

## Study Results

Objective evaluation of students who received the program showed a significant improvement in healthy living knowledge and behaviour not only in Grade 4 to Grade 7 students but also in the younger Kindergarten to Grade 3 buddies they were teaching. In addition, body mass index (older students) and blood pressure (all students) increased less in the school where Healthy Buddies was implemented.

## Testimonials

"I will remember getting to spend time with my little buddy and teaching her a life-long lesson about being healthy."

*Malcolm, grade 5*

"The one thing I will remember about Healthy Buddies is when my friend and me fell asleep when we were picturing a beautiful beach in our heads for a relaxation method."

*Tylyn, grade 4*

"Children are better teachers because they have gone through the same things recently. Their memories have just been filled in so they can help younger buddies better."

*James, grade 6*

"Patience is important when being a buddy because some things may come easily to the buddy but others may be more difficult."

*Shelbi, grade 4*

## Related Research

The Healthy Buddies program is on the right track!

"Among the most effective programmes are those that promote mental health, healthy eating and physical activity. In some studies, peer-delivered health promotion was found to be effective, compared with teacher-led interventions, and this approach was highly valued by the young people involved."

*Health Evidence Network Synthesis Report,  
Stewart-Brown S., World Health Organization, 2006*

"Strong peer connectedness is linked to higher self-worth and very good or excellent health."

*Improving the Health of Young Canadians,  
2005 Canadian Institute for Health Information Report*



C: 604.612.5883

P/F: 1.604.740.0886

E: [info@healthybuddies.ca](mailto:info@healthybuddies.ca)

[www.healthybuddies.ca](http://www.healthybuddies.ca)

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# Healthy Buddies™

*Go Move! Go Fuel!  
Go Feel Good!*



**Empowering Elementary School Children  
to Live Healthier Lives**

## Mission

Healthy Buddies: Children Teaching Children to “Go Move!”, “Go Fuel!” and “Go Feel Good!”

## Goal

Healthy Buddies™ empowers elementary school children to live healthier lives by providing them with knowledge about, as well as encouraging positive attitudes toward, the three components of health: physical activity, healthy eating and feeling good about yourself.

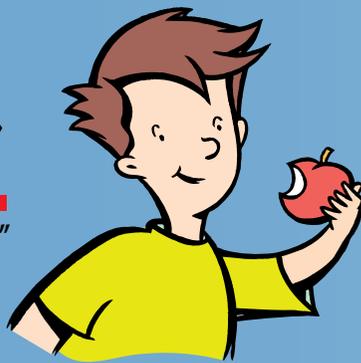
## Approach

The program is delivered to younger buddies with the help of older buddies. The health of an individual is based upon three equally important themes, represented by the three colours in the Healthy Buddies rainbow:



1. Moving your body or “Go Move!”

2. Nutrition or “Go Fuel!”



3. Feeling good about yourself or “Go Feel Good!”



## Classroom Materials



21 classroom lessons are grouped and sequenced according to five organizers:

- Buddy Teaching Preparation
- What is Healthy Living?
- Challenges to Living a Healthy Life
- Overcoming Challenges to Living a Healthy Life
- Celebration of Learning About Healthy Living

## Fitness Loop Materials



The physical activity component of Healthy Buddies is a series of 8 stations, placed around the gym. Instrumental aerobic music and original art posters inspire vigorous movement. The Fitness Loops are based upon themes such as Transportation, Animals, Seasons, Weather and Sports. Buddy classes meet in the gym twice each week to warm up, move vigorously, cool down and stretch.

## A Unique Resource

- Healthy Buddies is a teacher guided, student-facilitated program. One weekly lesson of direct instruction to intermediate students prepares them to play a key role in leading or accompanying their younger buddies through the activities in the buddy lesson.
- Healthy Buddies has the greatest impact when adopted by an entire school. By engaging the entire school there is an increased awareness and enthusiasm about the program.
- Early intervention is considered key in health promotion. This resource is designed for all students, Kindergarten through Grade 7. Many teachers already pair intermediate classes with primary classes for reading groups and art activities. Buddying is a familiar structure making this program easy to incorporate into elementary school settings.
- Healthy Buddies is a highly visual, engaging resource. The graphics, created by an award winning children’s book illustrator, seen in games, posters, lesson handouts and visual presentations, are a powerful tool for communicating content and affecting student learning.
- The comprehensive resource requires very little teacher preparation.
- Healthy Buddies facilitates teachers working together, modeling the importance of people helping each other learn.
- 2-3 hours of Healthy Buddies each week helps teachers encourage Social Responsibility and address learning outcomes in many curriculum areas: Visual Arts, Health and Career Education, English Language Arts, and Physical Education.
- The program was developed by doctors and educators and is based upon current medical research and best teaching practices.
- The resource delivery model includes a comprehensive and engaging staff workshop. Teachers work with teachers to facilitate an effective implementation of the Healthy Buddies program.