

CARDS *fit*

Cards **A**re **R**eliable

Dedicated **S**upporters of

Family, **F**un and **F**itness

Integrated **T**ogether

CARDS*fit* Description

CARDS*fit* is a health promotion program that promotes family, fun and fitness.

CARDS*fit* is a collaborative effort between **Cardinal Athletics** and UofL health management program, **Get Healthy Now.**

Mission Statement

CARDS*fit* enhances overall health and quality of life for its participants. **CARDS***fit* provides education and motivation in improving nutrition, fitness, family/friend development and community awareness. Correlated activities are integrated while connecting campus and community.

CARDSfit

Cards Are Reliable Dedicated Supporters of Family, Fun and Fitness Integrated Together



Pledge

- I pledge to learn about foods that support good nutrition and make them part of my daily diet.
- I pledge to perform movement activities that strengthen my heart, lungs, and muscles several times a week.
- I pledge to be smoke and drug free.
- I pledge to be courteous to the people around me and seek peaceful ways to resolve conflicts.
- I pledge to support my family and friends in their pursuit to live healthy lives.

Signature _____ Date _____

CARDSfit is a collaboration of the University of Louisville Get Healthy Now program and U of L Athletics.

Areas of Lifestyle Development:

Nutrition

Provide the family with balanced nutritional education that meets families' needs and taste

Fitness

Encourage families to enjoy activities together and to support one another in their effort to achieve wellness

Family and Friend Development

Provide education and skills to empower and develop the family cohesiveness

Community Awareness

Supply wellness resources for families, provide information on community events and partner with organizations that help strengthen our community

Program Basics

- Targets students in Elementary and Middle Schools
- Rewards/Incentives monthly
- Community CARDSfit events at the University
- Curriculum aligns with Kentucky Department of Education Practical Living Academic Expectations and National Association of Sport and Physical Education Standards (NASPE).
- Curriculum can be easily integrated into teachers' lesson plans
- Pre/Post assessments included
- Educational materials provided to meet goals of lifestyle behavior change

Test-Pilot CARDSfit Program

Setting: Spencer County Elementary School, 3rd and 4th grade, Fall 2006.

Purpose:

1. To evaluate effectiveness in producing positive health-related lifestyle behavior changes
2. To evaluate statistically significant increases in educational knowledge and awareness of the four areas of development

Method: Using a standardized questionnaire, a longitudinal study of the students who participated in the CARDSfit program, was designed to measure four aspects of wellness. Subjects were administered the questionnaire before (pretest) and after (posttest) implementation of the CARDSfit program.

Cont. Test-Pilot CARDSfit Program

Analysis: Test analyzed the data collected from the questionnaires in two ways: on a question-by-question basis, to determine whether the proportion of subjects responding positively to each question changed after the intervention, and on a summary basis, to determine whether the subjects' average level of assessed wellness changed after participation in the program.

Results: The results of the question-by-question analyses showed statistically significant increases in the proportion of students responding "always" or "sometimes" for questions one and three. Additionally, there was a statistically significant decrease in the proportion of students responding "sometimes" or "never" on question ten.

Results: The summary wellness scores showed the posttest mean wellness score of 17.86 (SD 2.40) was significantly ($p = 0.04$) higher than the mean pretest score of 16.80 (SD 3.14).

Conclusion of Test-Pilot CARDSfit Program

Conclusions: The results of this study suggest that participation by third and fourth grade elementary students in the *CARDSfit* program did result in positive changes in the health-related behaviors of participants, specifically, increases in healthy nutrition choices and decreases in unhealthful community awareness attitudes, as well as increases in overall levels of assessed wellness.

THANK YOU