WORK, EAT AND MOVE IN A HEALTHY WAY

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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 interschool contest organization “Work, eat and move in healthy way”

- To increase the attractiveness of website dedicated to children www.graoserce.pl
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
1. December 2011: dispatch of the invitation letter to participate at the project
2. 8\textsuperscript{th} of February 2012: dispatch of the contest documents
3. 9\textsuperscript{th} of February / 4\textsuperscript{th} of March 2012: duration of the contest
4. 7\textsuperscript{th}, 9\textsuperscript{th} of March 2012 the contest works evaluation according to the standard criteria.
5. 14\textsuperscript{th} 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

Konkurs
Instytutu Kardiologii i Światowej Federacji Serca
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
<table>
<thead>
<tr>
<th>Participation in the contest</th>
<th>Sex</th>
<th>Pretest mean</th>
<th>Posttest mean</th>
</tr>
</thead>
<tbody>
<tr>
<td>No</td>
<td>Boys (N=64)</td>
<td>21.0</td>
<td>21.2</td>
</tr>
<tr>
<td></td>
<td>Girls (N=63)</td>
<td>22.8</td>
<td>23.3</td>
</tr>
<tr>
<td></td>
<td>Total (N=127)</td>
<td>21.9</td>
<td>22.2</td>
</tr>
<tr>
<td>Yes</td>
<td>Boys (N=15)</td>
<td>22.8</td>
<td>22.3</td>
</tr>
<tr>
<td></td>
<td>Girls (N=24)</td>
<td>23.9</td>
<td>24.8</td>
</tr>
<tr>
<td></td>
<td>Total (N=39)</td>
<td>23.5</td>
<td>23.9</td>
</tr>
</tbody>
</table>
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 should healthy school-age boy or girl practice physical activity? 25/166 (15%)
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

100.00% of Total visits

Overview

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

954 people visited this site

1 Jan 2012 - 19 Apr 2012