sheets (grades K-3); student activity books (grades 4-6); a class Big Book (grade 1); and puppet sets (grades K-3). A comprehensive user's guide (Coordinator's Guide) which provides detailed instructions for implementing all of KYB's program components is also available.

## Program Components

- Consists of five basic components: (1) skills-based health education curriculum; (2) teacher/coordinator training; (3) biomedical screening; (4) extracurricular activities; and (5) program evaluation. The curriculum and the teacher/coordinator training are considered the "core" components of the program, while the others are considered optional components or "enhancements."
- Provides specific skill-building lessons based on National Health Education Standards.
- Stresses individual responsibility for health.
- Helps students deal with peer pressure.
- Focuses on voluntary behavioral changes in the areas of cigarette smoking, physical fitness, and diet.
- Aligned with the 2006 National Health Education Standards.

## Results

The Know Your Body program has been evaluated in four major studies, all of which focused on the effects of the program on chronic disease, cardiovascular risk factors, and cancer-related risk factors, including smoking.

- Reduced levels of smoking
- Significant positive effect on students' health-related knowledge and behavior
- Showed sustained improved cardiovascular health

## Recognition

Promising Program: Center for Substance Abuse Prevention

Promising Program: Programs That Work, Promising Practices Network

Research-based Program Matrix: Rutgers Safe and Drug Free Schools and Communities Project



## **Know Your Body Pricing**

Grades K-3 Kits include: Teacher's Guide, Student Activity Masters, Set of 5 Puppets, Performance Assessment CD-ROM  
Storybook included in Grades K and 1 Kits

Grade K Kit: \$119.99  
Student Workbook: \$6.99

Grade 1 Kit: \$119.99  
Student Workbook: \$6.99

Grade 2 Kit: \$109.99  
Student Workbook: \$6.99

Grade 3 Kit: \$109.99  
Student Workbook: \$6.99

Grades 4-6 Kits include: Teacher's Guide, Student Activity Masters, Posters, Performance Assessment CD-ROM

Grades 4-6 Kits: \$109.99  
Grades 4-6 Student Textbook: \$13.99



# HealthSmart

Source: <http://www.pub.ctr.org/healthsmart>  
[http://healthsmartsstudy.ctr.org/e107\\_files/public/study\\_description.9.6.06.pdf](http://healthsmartsstudy.ctr.org/e107_files/public/study_description.9.6.06.pdf)

## Program Overview

HealthSmart is a comprehensive K–12 school health education program. It was developed to focus on the six areas of adolescent health behavior identified by the Centers for Disease Control and Prevention (CDC). The goal of the HealthSmart curriculum is to equip students to think, choose, and act in healthy ways across physical and emotional domains. Lessons are designed to maximize student engagement and involvement and to foster peer-to-peer interactions that support healthy choices and help students resist unhealthy peer pressure. HealthSmart includes family materials designed to create opportunities for parent/child discussions of critical health issues and to increase communication between parents and teachers. Each grade's curriculum builds and reinforces prior HealthSmart exposure in a cumulative fashion. Each grade of HealthSmart K–6 is divided into four units: Unit 1—Personal and Family Health; Unit 2— Safety and Injury Prevention; Unit 3—Nutrition and Physical Activity; and Unit 4—Tobacco, Alcohol and Other Drug Prevention. HealthSmart Middle School and High School consists of seven modular units: Abstinence and Puberty; Emotional and Mental Health; HIV, STD and Pregnancy Prevention; Improving Health Behaviors; Nutrition and Physical Activity; Tobacco, Alcohol, and Other Drug Prevention; and Violence and Injury Prevention.

## Program Components

- Incorporates the CDC's twelve characteristics of effective health education curricula.
- Supports cultural strengths of youth and families.
- Aligned with the 2006 National Health Education Standards.
- Based on behavioral and educational theory.
- Works with the developmental levels of students.

## Results

This study evaluates the 4<sup>th</sup> through 6<sup>th</sup> grade components of HealthSmart. Key study outcomes include students' fruit and vegetable consumption, physical activity, alcohol and tobacco experimentation, help-seeking, bullying, and the psychosocial determinants of these behaviors. The evaluation will involve one cohort of approximately 2,000 students beginning 4<sup>th</sup> grade in the fall of 2006, with follow-up in subsequent years as they move through 5<sup>th</sup> and 6<sup>th</sup> grade. Study results will be available after the completion of the study.

## Recognition

New York City School districts supports the use the HealthSmart in grades 6 through 12



## **HealthSmart Pricing**

### Elementary Curriculum K–6

Complete Program: \$1,743.00

Includes:

Teacher Guides for each grade level

Teacher Background Book

A Program Foundation Book

Student Magazines

Blackline Masters

Overhead Transparencies

Posters

Flip Charts

### Middle School

Complete Program: \$299.00

Includes:

7 Teacher Guides

7 Health*Smart* Actions Student Books. (Student copies sold separately)

8 Health Facts Books

A Program Foundation Book

A Scope and Sequence Chart

2 Slipcases that store all the program's components

### High School

Complete Program: \$299.00

Includes:

7 Teacher Guides

7 Health*Smart* Actions Student Books (Student copies sold separately)

8 Health Facts Books

A Program Foundation Book

A Scope and Sequence Chart

2 Slipcases that store all the program's components



# HealthTeacher

Source: <http://www.healthteacher.com>

## Program Overview

HealthTeacher was originally developed in 1999 by health educators and health professionals with the goal of providing a comprehensive online resource that would make it easy to teach good health habits to children. HealthTeacher is designed to build health literacy among students, families, and those who teach health. It is an Internet-based K-12 comprehensive health curriculum with lessons in the following topics: Alcohol and Other Drugs; Community and Environment; Family Health and Sexuality; Injury Prevention; Mental and Emotional Health; Nutrition; Personal and Consumer Health; Physical Activity; Tobacco; and Anatomy. The curriculum addresses knowledge, attitude, and skills development and provides opportunities for students to practice skills that promote lifelong health. Teachers entering the site are directed to a home page, *My Health Teacher*. From there, users can access lesson plans, resources, and purchasing information. Each lesson plan includes a synopsis, key concepts, a skill emphasis that aligns with the National Health Education Standards (NHES), time requirements for the lesson, materials needed, preparation tips and background information, and assessments. Student worksheets and lessons are available for download in a PDF format. HealthTeacher can stand alone as a school's only health curriculum, support an existing curriculum as an adjunct, or integrate into other core subjects.

