



Stay in Shape Summary Report 2017-2018 School Year

Overview

Spearheaded by the [MGH Community Health Associates](#) / A Division of the [MGH Center for Community Health Improvement](#), the [Stay in Shape \(SIS\) Program](#) strives to empower student participants to live a healthy life through not only learning the most current knowledge and skills in nutrition, exercise and stress management but also taking actions in everyday life. This past school year (2017-2018), in which a total of **509** students attended the program, marks the 18th year of Stay in Shape operation in the three [MGH Health Center](#) served communities of Charlestown, Chelsea, and Revere. Of the 509 students:

In Numbers

Charlestown – Total participated students: 96

- 56 students participated in the combined interventions of Stay in Shape, Life Skills, E-cigarette/Vaping, and Bullying Prevention at Clarence R. Edwards Middle School. 25 students at Warrant-Prescott K-8 School and 15 students at Harvard-Kent Elementary School completed the same combined interventions.

Chelsea - Total participated students: 10

- Five students at Chelsea High School and another five students at Clark Avenue Middle School completed the Stay in Shape Program.

Revere - Total participated students: 403

- 24 students completed the program at Rumney Marsh Academy (RMA). Also at RMA, the Stay in Shape core topics were discussed in the Health Class that had a total of 331 students.
- Three students completed the program at Revere High School. 45 youths participated in the 6-week Stay in Shape Mentor Program offered through the 2018 Summer Camp organized by the [MGH Revere Youth Zone](#).

Stay in Shape collaborated with the following programs in delivering a more comprehensive intervention to students in Charlestown in school year 2017-2018:

- [Charlestown Coalition](#) for the Life Skills Curriculum.
- [CirclePoint Program](#) for the Bullying Prevention.
- [MGH Community Health Associates' Living Tobacco Free Program](#) for the E-cigarette/Vaping education.

Intervention Areas and Outcomes

Stay in Shape delivers a comprehensive curriculum with seven core learning objectives, all of them recommended by national health experts for creating valuable lifestyle education experiences for youth:

1. Eat enough fruits and vegetables – Go for a total of 5-9 servings a day
2. Start the day with a healthy breakfast
3. Read the Food Labels
4. Set a healthy limit to entertainment screen time
5. Control daily stress through evidence-based relaxation techniques
6. Be physically active for at least 60 minutes a day
7. Sleep well for 9 – 10 hours every night

As in previous years, the participants in this past school year demonstrated improved knowledge, skills, and behavior changes in most of the intervention areas during the program, according to the program's pre- and post-survey results¹. A small-scale study to test the participants' retention of knowledge and behavior change after - as opposed to during - the program revealed a significantly increased confidence level among the participants in living a healthy life, in addition to sustained knowledge and behavior changes by various degrees in some intervention areas.²

To date, Stay in Shape has reached a total of 2,897 students since the program first started at Chelsea High School in 2000 (Please see Appendix A - Program at a Glance by School / Site at the end of this report for more detailed information).

Acknowledgement

Stay in Shape would not have been possible without a village of visionary and committed colleagues from the MGH Health Centers, School-Based Health Centers, MGH Revere Youth Zone, leaders and teachers from each of the participating schools, student interns and volunteers. In this past school year, the program was deeply indebted to the following student interns:

Charlotte Cuddihy

Harvard-Chan School of Public Health, for her expertise in curriculum development. Charlotte created several student handouts to strengthen teaching of My Plate, Screen Time, and Sleep.

Jaqueline Kirk

Tufts University, for her assistance with teaching the 2018 Stay in Shape Mentor Program at the MGH Revere Youth Zone. Jaqueline created powerful curriculum related slides and presented them to the participants.

¹ The pre- and post-intervention surveys were collected from the three program participating schools in Charlestown only.

² The study used a set of 18 6-month post program survey responses, collected from the 2015-2016 participants at Rumney March Academy, Revere.

