

Kaiser Permanente

Educational Theatre Programs

Through the **arts**, we **inspire** people to make **healthy choices**.

Service to School Districts 2007-2010

Kaiser Permanente's **Innovative Community Health Programs**

Benefit to Schools

For 25 years, Kaiser Permanente, Colorado's largest nonprofit health organization, has brought health education to our communities through the Educational Theatre Programs. These programs, offered free of charge as a community benefit of Kaiser Permanente, have been presented to more than **two million people** in Colorado since 1985.

What started as a single play for elementary school children has become a series of award-winning theatrical productions, skill-building workshops and residency programs designed to meet the unique health needs of the communities we serve. We offer programs which encourage healthy eating and active living, healthy communications, and social and emotional health. More than 80% of the programs we offer support people in schools and school districts.

Kaiser Permanente has assembled an ethnically-diverse group of professional actors who also serve as skilled workshop facilitators, health educators and role models to the people they meet every day. Through theatre, Kaiser Permanente seeks to measurably improve the health of our communities.

The Educational Theatre Programs have served just under **300,000 people** in Colorado school districts over the past four years. This report gives highlights of the programs offered to individual school districts.

"It is important for our children to understand the consequences of a poor diet and lack of exercise and the ultimate affect on their health. This was an exciting way to get children to think about making better choices."