## Program Components

- Addresses the top six health risk behaviors identified by the Centers for Disease Control and Prevention (CDC).
- Aligned with the 2006 National Health Education Standards.
- Based on behavioral and educational theory.
- Works with the developmental levels of students.
- Provides current health information articles.

## HealthTeacher Evaluation

- HealthTeacher utilizes research-based principles, but no major study is available on the implementation of the program.

## HealthTeacher Pricing

Online Subscription:

Individual Subscription: \$150.00 per year per one account

School Subscription: \$300.00 per year per unlimited account



## Glencoe Health

Source: <http://www.glencoe.com>

Glencoe Health is a comprehensive health program, provided in a flexible format, and designed to improve health and wellness among high school students. Real-life application of health skills helps students apply what they learn in health class toward practicing good health behavior in the real world. Hands-on features are integrated with technology, assessment, and up-to-date health content. Glencoe Health is a hands-on, activities-based program focused on health skills, avoiding risk behaviors, and promoting health literacy. The High School program consists of a student edition. Fitness is emphasized throughout the program with the Fitness Zone. The Fitness Zone includes tips in the Student Edition for incorporating fitness into everyday life, activities in the Teacher Edition, a special section of the Online Learning Center, and a heart-rate activity workbook with CD-ROM.

The Middle School program is an integrated activities-based program written especially for middle school students. It is a sequential three-course program helping students understand that good health affects their school performance, their friendships, their looks, and their lives.

The latest technology includes videos, podcasts, activities for handheld devices, the online student edition, PowerPoint DVD, StudentWorks Plus, and TeacherWorks Plus.

### Program Components

- Academic integration including research-based reading and writing strategies in every lesson.
- Real-World Connections emphasizing math concepts and activities.
- Standardized Test Practice focusing on Math and Reading/Writing.
- Reinforcement of health concepts with online student readings including lesson plans with teaching strategies, discussion questions, and activities.
- Correlated to the National Health Education Standards.

### Glencoe Health Evaluation

- Glencoe Health utilizes research-based principles, but no major study is available on the implementation of the program.

### Glencoe Health Pricing

#### High School Health

Teacher Wraparound Edition: \$78.99

Student Edition: \$69.66

Additional Resources available at \$27.00 per book

#### Middle School Health

Teacher Wraparound Edition: \$66.03

Teacher Classroom Resources: \$189.00

Student Edition, Course 1: \$58.82

Student Edition, Course 2: \$54.60

Student Edition, Course 3: \$59.25



## Healthy Lifestyle Choices

Source: <http://www.hlconline.org>

Healthy Lifestyle Choices (HLC) behavioral health curriculum (grades Pre-K through 6) empowers youth with the knowledge and skills to make healthier choices in six critical areas: decision-making/goal setting; nutrition; fitness; violence prevention; safety; and substance abuse prevention. Each grade-specific curriculum binder covers six units that include twenty-four 45 minute lessons. The binders also include additional lesson-boosting activities that can be used to strengthen and reinforce each lesson's key message, as well as teacher assessment tools and student self-assessment and reflection exercises. Healthy Lifestyle Choices is a cross-curricular behavioral-health curriculum that can be taught as part of physical education, health, or within a traditional classroom setting. The content of HLC is based on the second edition of the Know Your Body Curriculum. It has been modified based on input from teachers participating in the HLC Pilot. Each grade level includes six units: Life Skills, Conflict Resolution, Nutrition, Substance Abuse Prevention, Safety and Fitness. Bonus Materials and Assessment Options appropriate for each grade level are found at the back of the binder. A Middle School program has been developed focusing on important health skills identified in the National Health Education Standards. The *HLC* Middle School Program includes units covering: wellness; mental and emotional health; alcohol/tobacco and other drugs; injury and violence prevention; physical activity; nutrition; family life/sexual health; diseases and disorders; and environmental health. The program begins by teaching skill-building strategies and includes group and pair activities and discussions that integrate important health education content.

### Program Components

- Addresses the top six health risk behaviors identified by the Centers for Disease Control and Prevention (CDC).
- Aligned with six of the National Health Education Standards.
- Based on social learning theory.
- Provides current health information articles.
- Each lesson includes four core lessons plus an optional lesson booster and after-school/summer-camp activity.

### Results

- Children exposed to HLC programming have significantly higher health knowledge than peers without HLC.
- Multiple qualitative assessments show students exhibiting fewer behavioral problems in the classroom, eating more nutritious foods at lunchtime and playing more safely on campus. An online survey of 99 teachers found that 72% had observed some profound changes in at least one student attributed to HLC, and 69% said HLC is impacting, in part or fully, the overall academic achievement of their students.
- A comprehensive evaluation of six public school pilot sites (three urban/three suburban) produced results in schools participating in HLC's curriculum and culture program. In pre and post culture surveys the program sustained, and in many cases increased, school climate scores within a two-year period. Participants showed increases in 25 of 28 culture indicators.

### Healthy Lifestyle Choices Pricing

\$109.00 per grade level