

# Kaiser Permanente

## Educational Theatre Programs



### Highlights of Reach, Partnership and Impact/Evaluation Prepared August 2011

#### **Amazing Food Detective**

##### Reach:

Developed in 2006, *The Amazing Food Detective* has reached 126,221 people through more than 500 performances in elementary schools as well as community settings.

##### Partnership:

Two partnerships have broadened the reach of *The Amazing Food Detective* program under the guidance of ETP staff. In northern Colorado, 8 performances in 2010 were produced by LiveWell Weld County and the Weld County Health Department with artistic staff/actors from the University of Northern Colorado; in the Pueblo area, 26 performances in 2011 were produced by LiveWell Pueblo and the Pueblo Health Department with artistic staff/actors from the Sangre De Cristo Arts Center.

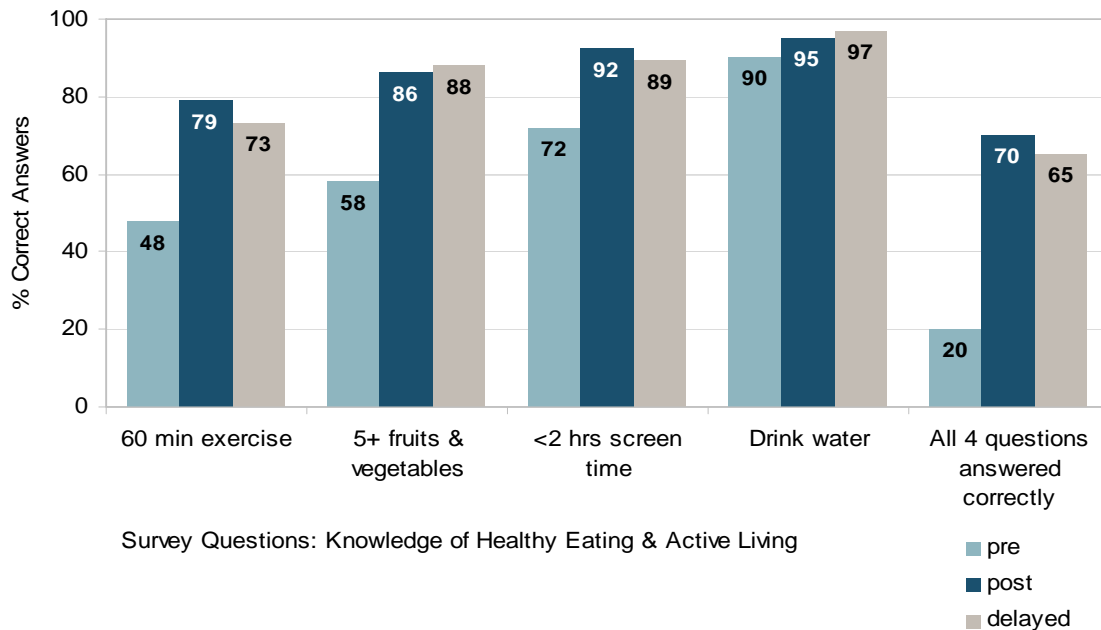
##### Evaluation/Impact:

In a 2008 study (scheduled for publication in 2011 in the Society of Nutrition Education's Journal of Nutrition and Behavior,) Kaiser Permanente Educational Theatre Programs across the nation evaluated the impact on knowledge of four of the messages taught in several obesity prevention programs: minutes of physical activity needed, number of fruits and vegetables to be consumed daily, hours of screen time watched per day and the best thing to drink.

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The chart below lists the responses to a four question survey given to more than 400 3<sup>rd</sup> graders in 6 schools in Colorado, asking about their knowledge before and after seeing *The Amazing Food Detective*.

- Knowledge about exercise increased the most—from 48% answering correctly before the performance to 79% immediately after. Knowledge about fruits and vegetables increased from 58% before the performance to 86% immediately after.
- Overall, one-fifth of the students (20%) answered all four questions correctly before the performance; this increased to 70% immediately afterwards. Increased knowledge levels were sustained two weeks later.



This evaluation process was replicated (pre and post only, no delayed post) to assess the impact of the performances by the northern Colorado partnership. Before the performance, only 27% of students got all four questions correct whereas after the play 82% got all answers correct.

