

Health and Wellness Education Case Story

HealthPartners' *All's Well That Eats Well*

Everything
Connects with



Where did the program originate?

Eighteen elementary schools in Minnesota received a novel educational programming module, with a focus on choosing healthier foods, portion control and getting enough physical activity each day. The program was presented by HealthPartners at no cost to the schools engaged. Students in kindergarten through sixth grade experienced a live educational theatre performance at their school called *All's Well That Eats Well*, produced and performed by The National Theatre for Children (NTC).

HealthPartners is dedicated to nurturing health and wellness education among Minnesota students and partnering with NTC was an exciting and creative way to affect behavior change through enrichment education. It is crucial that all students, regardless of gender, race, ethnicity or economic background are encouraged to pursue healthier habits when it comes to nutrition, exercise and general wellness from an early age. This case story offers highlights of *All's Well That Eats Well*, a program that did just that.

What approach was used in implementing this program?

Students and their teachers were provided in-school education in the form of a live theatrical performance, sponsored by HealthPartners. The program also included supporting classroom instruction focusing on the importance of changing, improving or sustaining healthier eating habits and getting the right amount of physical activity each day. The 30-minute live performance engaged elementary school students through a comedic play that included opportunities for audience participation and student volunteers. This interactive program, along with classroom curriculum and take-home activities to engage parents, conveyed important health and wellness information to entire school populations as well as families at home.



All's Well That Eats Well curriculum featured student playbooks, teacher guides, classroom posters, and digital games and activities that aligned with the show's messaging. The program armed students with valuable information, encouraging them to consider their eating and exercise choices carefully, while engaging their parents and families in the process through the take-home assignments. The teacher guides provided educators with innovative solutions for delivering health and wellness education in stimulating ways.

What distinguishes this program from others?

Exciting live events delivered directly into schools impact students in ways that traditional methods cannot. These theatrical assemblies that feature engaging characters portrayed by professional actors, spark the imagination and present health and wellness education in an appealing way. Adding a dynamic arts element helps to create a robust and memorable program. *All's Well That Eats Well*, customized to demonstrate HealthPartners' support of health education, is measured both qualitatively and quantitatively through teacher evaluations and detailed metrics.

No two children learn in the exact same way, and *All's Well That Eats Well* addresses a variety of learning styles. The theatre component excites, engages and stimulates discussion, in many cases introducing young students to live theatre for the first time. By including audience participation in the program, the students are directly involved and become a part of not only the learning process, but the creative process as well. In this way, the "Four Cs" of 21st century learning skills – collaboration, communication, critical thinking and creativity – are incorporated. All programs from NTC are designed to align with the appropriate educational standards for the schools engaged by each specific campaign. For *All's Well That Eats Well*, the educational content was tied to the Next Generation Science Standards and the National Health Education Standards.



What were the significant and measurable impacts of this program?

All's Well That Eats Well reached a reported 9,940 students and 330 teachers in 18 Minnesota schools, receiving positive reviews from the students involved, their parents and teachers, school administrators and community leaders. The program was able to achieve consistency at scale by delivering educational messages to the largest possible audience while retaining a high level of quality. Teacher evaluations allowed NTC to quantitatively measure the value of the program through a series of questions regarding the impact and efficacy of the program. This sampling of questions and scores demonstrates the success of the program.

How would you rate the overall educational value of this program?

6.0 – On a scale of 1 to 7 (one being the lowest and seven the highest)

How would you rate the overall educational value of the printed materials?

5.7 – On a scale of 1 to 7 (one being the lowest and seven the highest)

Do you feel that conveying educational messages through live theatre increases the students' capacity for retaining information?

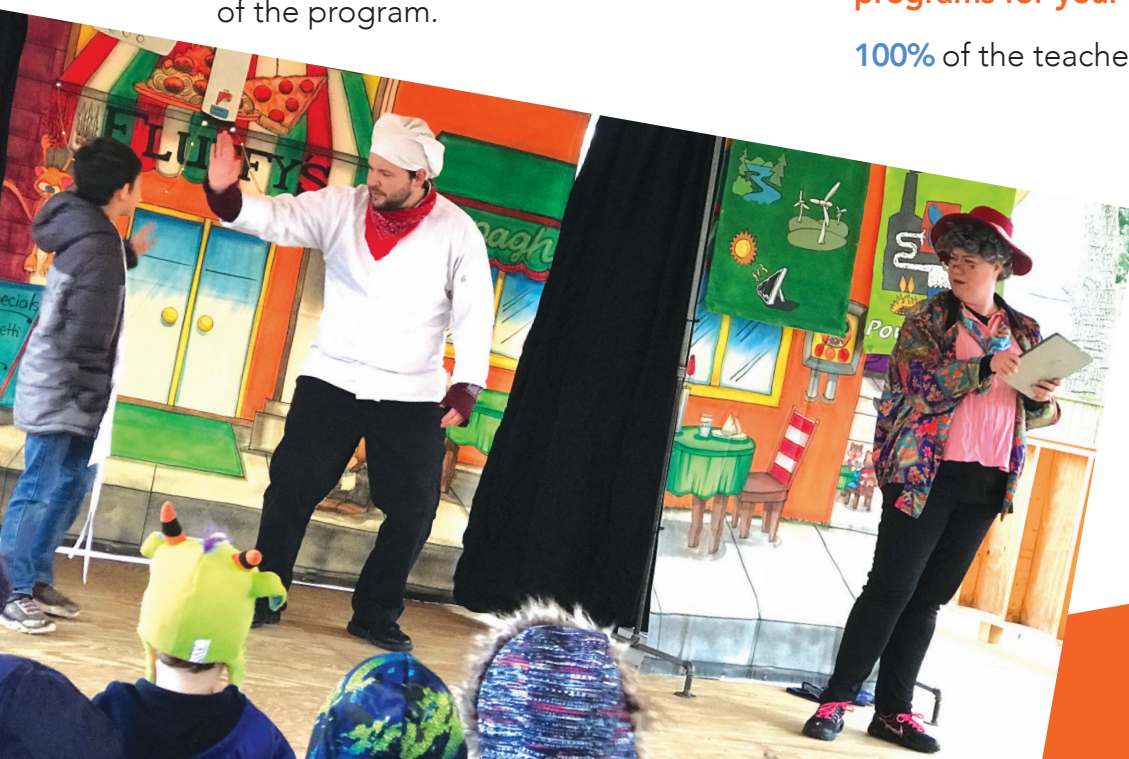
100% of the teachers answered yes.