- Elementary School Educator

Kaiser Permanente

Educational Theatre Programs

Programs Serving Schools*

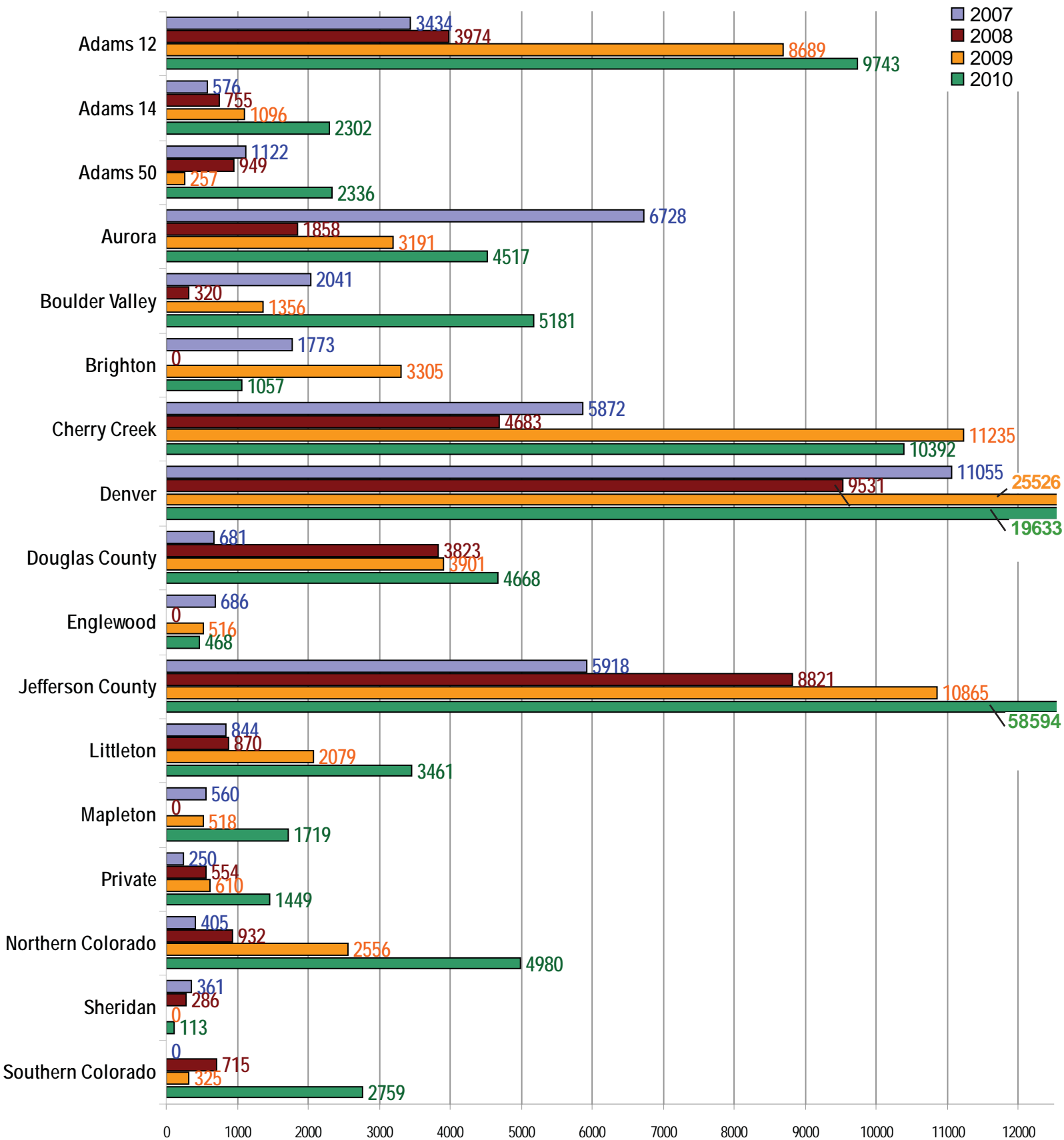
Title	Description	Age Group
Amazing Food Detective	An interactive performance promoting physical activity and good nutrition. The 40-minute program includes rap music with instructive and easy-to-remember lyrics.	Lower Elementary School
Amazing Food Detective Family Night	A result of partnership with the Integrated Nutrition Education Program and Community Resources, this evening event includes a nutritious dinner and performance of a bilingual vignette version of the Amazing Food Detective .	Families
Choose Your Life	A live-action, 45-minute multi-media play that comprehensively defines bullying situations, what it means to be targeted, and how to be a courageous bystander.	Upper Elementary School 6th Grade Middle School
Health Team Four	An interactive performance using actor interns from the Metropolitan State College of Denver's Theatre Department. The 40-minute play explores food and physical activity choices. Creative participatory elements are included, such as a game show where students in the audience become the contestants.	Upper Elementary School
It's Your Health	A lively, engaging interactive game show that teaches four important messages of healthy eating and active living.	Community Events
Keys To Personal Power	A fun, fast-paced, 45-minute workshop illustrating four keys to personal power: naming one's feelings, taking responsibility, identifying choices and celebrating success! <i>(No longer available.)</i>	Upper Elementary School
Situational Communications (SitComm)	A series of workshop sessions which include: live theatre depicting "episodes" of family life, practical communication skills which are taught, practiced and applied, and active opportunities for youth and adults to interact.	Families
Teens Take It On	A six-week residency program which engages high school students as peer educators and advocates for health. Students use video to develop creative educational campaigns that encourage healthy eating and active living. The program compliments established high school curriculum.	High School
What Would You Do?	A one-hour interactive program challenging students to resolve conflicts in a way that demonstrates respect for themselves and others. <i>(No longer available; replaced by Choose Your Life)</i>	Upper Elementary School

*These free programs, and those listed at www.ETPColorado.org, are also available for community settings.

Kaiser Permanente

Educational Theatre Programs

People Served per School District 2007-2010



Adams 12 School District

Programs Provided

- Amazing Food Detective
- Choose Your Life
- Health Team Four
- Keys To Personal Power
- Laughaceuticals
- Teens Take It On
- What Would You Do?

2007-2010 Reach

25,840 people served

101 programs offered

45 schools served

Highlights

Kaiser Permanente's Educational Theatre Programs' (ETP) service to Adams 12 schools continued to increase in 2010 as it did in 2009. ETP programs reached **9,743 people** in 2010.

Denver's Abraham Lincoln and East high schools participated in the **Teens Take It On** program in 2009 and 2010. The participating students created DVDs which supported National Walk to School Day. Students statewide, including many in Adams 12 middle and elementary schools, saw these creative peer education films about tips for walking and biking to school safely.

"Bully prevention is so important and kids now have tools to head off a problem early. Thank you!"

**- PE Teacher
Skyview Elementary School
(Choose Your Life)**

In 2010, two sessions of **Laughaceuticals - Laughter as Wellness** were presented for staff in the Adams 12 district. One session supported the district employee wellness program. The second session supported quality service skills training.