## **Choose Your Life**

### Reach:

Developed in 2009, *Choose Your Life* has reached 60,924 people through more than 260 performances in elementary and middle schools. This program was also adopted by the Oregon Children's Theatre through the Educational Theatre Programs in the Northwest Region, and toured to elementary schools in Oregon and Washington.

### Partnership:

*Choose Your Life* was developed in collaboration with the Denver Public Schools Bullying Prevention Office and is aligned with DPS evidence-based bully prevention programs, as well as the Positive Behavior Support system.

### Evaluation:

In January 2010, Kaiser Permanente's Educational Theatre Programs set out to determine if the *Choose Your Life* (CYL) program could make a positive impact on school culture through a pilot evaluation process. Through documentation of office referrals and educator surveys, two questions were evaluated:

- Do events of bullying/harassment which result in an office referral decrease at a school after students experience the CYL program?
- Did teachers anticipate and notice observable behavior changes in their students after the CYL program was at their school?

The evaluation data indicated that office referrals for bullying events did decrease in all three study schools. In addition, comments on the educator surveys cited observable, positive student behavior changes.

## **Health Team 4**

### Reach:

Developed in 2009, *Health Team 4*, has reached 10,112 people through more than 100 performances resulting from 73 class sessions attended by Educational Theatre Internship program interns.

### Partnership:

*Health Team 4* is the touring play which was developed through the Educational Theatre Internship program, an credit-bearing internship program training 8 actor/interns from The Metropolitan State College of Denver Theatre Department through 73 class sessions with ETP. This partnership has been provided through the Kaiser Permanente Community Health Fund, a Fund of The Denver Foundation.

### Evaluation:

In the 2009 pilot year, third graders (N=161) at two schools were surveyed immediately before and immediately following the performance of *Health Team 4*, and again three weeks after the performance to assess their knowledge and retention of four health messages taught in the show: minutes of physical activity needed, number of fruits and vegetables to be consumed daily, hours of screen time watched per day and the best thing to drink. Greater than 42% of students knew all four messages prior to seeing the program, with more than 87% knowing all four messages immediately following the performance. Greater than 94% of the students retained that knowledge three weeks later.

A survey of the actor/interns at the end of 2011 indicated that 100% of interns rated their experience in the internship highly (9 or 10, 10 being the highest).

## **It's Your Health**

### Reach:

Developed in 2009, *It's Your Health* has reached 21,047 people through 59 presentations at events such as those listed below:

Denver Public Schools Supply Drive	Dragon Boat Festival
Pow Wow	Colfax Marathon
Juneteenth	Moonlight Classic
Pride Fest	

### Partnership:

In addition to ETP staff facilitating Its Your Health in the local Denver metro area, a unique partnership has broadened the reach of this program. In southern Colorado, staff from LiveWell Chaffee County in partnership with artistic staff/actors from the Stageleft Theatre were trained in facilitation and provided a complete game kit for "Its Your Health" by Kaiser Permanente. This partnership will be activated with events in late 2011. A similar partnership is in development in northern Colorado with the University of Northern Colorado for activation in 2012.

## **SitComm**

### Reach:

Developed in 2008, *SitComm* has reached 2,127 adults and youth through 63 workshops.

### Partnership:

*SitComm* has been presented in local elementary and middle schools, as well as being a part of the "Reach Higher Summit" conference in Colorado Springs for two years, with an invitation to return in 2012. In addition, *SitComm* has been co-facilitated in many area faith-based communities.

## **Teens Take It On**

### Reach:

Developed in 2005, *Teens Take It On* has reached more than 88,500 parents, community members and other adults and students and other youth across the state of Colorado through a presentation, play or video developed by the more than 300 high school-aged participants. ETP have taught approximately 511 Teens Take It On workshop/class sessions for participants in the 13 projects.

### Partners/Impact Highlights:

Each of the 13 projects had a unique set of partners working alongside students to achieve a common goal. The project including the major partner organizations and a highlight of the impact/achievements for the projects are listed below:

#### **2005 at Aurora Central High School**

Film: *Here They Come!*

Play: *Teens Take It On, healthy eating, active living*

Major Partner(s): Food Service Director at Aurora Central High School - Vickie Sherbon

Impact Highlights/Achievements: Student Advocacy Campaign resulted in 5 day a week fresh fruit bowl offering in the cafeteria

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**2006 at Adams City High School**

Film: Long Scary Walk Home!

