

REACHING GOALS WITH GO

The GO program contains very thorough qualitative and quantitative measurements to evaluate success, utilizing the expertise of hospital and higher education staff.

GO Club and GO Crew are already producing excellent results in the schools where they are established. During the 2007-2008 school year, for example, more than half of GO Club students in Grove, Roy Clark, and Rosa Parks elementary schools either reduced or maintained their Body Mass Index (BMI):

- Grove Elementary — 71.43%
- Roy Clark Elementary — 62.16%
- Rosa Parks Elementary — 55.55%

In general fitness testing, an average of 73 percent of GO program students improved their core strength on a one-minute crunch test, and 62 percent improved their flexibility on the sit-and-reach exercise routine.

Academic and social results of GO program participants have been equally impressive. Students improved reading levels by four months per quarter compared to their peers, and GO students had fewer discipline referrals than the rest of the school population.



With the **GO** program, we can make it possible for Oklahoma children to enjoy a healthier, happier future.

For complete details about **GO Club** and **GO Crew** program objectives and results, please call (918) 747-9622.

GO PROGRAM PARTNERS

Oklahoma State University Extension
Oral Roberts University
Owasso Public Schools
Q2 Consulting
Saint Francis Health Zone
St. John Hospital
Tulsa Children's Museum
Tulsa City/County Health Department
Union Public Schools
University of Oklahoma - Bedlam Clinics

FUNDING PARTNERS

Carol M. White PEP Grant
Osteopathic Founders Foundation
Tulsa Area United Way

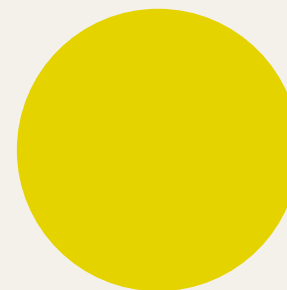
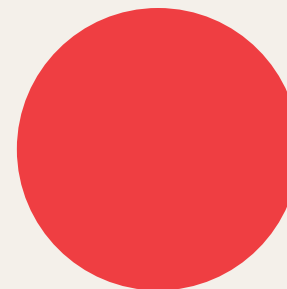


MISSION

To put Christian principles into practice through programs that build healthy spirit, mind, and body for all.

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AFTER-SCHOOL HEALTH AND WELLNESS PROGRAMS



GIVING KIDS THE GREEN LIGHT
TO A HEALTHIER FUTURE

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AFTER-SCHOOL HEALTH *and* WELLNESS PROGRAMS

GIVING KIDS THE GREEN LIGHT
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YMCA OF GREATER TULSA

WHERE KIDS GO, OKLAHOMA FOLLOWS

The responsibility of keeping a child mentally and physically healthy begins with the parents and is later shared by society—the child's neighborhood, social network, schools, and local government.

What does the following say about how seriously we have taken our collective responsibility?

- Oklahoma ranks 45th in the nation in the overall health of its citizens.
- Nearly 40% of Oklahoma children are overweight or obese.
- Oklahoma youth engage in several risk-taking factors—e.g., drug and alcohol use, sexual activity, delinquency—at higher numbers than the national average.
- An estimated 25% of Tulsa County ninth-graders in public schools do not make it to graduation; in Tulsa Public Schools, this figure rises to 40%.

We provide these statistics not to point fingers but to inspire action. Because it's time for Oklahoma to GO a different direction.



MEETING OKLAHOMA STANDARDS

The scientifically based curriculum* of GO Club and GO Crew addresses each of the three major Oklahoma Priority Academic Student Skills (PASS): Motor Skill and Lifetime Activity Development, Health-Enhancing Activity Development, and Personal and Social Skill Development. The overall goal of PASS is to promote the health and well-being of each student and guide them toward becoming physically active for life.

NUTRITION • • • • •

Based on social learning theory, which suggests that most health behaviors are social behaviors that are learned in a social context, our Nutrition Education curriculum targets changes in specific environmental, personal and behavioral factors that influence children's health behavior. Specifically, it encourages changes in the environment that would support healthful eating and physical activity by providing opportunities to eat more healthful snacks and to engage in physical activity by promoting role models and a strong peer support network.

Our Nutrition Education program is divided into 32 lessons and physical activity sessions. Some sessions are dedicated to snack preparation/taste-testing activities. The story-based curriculum includes five fruits and vegetables modules, four lessons on identifying and choosing low-fat and low-dairy products, six lessons focusing on fiber, and three lessons that address the new MYPyramid.

PHYSICAL ACTIVITY • • • • •

To accomplish Oklahoma's three main PASS objectives, GO Club and GO Crew students are involved in at least 30 minutes of daily physical activity, and at least 40 percent of that time is spent participating in moderate to vigorous physical activity. Each day, students are provided with many opportunities to participate and practice skills in a variety of enjoyable physical activities.

An important aspect of the GO program addresses the needs of overweight and obese children. Saint Francis Hospital, one of our key partners, offers a six-week management program called ShapeDown for obese children (BMI exceeding the 86th percentile) ages 8-14. ShapeDown is led by a team of clinical staff, registered dietitians and exercise specialists. At the end of this six-week, family-centered program, these students can be integrated into the standard GO Club or GO Crew program.

*All curriculum materials are available in English and Spanish.

GO STANDS FOR GRADUATE OKLAHOMA

To be successful in resolving the wide range of issues involving Oklahoma's youth, a strong collaboration of multiple professional and academic organizations is required.

Together with local partners in the healthcare industry, public school system, and institutions of higher learning, the YMCA of Greater Tulsa has developed Graduate Oklahoma (GO), a comprehensive after-school health and wellness program for children in grades K-5 (GO Club) and 6-8 (GO Crew) that provides solutions for reversing childhood obesity trends, curbing risky and antisocial behaviors, improving academic performance, and keeping kids in school.

It is well-documented that children who regularly attend after-school programs have better grades, behave better in school, have more academic and enrichment opportunities, get along better with peers, and are less likely to engage in drug use, violence, and sexual activity.

The GO after-school program is designed to help kids graduate to a higher level of mental and physical well-being.