In 2009 and 2010, student interns from Metropolitan State College of Denver's Theatre Department toured **Health Team Four** at several Adams 12 elementary schools.



KAISER PERMANENTE®
Educational Theatre Programs

Adams 14 School District

Programs Provided

- **Amazing Food Detective**
- **Choose Your Life**
- **Health Team Four**
- **Keys To Personal Power**
- **Teens Take It On**
- **What Would You Do?**

2007-2010 Reach

4,729 people served

38 programs offered

9 schools served

Highlights

Kaiser Permanente's Educational Theatre Programs' (ETP) service to Adams 14 schools more than tripled in the past four years. In 2007, ETP programs reached 755 people and increased to 1,096 in 2009. By 2010, that number doubled to **2,302 people**.

In 2010, Adams City High School students in the **Teens Take It On** program partnered with Children's Hospital and University of Colorado, Denver, Pediatrics, Nutrition Section. The students created three recruitment films for an obesity intervention course, The Healthy Living Program. The films will be played during 2011 and 2012 in 11 safety-net clinics in Commerce City.

"The Health Team 4 show has had a lasting impact...the students are still talking about the lessons learned such as eating right when you are young helping you live long!"

**- Principal
Rose Hill Elementary
(Health Team 4)**

Since 2006, LiveWell Commerce City's strategic initiative has included Adams 14 schools. In support of this initiative, ETP provided the **Amazing Food Detective** program to seven of the nine elementary schools in the district. ETP returned more than once to three of these elementary schools.

In 2009 and 2010, interns from Metropolitan State College of Denver's Theatre Department toured **Health Team Four** at several Adams 14 elementary schools.



KAISER PERMANENTE®
Educational Theatre Programs

Adams 50 School District

Programs Provided

- **Amazing Food Detective**
- **Choose Your Life**
- **Health Team Four**
- **Keys To Personal Power**
- **What Would You Do?**

2007-2010 Reach

4,664 people served

24 programs offered

13 schools served

Highlights

Kaiser Permanente's Educational Theatre Programs' service to Adams 50 schools increased from 257 people in 2009 to **2,336 people** served in 2010.

In addition to providing the **Amazing Food Detective** and **Choose Your Life** programs, service expanded to include interns from Metropolitan State College of Denver's Theatre Department who toured **Health Team Four** at several Adams 50 elementary schools.

"The kids still sing the 'Five Fruits A Day' song and remember the talking cereal box! Too bad parents aren't required to see the play."

- 1st Grade Teacher
(Amazing Food Detective)



KAISER PERMANENTE®
Educational Theatre Programs

Aurora Public School District

Programs Provided

- **Amazing Food Detective**
- **Amazing Food Detective Family Night**
- **Choose Your Life**
- **Health Team Four**
- **Keys To Personal Power**
- **Teens Take It On**
- **What Would You Do?**

2007-2010 Reach

16,294 people served

81 programs offered

43 schools served

Highlights

Kaiser Permanente's Educational Theatre Programs' (ETP) service to Aurora schools continued to increase in 2010 as it did in 2009. ETP programs reached **4,517 people** in 2010.

Denver's Abraham Lincoln and East high schools participated in the **Teens Take It On** program in 2009. The participating students created DVDs which supported National Walk to School Day. Students statewide, including many in Aurora elementary schools, saw these creative peer education films about tips for walking and biking to school safely.

"..After I see this play I think twice about what kind of meal I prepare for my family."

**- Parent Liaison
Peoria Elementary
(Amazing Food Detective Family Night)**

Four Aurora elementary schools hosted the bilingual **Amazing Food Detective Family Nights** in 2009.

In 2009 and 2010, student interns from Metropolitan State College of Denver's Theatre Department toured **Health Team Four** at several Aurora elementary schools.



KAISER PERMANENTE®
Educational Theatre Programs

Boulder Valley School District

Programs Provided

- **Amazing Food Detective**
- **Keys To Personal Power**
- **Teens Take It On**
- **What Would You Do?**

2007-2010 Reach

8,898 people served

31 programs offered

22 schools served

Highlights

Kaiser Permanente's Educational Theatre Programs' (ETP) service to Boulder schools continued to increase in 2010 as it did in 2009. ETP programs reached **5,181 people** in 2010.