University of Massachusetts, Lowell, for his expertise in program evaluation. Matthew analyzed the program surveys and generated the reports. He also conducted the six-month k knowledge improvement retention study mentioned above.

Email: stayinshape@partners.org Tel. 781-485-6400 Fax 781-485-6230



3

Appendix: Program at a Glance by School / Site

School / Site	Program Start Year	Participants to Date	Program Highlights	
			Over the Years	2017-2018
Chelsea High School	2000	557 ³	<ul style="list-style-type: none"> • The first ever Stay in Shape (SIS) Program started in November 2000. • SIS is authorized to offer recovery credits for Health and Gym Classes. 	<ul style="list-style-type: none"> • Ms. Evelyn Manning served as the Program Lead Teacher. • Five girls completed the program.
Revere High School	2005	189	<ul style="list-style-type: none"> • Program has been training Stay in Shape Mentors. They teach the program at MGH Revere Youth Zone in summer time. 	<ul style="list-style-type: none"> • Mr. David Kaufman served as the Lead Teacher. • Three girls completed the program.
SIS Mentor Program at MGH Revere Youth Zone	2009 ⁴	210 youths. 29 Mentors from Revere High School	<ul style="list-style-type: none"> • Youth Zone has been the host site for the Mentor Program since 2011. 	<ul style="list-style-type: none"> • 45 youths (9 – 17 years old) completed the 6-week Mentor Program.
Clark Avenue Middle School	2009	227	<ul style="list-style-type: none"> • Participants created art works to promote the SIS core messages at school. 	<ul style="list-style-type: none"> • Ms. Nadia Coll served as the Lead Teacher. • Five girls participated in the program.
Rumney Marsh Academy	2009	1,087 ⁵	<ul style="list-style-type: none"> • The SIS core topics were incorporated into the Health Class, thanks to Ms. Deanne Mantia's vision and effort. 	<ul style="list-style-type: none"> • Ms. Mantia served as the Lead Teacher. • 24 students completed the program.

³ The number includes an estimate of the participants from Chelsea Summer School where the program was taught as one of the summer class elections for several years.

⁴ [For Kids Only](#) sponsored the first Stay in Shape Mentor Program in 2009.

⁵ The number includes all the students in the Health Class in which the SIS core topics were discussed for the past three years.

School / Site	Program Start Year	Participants to Date	Program Highlights	
			Over the Years	2017-2018
Warren-Prescott K-8 School	2009	272	<ul style="list-style-type: none"> • Ms. Marta Frank, RN, was instrumental in starting the first Stay in Shape program in Charlestown at WP School. She has been closely involved in program operation at all three Charlestown schools ever since. 	<ul style="list-style-type: none"> • 25 8th-grade students completed the program. • The program was once again offered to the students through support from Ms. Nancy Arsenault and her class.
Eugene Wright Science & Technology Academy	2010	104	<ul style="list-style-type: none"> • First school to include boys in 2012. More middle schools followed suit to make the program co-ed after that. 	<ul style="list-style-type: none"> • Stay in Shape was in transition in support of another school-wide afterschool initiative.
Clarence R. Edwards Middle School	2011	209	<ul style="list-style-type: none"> • The program has been offered through the Dance / Performing Art Class taught by Ms. Heather Campanella 	<ul style="list-style-type: none"> • 56 6th-grade students completed the program. • Ms. Campanella once again supported the program operation.
Harvard-Kent Elementary School	2014	42	<ul style="list-style-type: none"> • The program has been offered to students in collaboration with school's Enrichment Period. 	<ul style="list-style-type: none"> • Ms. Theresa Brophy served as the Lead Teacher. • 15 5th-grade students completed the program.
Total number of participating schools and sites: 9	Since 2000	2,897	<ul style="list-style-type: none"> • Once in Stay in Shape, always stay in shape! 	<ul style="list-style-type: none"> • One school, one student at a time ...