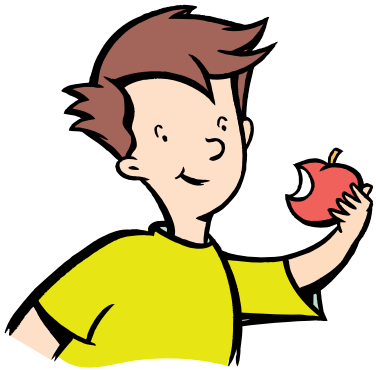


STATEMENT OF PURPOSE

Healthy Buddies™: Children Teaching Children to *Go Move!*, *Go Fuel!* and *Go Feel Good!*

GOAL

Healthy Buddies™ empowers elementary school children to live healthier lives by providing them with knowledge about, as well as encouraging positive attitudes toward, the three components of health: physical activity, healthy eating and feeling good about yourself.

PHILOSOPHY

The program philosophy is based upon the understanding that the health of an individual depends upon three equally important themes,

1. Moving your body or *Go Move!*
2. Nutrition or *Go Fuel!*
3. Feeling good about yourself or *Go Feel Good!*

Our Intentions…

To work with schools, groups and organizations to disseminate the Healthy Buddies™ Program to various jurisdictions, thereby empowering more children to live healthier lives.

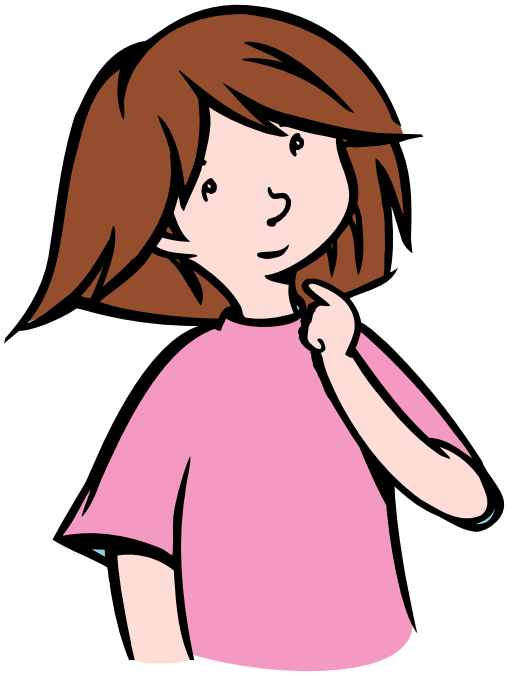
What We Offer…

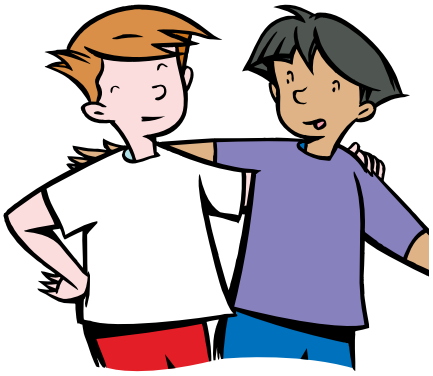
A. An ***evidenced-based*** program created through a unique health and education partnership.

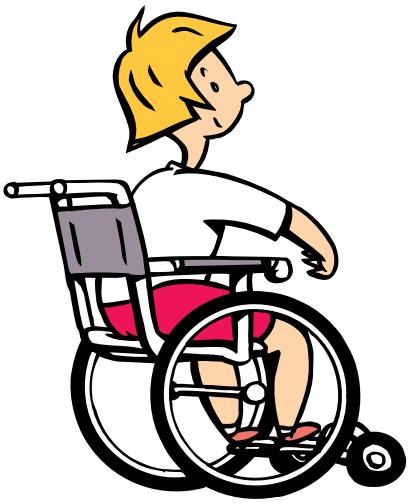
B. An "***early intervention***" resource that meets learning objectives common to many educational curricula.

C. Resource legacies of a $1,000,000.00 ***investment***, ready to be delivered to classrooms.

D. An opportunity to license a comprehensive program ***that has shown measurable improvements*** in children's health.







Research Supports Our Approach

"Interventions employing a peer-teaching model for health promotion have shown positive effects and studies show participating students highly value the peer-teaching experience."

Harden et al., 2001. (1)

"Strong peer connectedness is linked to higher self-worth and very good or excellent health."

Children's Institute of Health Research, 2005. (2)

"Among the most effective programmes are those that promote mental health, healthy eating and physical activity. In some studies, peer-delivered health promotion was found to be effective, compared with teacher-led interventions, and this approach was highly valued by the young people involved. Programmes should be sustained, multifactorial, whole school approaches."

World Health Organization, 2006. (3)

Children Speak about Healthy Buddies™:

"Children are good at helping other children because they might be friends, they might share the same qualities and they will be more keen on learning something from an older student than a teacher."

Isabel, grade 7

"Children are better teachers because they have gone through the same things recently. Their memories have just been filled in so they can help younger buddies better."

James, grade 6

"I think all of us big buddies can help children because we relate to them and we can help them with things they might not understand."

Kelly, grade 7

"Children are better at helping children because they have a better understanding of what the younger child is going through and the older child will have more empathy for the younger one."

Justin, grade 5

Healthy Buddies™ is Effective!

Students who have participated in Healthy Buddies™ achieved the following results:

- Improvement in reported healthy living knowledge and behaviours pertaining to foods, beverages and activities
- Decreased blood pressure
- Slower increase in BMI
- Improvement in reported healthy habits and attitudes

Publication:

S Stock, C Miranda, S Evans, S Plessis, J Ridley, S Yeh and JP Chanoine. *Healthy Buddies™: a novel peer-led health promotion program for the prevention of obesity and eating disorders in elementary school children*. Pediatrics 2007; 120; e1059-e1068. (www.pediatrics.org/cgi/content/full/120/4/e1059).

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