Denver's Abraham Lincoln and East high schools participated in the **Teens Take It On** program in 2010. The participating students created DVDs which supported National Walk to School Day. Students statewide, including many in Boulder Valley middle and elementary schools, saw these creative peer education films about tips for walking and biking to school safely.

"The message definitely hit home to our students who have told me in PE class that they are eating healthier. Classroom teachers have used it for writing assignments."

- PE Teacher
Emerald Elementary School
(Amazing Food Detective)



KAISER PERMANENTE®
Educational Theatre Programs

Brighton School District

Programs Provided

- **Amazing Food Detective**
- **Keys To Personal Power**
- **Teens Take It On**
- **What Would You Do?**

2007-2010 Reach

6,135 people served

17 programs offered

13 schools served

Highlights

Kaiser Permanente's Educational Theatre Programs' service to Brighton schools included **1,057 people** in 2010.

Denver's Abraham Lincoln and East high schools participated in the **Teens Take It On** program in 2009. The participating students created DVDs which supported National Walk to School Day. Students statewide, including many in Brighton elementary schools, saw these creative peer education films about tips for walking and biking to school safely.

"I've been able to relate my wellness lessons to what the Amazing Food Detective said, which helps the information to sink in."

**- Wellness Teacher
High Point Academy
(Amazing Food Detective)**



KAISER PERMANENTE®
Educational Theatre Programs

Cherry Creek School District

Programs Provided

- **Amazing Food Detective**
- **Choose Your Life**
- **Health Team Four**
- **It's Your Health**
- **Keys To Personal Power**
- **Laughaceuticals**
- **Situational Communications**
- **Teens Take It On**
- **What Would You Do?**

2007-2010 Reach

32,812 people served

131 programs offered

64 schools served

Highlights

Kaiser Permanente's Educational Theatre Programs' (ETP) service to Cherry Creek schools has been significant in the past three years. In 2009, ETP more than doubled its reach to 11,235 people. In 2010, a total of **10,392 people** were served with an educational theatre program.

Denver's Abraham Lincoln and East high schools participated in the **Teens Take It On** program in 2009 and 2010. The participating students created DVDs which supported National Walk to School Day. Students statewide, including many in Cherry Creek middle and elementary schools, saw these creative peer education films about tips for walking and biking to school safely.

"Your positive communication seminar is such a wonderful vehicle to help people like me who are floundering in the ability to communicate well."

**- Adult Participant
Campus Middle School
(Situational Communications)**

In support of the district's 2010 Family Wellness Summit, ETP provided a performance of the **Amazing Food Detective**, as well as a **Laughaceuticals** workshop and a **Situational Communications** session. ETP also supported the Cherry Creek Youth Adult Summit in 2008 and 2009.

In 2008, ETP launched the **Situational Communications** program at Campus Middle School and at a Parent Information Network (PIN) meeting.

In 2009, ETP staff provided Liberty Middle School with a series of multi-day workshops that helped improve communication between student leaders and teachers.

In 2009 and 2010, student interns from Metropolitan State College of Denver's Theatre Department toured **Health Team Four** at several Cherry Creek elementary schools.



Denver Public School District

Programs Provided

- **Amazing Food Detective**
- **Amazing Food Detective Family Night**
- **Choose Your Life**
- **Health Team Four**
- **It's Your Health**
- **Keys To Personal Power**
- **Situational Communications**
- **Teens Take It On**
- **What Would You Do?**

2007-2010 Reach

65,745 people served

459 programs offered

174 schools served

Highlights

Kaiser Permanente's Educational Theatre Programs' (ETP) service to Denver schools (DPS) have been significant. In 2009, a total of 25,556 people in DPS were served, a 400% increase over 2007. ETP reached **19,633 people** in 2010.

In 2009, ETP offered the **Situational Communications** program at Hamilton Middle School. Also, ETP developed a partnership with the district's Wellness Office resulting in a play to support the launch of the DPS LiveWell Games. The **Choose Your Life** program premiered in DPS in 2009. This program was developed in collaboration with the DPS Bullying Prevention Office and is aligned with DPS evidence-based bully prevention programs.

