

Kaiser Permanente Educational Theatre Programs

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



“I am in awe that nutrition education is being delivered in such a fun and unique way. This program gets kids excited about eating well.”

**– Parent Education Coordinator,
Integrated Nutrition Education Program,
University of Colorado Health Sciences Center**

IMPACT AT A GLANCE

Since 1985, the Educational Theatre Programs have served over 2 million people.

Teens Take It On participants from Jefferson and Wheat Ridge high schools were instrumental in introducing healthy salad and burrito bars into school cafeterias. Their advocacy efforts will impact 84,000 students in the Jefferson County School District.

After viewing the **Amazing Food Detective** program 88% of students surveyed learned the 4 health messages and 86% retained those messages after three weeks.

PLEASE NOTE

All programs are free to schools, non-profit organizations and community groups along Colorado's Front Range in Kaiser Permanente's service area.

Innovators in Providing Health Education

For 25 years, Kaiser Permanente, a major nonprofit health plan, has brought health education to our communities through our Educational Theatre Programs. What started as a single play for elementary school children in 1985 has become a series of award-winning theatrical productions, skill-building workshops, and youth engagement programs designed to meet the unique health needs of the communities we serve.

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.

Program Focus Areas

Healthy Eating, Active Living

We tackle poor nutrition and inactivity through high energy, interactive plays and through engaging teenagers as advocates for health. Over 75% of the Educational Theatre Programs work is aligned with Kaiser Permanente's Community Health Initiative, a national effort to promote healthy eating and active living.

Social and Emotional Health

Educational theatre gives people the tools they need to learn how to manage their feelings and relationships and engage in the world around them. About 20% of theatre program resources support social and emotional health.

Healthy Communication

Good communication skills are key in navigating a challenging world. Youth and adults benefit from the practical skills educational theatre provides to help improve communication. About 5% of theatre program resources support healthy communications.

AWARD WINNING PROGRAMS

Kaiser Permanente Educational Theatre Programs representative awards include:

Colorado Business Committee for the Arts, Innovation Award, 2008

Jefferson County PAACT (Parents and Community Connecting Together), Asset Builder of the Year, 2005

Search Institute, Jostens Asset Development Award, 2002

Denver Medical Society, Community Education Award, 2000

Mizel Museum of Judiaca, Special Corporate Award, 2000

Colorado Alliance for Arts Education, Outstanding Community Professional Theatre, 2000

Mayor's Award for Excellence in the Arts, 1997

Colorado Business Committee for the Arts, Large Business Award, 1996

Colorado Business Committee for the Arts, Special Recognition Award, 1992

Healthy Eating, Active Living Programs

The Amazing Food Detective, for lower elementary

A humorous, interactive play presented for lower elementary students that promotes physical activity and good nutrition. The program includes rap music with instructive and easy-to-remember lyrics.

Educational Theatre Internship (Health Team Four), for upper elementary

Students from Metropolitan State College of Denver's theatre department serve as Educational Theatre Programs interns. They present an interactive play for upper elementary students that creatively demonstrates how food and activity choices impact the future.

Teens Take It On, for high school students

A six-week high school residency program which provides students with an opportunity to become peer educators and advocates for healthy eating and active living. Note: Schools must apply in advance.

The Amazing Food Detective Family Night, for families

Through a partnership with the Integrated Nutrition Education Program and Community Resources, this evening event includes a healthy dinner and a performance of a bilingual version of the **Amazing Food Detective**.

It's Your Health, for families in community settings

A lively, engaging program based on a game show format that is used at community events to teach important messages about healthy eating and active living.

Social and Emotional Health Programs

Choose Your Life, for upper elementary

A live-action, multi-media play for upper elementary students that defines bullying situations, what it means to be targeted, and how to be a courageous bystander.

Laughaceuticals, for adults

A delightful interactive workshop that helps adults to understand the health benefits of laughter and positive social interaction.

Healthy Communication Program

SitComm: Situational Communications, for adults and teens

Using scenes from family life as a spring board, this program helps families learn and practice positive communication skills.

Multi-Media Resources

Kaiser Permanente Educational Theatre Programs offer additional support for learning about healthy eating and active living.

Healthy Choice Hotline, for parents of children under 12

A series of 7 interactive phone calls designed to help parents understand and create new healthy eating and active living habits for their families. Call 1-866-868-7116.

KidsSpy Hotline, for lower elementary

A toll-free hotline where students call in and listen to a "radio-theatre" like presentation of an Amazing Food Detective case. Call 1-877-KIDS-SPY.

Amazing Food Detective Game, for lower elementary

A free bilingual on-line game allowing students to choose characters who experience different challenges with healthy eating and active living. Visit www.AmazingFoodDetective.org