

## Color Me Healthy

North Carolina Cooperative Extension, NC State University  
Physical Activity and Nutrition Branch, NC Division of Public Health



preschoolers moving & eating healthy

uses color, music, dance, and imaginative play to teach 4- and 5- year olds about fruits and vegetables and to provide opportunities for physical activity.

### Train the Trainer Model

*Color Me Healthy (CMH)* state staff train Cooperative Extension Family and Consumer Science Agents and county Health Promotion Coordinators who then train child care providers. After training, child care providers receive a *CMH* Kit which contains:

- 12 interactive, developmentally appropriate Circle Time lessons
- 6 imaginary trips
- 4 sets of picture cards
- CD with 7 original, upbeat songs
- 3 posters to brighten the classroom
- 2 posters for parents

### Social Support

Child care providers learn to be healthy role models, and parents receive program newsletters and can download songs from the *CMH* website. Children, in turn, learn healthy habits that will last a lifetime!

### Research Findings

Children who completed the program increased their snack-time fruits by 21% and snack-time vegetable consumption by 33% when compared to children who did not participate in *CMH*.

Providers reported that children who participated in *CMH*:

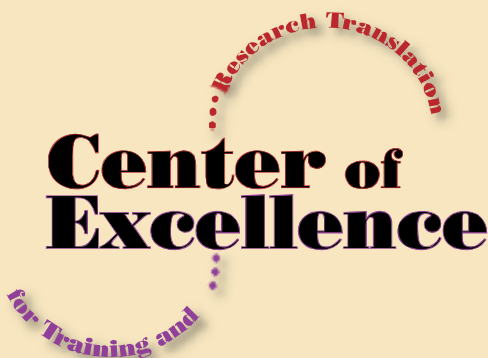
- Increased physical activity and knowledge about movement
- Increased knowledge about healthy eating
- Tried new foods more often
- Improved fruit and vegetable recognition

### Wide Reach

*CMH* has been adopted statewide or regionally in 11 states with training provided in 17 states. More than 12,000 Kits have been purchased in 48 states.

For more info, visit [www.colormehealthy.com](http://www.colormehealthy.com). *CMH* is posted under “practice-tested interventions” at [www.center-trt.org](http://www.center-trt.org) where you will find:

- Key information about the intervention
- Ordering information for the *CMH* Kit (English and Spanish available)



The Center of Excellence for Training and Research Translation (Center TRT) is devoted to bridging the gap between research and public health practice with an emphasis on nutrition, physical activity, and the prevention and control of cardiovascular disease and obesity.

To advance the skills of public health practitioners, the Center TRT provides in-person and web-based trainings. To promote evidence-informed practice, the Center TRT identifies, translates and disseminates interventions, including the one featured above. To download the translated intervention and accompanying materials, visit the Center TRT website at [www.center-trt.org](http://www.center-trt.org)

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