In 2010, ETP offered the **Situational Communications** program to Omar D Blair and Henry World middle schools. These interactive workshops helped prepare students for middle school by teaching communication skills.

"Students enjoyed the event...because of the 'catchy' chants & opportunities for them to participate.... The content also connects with our nutrition lessons and message delivered by the nurse when she talks with classes about healthy choices."

- Principal
Cheltenham Elementary
(*Amazing Food Detective*)

Denver's Abraham Lincoln and East high schools participated in the **Teens Take It On** program in 2009 and 2010. The participating students created DVDs which supported National Walk to School Day. Distributed statewide, 19,000 people in 2009, and more than 60,000 people in 2010 saw these creative peer education films about tips for walking and biking to school safely.

ETP supported the 2010 KIPP Academy wellness fair by presenting **It's Your Health**. Members of Kaiser Permanente's finance team assisted families in understanding financial issues with health care.

From 2007 to 2010, a total of 34 DPS elementary schools have hosted the bilingual **Amazing Food Detective Family Nights**.



KAISER PERMANENTE®
Educational Theatre Programs

Douglas County School District

Programs Provided

- **Amazing Food Detective**
- **Choose Your Life**
- **Health Team Four**
- **Keys To Personal Power**
- **Situational Communications**
- **What Would You Do?**

2007-2010 Reach

13,073 people served

63 programs offered

33 schools served

Highlights

Kaiser Permanente's Educational Theatre Programs (ETP) served 12 elementary schools in Douglas County in 2010. ETP's reach has increased from 3,823 people served in 2008, to 3,901 in 2009 and **4,668 people** in 2010

In 2008, the Educational Theatre Programs partnered with the Douglas County School's Human Resources office to support the Douglas County Schools Wellness Fair. Families of employees enjoyed an evening at the Wilderness Experience in Parker where a performance of the **Amazing Food Detective** complemented other event activities.

"The students did use the vocabulary and gestures soon after the performance and continue to use it in classrooms where teachers are encouraging the vocabulary and behavior."

**- Assistant Principal
Eldorado Elementary
(Keys To Personal Power)**

In 2010, ETP offered the **Situational Communications** program at Rocky Heights Middle School in support of the school's "CommUNITY" night.

In 2009 and 2010, student interns from Metropolitan State College of Denver's Theatre Department toured **Health Team Four** and served several Douglas County elementary schools.



KAISER PERMANENTE®
Educational Theatre Programs

Englewood Public School District

Programs Provided

- **Amazing Food Detective**
- **Choose Your Life**
- **Health Team Four**
- **Keys To Personal Power**
- **What Would You Do?**

2007-2010 Reach

1,670 people served

9 programs offered

6 schools served

Highlights

Kaiser Permanente's Educational Theatre Programs (ETP) served 100% of the elementary schools in the Englewood district. Bishop, Clayton, Cherrelyn, and Englewood elementary schools hosted one or more programs in the past three years. Hay Elementary hosted all three of the touring programs available to elementary schools. ETP served a total of **550 people** in 2010.

“Many of the 3rd graders have been reading the ingredients on the food they bring from home. They have also been telling me what they have been doing to be active and will say if they spent more than 2 hours in front of the TV.”

**- PE Teacher
Bishop Elementary School
(Amazing Food Detective)**

In 2010, student interns from Metropolitan State College of Denver's Theatre Department toured **Health Team Four** and served several Englewood elementary schools.



KAISER PERMANENTE®
Educational Theatre Programs

Jefferson County School District

Programs Provided

- **Amazing Food Detective**
- **Choose Your Life**
- **Health Team Four**
- **Keys To Personal Power**
- **Teens Take It On**
- **What Would You Do?**

2007-2010 Reach

84,198 people served

501 programs offered

106 schools served

Highlights

Kaiser Permanente's Educational Theatre Programs' (ETP) reached a significant audience in the Jefferson County School District over the last four years. ETP's service increased by 30% between 2007-2008, with an additional 20% jump in 2009. By 2010, ETP had presented for a total of **58,594 people** in the district.