Do you feel the students will retain the material covered?

96% of the teachers answered yes.

Would you like to see us continue with similar programs for your school in the future?

100% of the teachers answered yes.



All's Well That Eats Well was also evaluated using a pre- and post-test design. The surveys assessed three factors related to eating behavior: food choice, knowledge and food recall. The questions were brief and specific with a focus on fruits and vegetables as well as other themes addressed in the play. Students in both upper and lower grades showed an improvement between pre- and post-test scores.

Differences Between Students' Pre- and Post-test Scores by Age Group

GRADES 1-3		
QUESTIONS	PRE-TEST MEAN	POST-TEST MEAN
Food Choice Scale	4.94	6.78
Knowledge Scale	8.26	8.87

GRADES 4-6		
QUESTIONS	PRE-TEST MEAN	POST-TEST MEAN
Food Choice Scale	3.91	5.89
Knowledge Scale	8.69	9.30
Food Recall Scale	4.98	5.53

In addition, educator comments proved that *All's Well That Eats Well* successfully engaged elementary school students and increased their enthusiasm for healthy habits.

Can this model be replicated and scaled by other organizations?

NTC has 40 years of experience creating and deploying successful in-school educational theatre programs. They are replicable and scalable for use by many different organizations using varying models. Our unique and proven engagement programs have delivered notable results for organizations across the country that are involved in health education.

Any school-based enrichment education program can be successful when it:

- Offers something to schools that they can't get elsewhere (like live theatre)
- Aligns program materials with state educational standards
- Adds proper motivation for schools, teachers and students to influence parents

In addition to the *All's Well That Eats Well* program, NTC provides a scalable alternative for middle schools entitled *Food Fit & Fun*, with its own unique set of supplemental materials designed to inspire passion in students for making healthier choices as early as possible.

In all my 36 years of being in public education, I've never seen anything like this done so well.

– M. Peterson,
Rutherford Elementary, Stillwater, MN

What lessons did we learn from the implementation of this program?

It really is possible to reach K-6 students, teach them about health and wellness, and measure the results. *All's Well That Eats Well* provided an opportunity for Minnesota students to experience learning through professional theatre, and the teacher evaluations illustrated that dynamic and innovative teaching methods can stimulate young minds about subjects in which they might otherwise express little interest.

With NTC's approach to education, a consistent barrier is convincing schools to consider this type of enrichment programming.

NTC is a premium provider of educational programming with operations in the U.S., Australia and New Zealand. We work directly between schools and clients to promote beneficial behaviors and life skills to students in grades K-12 on a local, regional and national level.

Since 1978, we have formed connections and helped develop relationships between thousands of schools and corporations, nonprofits and governmental organizations. Our value is not just in the impact we create; our turnkey services also change the lives and trajectories of students, mobilize parents and entire families with beneficial messages, and cultivate community-wide goodwill for clients.

Our award-winning educational programs are free for schools and are customizable to accommodate specific messages for clients. Through formats including live performance, in-class discussion, graphic novels, print curriculum, and digital games and activities, we present topics such as health and wellness, STEM disciplines, energy conservation, safety, financial literacy, water and environmental stewardship in ways that engage and empower students. In doing so, we are helping our clients to be forces of change for students, parents and communities.

Schools have oftentimes already embraced the curriculum that's been set in place, so NTC is challenged to enlighten educators on the benefits of new forms of teaching, such as live in-school theatre. These types of issues may be reflected in the students' home lives as well. It can be a challenge to motivate elementary school-aged children to talk openly with their parents. NTC's programs give students and their parents a topic and activities to engage with one another in a productive way. The unique structure of this "trickle up" system is what makes it so effective, as it grants students the opportunity to share knowledge with their families and inspire real change in their communities.

What NTC refers to as "the School Channel" is an invaluable tool when providing community outreach and education. The School Channel is made up of 111,465 schools in the United States, totaling 53,727,000 students and 3,219,400 teachers. Organizations with a focus on health education, through programs such as *All's Well That Eats Well*, have the opportunity to connect with the students, their teachers and their families.

Everything
Connects with



6305 Sandburg Road, Suite 100
Minneapolis, MN 55427
www.ntccorporate.com