

WORK, EAT AND MOVE IN A HEALTHY WAY

ZOFIA SLONSKA

in co-operation with K. Istynowicz , Y. Taran, W. Drygas
The Cardinal Stefan Wyszynski Institute of Cardiology, Poland

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PURPOSE OF THE MICRO-GRANT

- ◉ To support in school age-children the development of knowledge and skills on how to combine work, nutrition and physical activity in a healthy way through the internet communication and the inter-school contest organization “Work , eat and move in healthy way”
- ◉ To increase the attractiveness of website dedicated to children www.graoserce.pl

THE MICRO- GRANT TARGET GROUP

**Students of the primary schools
from 5th and 6th classes**

THE PROJECT IMPLEMENTATION

THE PREPARATORY STAGE

- ◉ Setting up the database for 127 primary schools
- ◉ Updating the content of the website - experts in nutrition, physical activity and teaching involved
- ◉ Preparation of all documents needed for the inter-school contest execution, namely:
 - Invitation letter to participate in the project - an application form
 - Invitation letter for teachers/carers of the contest groups
 - Instruction for teachers/carers of the contest groups
 - Contest regulations consulted with lawyer
 - Invitation poster for children to participate in the contest
 - Certificate template for teachers /carers of the contest groups
 - Diploma template
 - Pretest, posttest forms

TIME SCHEDULE

1. December 2011: dispatch of the invitation letter to participate at the project
2. 8th of February 2012: dispatch of the contest documents
3. 9th of February / 4th of March 2012: duration of the contest
4. 7th , 9th of March 2012 the contest works evaluation according to the standard criteria.
5. 14th of March - announcement of the contest results and then



„PRACUJ, JEDZ I RUSZAJ SIĘ ZDROWO”

Wiesz co jesz?

Wiesz jak zdrowo i aktywnie spędzać czas?
Wiesz co to znaczy zdrowy sposób uczenia się?

Sprawdź się!

Zajrzyj na stronę www.graoserce.pl

Przyłącz się do grupy konkursowej i stwórz razem z innymi kolegami i koleżankami program uczenia się, odżywiania i ćwiczeń fizycznych korzystny dla zdrowia Twojego i twoich rówieśników. Powinien on obejmować jeden dzień nauki szkolnej i jeden dzień wolny od zajęć.

Liczba uczestników ograniczona!

Zgłoś się do Opiekuna grupy konkursowej

.....
(imię i nazwisko opiekuna)



Konkurs
Instytutu Kardiologii i Światowej Federacji Serca



WORLD HEART
FEDERATION













CONTEST AWARDS

I place - MPs4

II place - UEFA balls

III place Board games



EVALUATION STUDY

- ◉ 30 question pretest
- ◉ 30 question posttest - the same questions like in the pretest but placed in different order
- ◉ Pretests were carried out before the contest announcement and the post-tests within two days after the contest work completion and dispatch.
- ◉ 166 students were covered by two tests, including 39 students that took part in the contest

THE STUDY RESULTS: MEMBERS OF THE CONTEST GROUPS

- ◉ 51% of the students improved the test results
Range of the number of corrected wrong answers from 1 to 6 (comparison pre-test , post-test)
- ◉ 15% of the students got the same results
- ◉ 34% worsened their results
- ◉ 82% of the students visited a website www.graoserce.pl in the comparison with 49,6% of those didn't participate in the contest

Paricipation in the contest	Sex	Pretest mean	Posttest mean
No	Boys (N=64)	21,0	21,2
	Girls (N=63)	22,8	23,3
	Total (N=127)	21,9	22,2
Yes	Boys (N=15)	22,8	22.3
	Girls (N=24)	23,9	24,8
	Total (N=39)	23,5	23,9

QUESTIONS IN WHICH THE WRONG ANSWERS WERE CORRECTED - % OF IMPROVEMENT

Pawel had his breakfast at home at 7:30. When should he have his second breakfast?

11/166 (6%)

To have strong bones we have to eat or drink?

23/166 (14%)

Robert and Kasia had a very reach lunch about 2 p.m. After what time they can start their carate training ?

14/166 (8%)

How many hours shoud healthy school- age boy or girl practice physical activity?

25/166 (15%)

QUESTIONS IN WHICH THE WRONG ANSWERS WERE CORRECTED - % OF IMPROVEMENT CONT.

The best time for 90 minute training is:

34/166 (21%)

If you have much homework to do and have to spend a plenty of time to study, what is the best way to spend breaks ? 17/166 (10%)

What is the easiest way to memorize poem?

8/166 (5%)

Visitors Overview

1 Jan 2012 - 19 Apr 2012

Advanced Segments | Email **BETA** | Export ▾ | Add to Dashboard

100.00% of Total visits

Overview

Visits ▾ vs. [Select a metric](#)

Hourly Day Week Month

Visits

140

70

Feb 2012

Mar 2012

Apr 2012

954 people visited this site



Visits: **1,630**



Unique Visitors: **954**



Pageviews: **2,572**



Pages/Visit: **1.58**



Avg. Visit Duration: **00:02:41**



Bounce Rate: **66.44%**



% New Visits: **57.42%**



■ **57.42% New Visitor**

936 Visits

■ **42.58% Returning Visitor**

694 Visits