Wheat Ridge High School hosted the **Teens Take It On** program in 2007. Since that time, Wheat Ridge High School students have served as advisors to the district Food and Nutrition Services and have been instrumental in promoting healthier, more appetizing cafeteria offerings. In 2008 and 2009, students in the **Teens Take It On** program from both Jefferson and Wheat Ridge high schools continued to advocate for changes in the cafeteria menu in partnership with Food and Nutrition Services. In 2010, the drama students in the **Teens Take It On** program at Jefferson HS produced a film announcing the new menu as well as providing their peers with important nutritional education. The PTA,

school Principals and Chalk Talk (an online parent newsletter) helped publicize and distribute the films. More than 40,000 youth, parents and employees in the Jefferson County school district viewed the films.

Denver's Abraham Lincoln and East high schools participated in the **Teens Take It On** program in 2009 and 2010. The participating students created DVDs which supported National Walk to School Day. Students statewide, including many in Jefferson

"What I learned as a role model and peer educator is I have to watch myself. The same thing we taught the kids happens to me too."

**- High School Peer Educator
Jefferson High School
(Teens Take It On)**

County middle and elementary schools, saw these creative peer education films about tips for walking and biking to school safely.

In 2009 and 2010, student interns from Metropolitan State College of Denver's Theatre Department toured **Health Team Four** and served several Jefferson County elementary schools.



KAISER PERMANENTE®
Educational Theatre Programs

Littleton Public School District

Programs Provided

- **Amazing Food Detective**
- **Choose Your Life**
- **Health Team Four**
- **Keys To Personal Power**
- **What Would You Do?**

Highlights

Since 2007, Kaiser Permanente's Educational Theatre Programs (ETP) served 90% of the 15 elementary schools in the Littleton district with many schools hosting more than one program.

Littleton schools have nearly tripled their participation with ETP in the past four years. ETP reached 870 people in 2008. That figure more than doubled to 2,079 in 2009, followed by **3,461 people** in 2010.

"The message of choosing good nutritious foods and getting 1 hour a day of movement was driven home in a clear and memorable way."

**- Principal
Centennial Academy
(Amazing Food Detective)**

2007-2010 Reach

7,254 people served

29 programs offered

20 schools served

In 2010, student interns from Metropolitan State College of Denver's Theatre Department toured **Health Team Four** to several Littleton elementary schools.



KAISER PERMANENTE®
Educational Theatre Programs

Mapleton Public School District

Programs Provided

- **Amazing Food Detective**
- **Choose Your Life**
- **Keys To Personal Power**
- **What Would You Do?**

Highlights

In 2010, Kaiser Permanente's Educational Theatre Programs tripled service to Mapleton schools, reaching **1,719 people**. In the past four years, all but one Mapleton elementary school have been served with at least one program.

2007-2010 Reach

2,797 people served

16 programs offered

8 schools served

"We loved it! It truly helped us to think about healthy food choices. For class rewards, instead of providing junk food, we will be adding fruits and vegetables.

- Principal
Clayton Partnership
(Amazing Food Detective)



Sheridan School District

Programs Provided

- **Amazing Food Detective**
- **Choose Your Life**
- **Keys To Personal Power**
- **What Would You Do?**

2007-2010 Reach

760 people served

4 programs offered

3 schools served

Highlights

Between 2007 and 2009, Kaiser Permanente's Educational Theatre Programs served 100% of the elementary schools in the Sheridan district.

In 2010, Sheridan Middle School hosted **Choose Your Life** for incoming 6th graders.

“..I liked that you had us/the kids cooperate in the show...I will be nicer because of you. It will help all of us in so many ways.”

- 5th Grade Student
Ft Logan Elementary School
(What Would You Do?)



Northern Colorado

Programs Provided

- **Amazing Food Detective**
- **It's Your Health**
- **Keys To Personal Power**
- **Teens Take It On**
- **What Would You Do?**

Highlights

In 2008, Kaiser Permanente's Educational Theatre Programs (ETP) developed a partnership with the Weld County Health Department and LiveWell **Weld County** to use the **Amazing Food Detective** script for a local tour. ETP provided the script and consultation along with the loan of a set. In 2008, theatre students from the University of Northern Colorado performed the play. In 2009 and 2010, high school students from University Schools served as the actors. Over the past two years, a total of 3,406 people viewed the locally produced program. In addition, ETP staff provided guidance and technical assistance to support program assessment. A 2009 formal assessment by the Weld County Health Department indicated that 91% of students retained the four health messages after seeing the high school students perform the **Amazing Food Detective**.

