



A Pilot Project

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Background



- The *Healthy Buddies*© program was originally developed in British Columbia by the BC Children's Hospital, in collaboration with a team of doctors and educators.
- The main goal was to promote community health and prevent chronic diseases.

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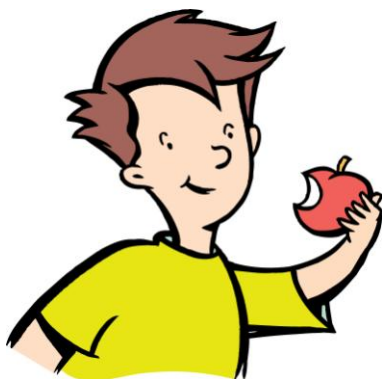
The Program

- *Healthy Buddies*© is a comprehensive school-based health education and health promotion program that focuses on promoting healthy attitudes and behaviours towards physical activity, healthy eating, and positive self image.
- By pairing younger students with older “buddies” who serve as healthy role models, students learn to make healthier choices that will help them to lead healthier lives.

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Go Move! Go Fuel! Go Feel Good!



- *Healthy Buddies*© seeks to empower 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 or *Go Move!*
 - Nutrition or *Go Fuel!*
 - Mental health or *Go Feel Good!*

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The Pilot

- In 2009 the Province of Manitoba partnered with BC *Healthy Buddies*© to examine the applicability of the *Healthy Buddies*© program here in Manitoba.
- Through Manitoba's Healthy Schools Initiative, the province piloted *Healthy Buddies*© in 20 elementary schools throughout the province.



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Evaluating the Pilot



- Healthy Schools partnered with the Manitoba Institute of Child Health (MICH) to evaluate the effectiveness of *Healthy Buddies*© in preventing weight gain and increasing physical activity in early years students.

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Evaluating the Pilot

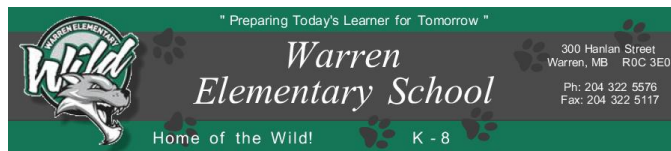
- The evaluation was structured as a Randomized Control Trial (RCT).
- Participating pilot schools were divided into either the case group (schools that would be implementing *Healthy Buddies*©) or the control group (schools that would not be implementing *Healthy Buddies*© but would still participate in the evaluation).
- We are anxiously awaiting the final results of the pilot project. Once we receive the results, we will be sharing them with all the schools that participated.

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The Pilot School Experience

- Warren Elementary School participated as a case school in the *Healthy Buddies*© pilot.
- Scott McMurtry, a teacher at Warren Elementary is here to share his school's *Healthy Buddies*© experience.



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**For more information about
Healthy Schools, including the *Health
Buddies*® Pilot Project, contact:**

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