



Stay in Shape Summary Report 2018-2019 School Year

Program 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, physical activity and stress management but also making positive changes in these areas in everyday life. This past school year (2018-2019), in which a total of **115** students attended the program, marks the 19th year of Stay in Shape operation in the three [MGH Health Center](#) served communities of Charlestown, Chelsea, and Revere. Of the 115 students:

Program in Numbers by Community

Charlestown – Total participated students: 47

- 32 students participated in the combined intervention of Stay in Shape, Life Skills, E-cigarette/Vaping, and Bullying Prevention at Warrant-Prescott School in the fall semester of 2018. 15 students at Harvard-Kent Elementary School completed the same combined intervention in the spring semester of 2019.

Chelsea - Total participated students: 13

- 13 students at Eugene Wright Science and Technology Academy completed the Stay in Shape Program also in the spring semester of 2019.

Revere - Total participated students: 55

- Five students completed the program at Revere High School in the spring semester of 2019. Two outstanding participants received further training to become Stay in Shape Mentors.
- 50 youths participated in the 6-week Stay in Shape Mentor Program offered through the program's long-standing collaboration with the [MGH Revere Youth Zone](#) that hosted the 2019 Summer Camp Program. The two Stay in

Stay in Shape collaborated with the following programs in delivering a more comprehensive intervention to students in Charlestown in school year 2018-2019:

- [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.

Shape Mentors from Revere High School spearheaded the Mentor Program.

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. Learn to read the Food Labels
4. Set a healthy limit to entertainment screen time
5. Control daily stress through practicing 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.

To date, Stay in Shape has reached a total of 3,016 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 volunteer:

Madeline Friedman, BS

Madeline is a graduate with her Bachelor of Science Degree in Nutrition from UMass Amherst. She works at MGH Division of Gastroenterology full time while volunteering for Stay in Shape. Her major contributions to the program include creation of a student handout on Hidden Sugar for the program's curriculum and program evaluation for the combined Life Skills – Stay in Shape Program implemented in schools in Charlestown.

¹ The pre- and post-intervention surveys were collected from the two program participating schools in Charlestown only in school year 2018-2019.

For more information about Stay in Shape, please contact:

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Art work of clouds created with the program core messages by the 2015 program participants, Clark Avenue Middle School, Chelsea
Clark Program Lead Teacher in 2015: Ms. Marion Cameron

Appendix: Program at a Glance by School / Site

School / Site	Program Start Year	Participants to Date	Program Highlights	
			Over the Years	2018-2019
Chelsea High School	2000	557 ²	<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. 	Program in transition.
Revere High School	2005	194	<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. Tany Ban served as the Lead Teacher. • Five students completed the program. Among them three were boys, making it the first time that the program reached out to boys. • Two participants received further training to become Stay in Shape Mentors.
SIS Mentor Program at MGH Revere Youth Zone	2009 ³	265 youths at Youth Zone. 31 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"> • 55 youths (9 – 17 years old) completed the 6-week Mentor Program.

² The number includes an estimate of the participants from Chelsea Summer School where the program was taught as a summer election course through summer 2017.

³ [For Kids Only](#) funded and hosted the first Stay in Shape Mentor Program in 2009.

School / Site	Program Start	Participants to Date	Program Highlights	
			Over the Years	2018-2019
Clark Avenue Middle School	2009	227	<ul style="list-style-type: none"> • Participants created art works of cloud to promote the • Stay in Shape core messages at school. 	Program in transition.
Rumney Marsh Academy	2009	1,087 ⁴	<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 for three years in the past. 	Program in transition.
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 planning and 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 Ms. Sarah Locke and their classes.
Eugene Wright Science & Technology Academy	2010	117	<ul style="list-style-type: none"> • First school to include boys in the program in 2012. More middle schools followed suit to make the program co-ed after that. 	<ul style="list-style-type: none"> • Ms. Michelle Rozakis and Ms. Samantha Addivinola served once again as the program lead teachers.

⁴ The number includes all the students in the Health Class in which the SIS core topics were discussed for three years.

School / Site	Program Start	Participants to Date	Program Highlights	
			Over the Years	2018-2019
Clarence R. Edwards Middle School	2011	209	<ul style="list-style-type: none"> The program has been offered through the Dance / Performing Art Class led by Ms. Heather Campanella for three years. 	Program in transition.
Harvard-Kent Elementary School	2014	57	<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"> Mr. Matthew Ashe served as the Lead Teacher. 15 5th-grade students completed the program.
Total number of participating schools and sites: 9	Since 2000	3,016	<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 ...