In 2008, **Greeley** and **Henderson** school district elementary schools hosted the Educational Theatre Programs' version of the **Amazing Food Detective** program.

"It was the perfect activity for our Healthy Lifestyles Night. The students loved it. We definitely want you back."

**- PE Teacher
Twombly Elementary
(It's Your Health)**

Take It On program in 2009 and 2010. The participating students created DVDs which supported National Walk to School Day. Students statewide, including many in **St. Vrain** and **Thompson** school districts, saw these creative peer education films about tips for walking and biking to school safely.

2007-2010 Reach

8,873 people served

33 programs offered

28 schools served

It's Your Health wowed families at a "Healthy Lifestyles Night" at Twombly Elementary in **Weld County** 2010. This program delivered health messages to an audience of all ages.

Denver's Abraham Lincoln and East high schools participated in the **Teens**



KAISER PERMANENTE®
Educational Theatre Programs

Southern Colorado

Programs Provided

- **Amazing Food Detective**
- **Teens Take It On**
- **What Would You Do?**

Highlights

In 2008 and 2010, Kaiser Permanente's Educational Theatre Programs toured elementary schools in the **Fountain** school district with the **Amazing Food Detective** and **What Would You Do?** programs. Additionally in 2008, families and community members attended a special evening performance of the **Amazing Food Detective**.

In April 2010, the Educational Theatre Programs partnered with LiveWell Pueblo and the Sangre de Cristo Arts Center to provide 6 performances of the **Amazing Food Detective**. These performances served over 2000 people from 30 schools in Pueblo and surrounding areas (**Pueblo City District 60**, **Pueblo County District 70**, **Lamar County** and **Springer, New Mexico**).

In June 2010, ETP facilitators provided a one-hour workshop for 40 Pueblo area teachers as part of a full day teacher in-service focusing on incorporating nutrition and physical activity into the classroom using the arts.

"...even our 4th and 5th graders become involved in the program. One of the most impactful aspects was the Spanish... It was awesome to see how excited our Spanish speaking students were when they heard their native language!"

- Counselor
Aragon Elementary School
(*What Would You Do?*)

Denver's Abraham Lincoln and East high schools participated in the **Teens Take It On** program in 2009 and 2010. The participating students created DVDs which supported National Walk to School Day. Students statewide, including Avery Parsons Elementary School in **Buena Vista**, saw these creative peer education films about tips for walking and biking to school safely.

2007-2010 Reach

3,799 people served

16 programs offered

31 schools served

In August 2010, theatre professionals from the Sangre de Cristo Arts Center and local college and high school actors, mounted a local production of the **Amazing Food Detective** with three performances serving 247 people. Additional performances are scheduled for April and May 2011.



KAISER PERMANENTE
Educational Theatre Programs

Private Schools

Programs Provided

- **Amazing Food Detective**
- **Situational Communications**
- **What Would You Do?**

Highlights

Kaiser Permanente's Educational Theatre Programs serves nonprofit private schools upon request.

In the past four years, the following schools have been served with one of our touring programs:

Boulder Country Day	Stanley British	St. Mary's Academy
Guardian Angels	Laradon Hall	Tennyson Center for Children
Evergreen Academy	Logan School	Cherry Hills Christian
Good Shepherd School	St. Vincent De Paul	Mt. Saint Vincent Home
Sts. Peter and Paul Catholic School		

2007-2010 Reach

2,863 people served

25 programs offered

18 schools served

“After the show, several of our ‘cool’ boys apologized... for offering some inappropriate responses...We all know that children learn best by having good role models and practicing skills themselves. This program was a wonderful opportunity for the students to apply these skills...”

**- Educator
St Mary's Academy
(What Would You Do?)**

In addition, Stanley British hosted the **Situational Communications** program in 2009, where 12 families participated in the four-workshop series.



KAISER PERMANENTE®
Educational Theatre Programs