Play: Teens Take It On, healthy eating, active living

Major Partner: Thriving Community (now LiveWell Community) Tri County Health:  
Robyn Spittle and Carol MacLenn

Impact Highlights/Achievements: Long and Scary Walk Home Film has been presented to City Councils, Health Departments, State Health Foundations, the Commerce City Police Dept and area schools. The play received media coverage on Commerce City Public Access

**2007 at Escuela Tlateloco**

Play: Teens Take It On, healthy eating, active living

Major Partner(s): Denver Parks and Recreation and Regis LiveWell community: Susan Scherer

Impact Highlights/Achievements: 25 Students that never even seen a play or worked with film until this project gain confident through expressing their voice through the arts

**2007 at Wheat Ridge High School**

Films: What's Love, Mr. Salad

Play: The Adventure of Doctor Health

Major Partner(s): LiveWell Wheat Ridge and Jeffco Health Department: Elise Lubell,  
Jeffco PTA and PTSA: Brenda Christy, Wheat Ridge Recreation Center

Impact Highlights/Achievements: Students advocated for a salad bar in their cafeteria and were invited to present their reasons to Jeffco School Board. This conversation began the a movement in the school district that would eventually result in 1) new cafeteria offerings 2) no can vegetables only fresh or frozen, 3) whole wheat products instead of white flour. These changes impacted the nutrition choices for 84,000 students.

**2008 at Jefferson High School**

Film: Did You Know: taking charge of your health

Play: The Adventure of Health Team Four

Major Partner(s): Wheat Ridge Middle School and Everett Middle School

Impact Highlights/Achievements: Student peer educators advocated for better health choices through film and theatre reaching the student body of two middles schools and 10 elementary schools

**2009 at East High School (two projects) and Abraham Lincoln High School**

Film: Can You Catch Me Now?

Major Partner(s): DPS Healthy Schools Wellness Coordinator: Kathy Schmelter,  
LiveWell Park Hill

Impact Highlights/Achievements: Almost 19,000 elementary and middle schools student watch their combined films that promoted National Walk to School Day and taught safety tips for walking and biking to school

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### **2010 at Jefferson High School**

Film: True Live Jefferson

Major Partner(s): Jefferson County Food and Nutrition Services: Holly Camp and Linda Stoll, Jeffco Healthy School Coordinator: Amy Dillion, Peg Kastberg Jefferson Community Superintendent

Impact Highlights/Achievements: School Board mandated that Food Nutrition services collaborated with schools around nutrition. This mandate was set as an accreditation goal for the district. Major distribution success: Chalk Talk (on-line parent newsletter,) Principal Articulation Meetings (students were never invited before, given 20 mins instead of 5). This film was very successful because everyone was satisfied with the film (youth and adults.) This was due to the high level of collaboration. 50,000 students and their families viewed this film.

### **2010 Abraham Lincoln High School**

Film: The Race is On (ALHS) and Stay On Track (EHS)

Major Partner(s): DPS Healthy School Colorado: Scott Romero, Colorado KP CB/Lead Physician CV Health, Safe Routes to School Board Member: Dr Sandy Stenmark

Impact Highlights/Achievements: 12,000 elementary and middle school students viewed this film. The film was reached out side of the metro area with the mountain schools districts using the film to prepare their communities to participate in both the Safe Routes to School program and National Walk to School Day.

### **2010 Adams City High School**

Film: The Healthy Living Program, Wanda

Major Partner(s): University of Colorado, Denver, Department of Pediatrics/Nutrition: Dr. Matt Haemer, Community Health Services: Dr. Sarah Windbourn, Healthy School Coordinator Adams 12 and 50: Emily Jacob, Commerce City Recreation Center

Impact Highlights/Achievements: Student films used to recruit youth and their families for The Healthy Living Program. This is an obesity intervention study examining the best practices for behavioral change with in families. The results are still being compiled. At this point 350 adults and children have viewed the film at the Community Health Services clinics in Commerce City. The film is playing on loop in the waiting areas so that interested families will learn about the program and ask their nurse practitioners how to enroll.

### **2011 at Jefferson High School, Abraham Lincoln High School and Adams City High School (fall 2011)**

This project starts September 6 2011. Our major partners will be Hunger Free Colorado: Katherine Moos and Dr. Sarah Vanscoy