

Youth Task Force Presentation 2006

April 11, 2006

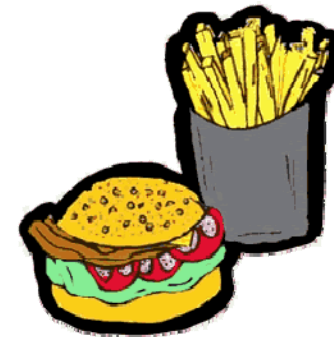
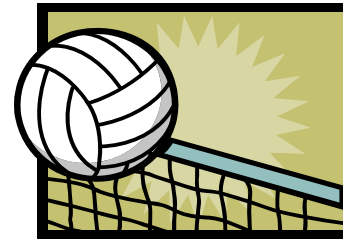


WHO WE ARE

- Harvard Prevention Research Center Youth Task Force
 - 9 high school students from different Boston Public Schools and community organizations
 - We focus on nutrition, physical education, and fitness.

PAST PROJECTS

- In previous years we have done projects on:
 - Physical Education
 - Assessment of PE in high schools through surveys.
 - Fast Food
 - Mapped high school locations in relation to fast food locations



Current Project



<http://www.livinfite.com/>

- The Harvard Pilgrim Health Care Foundation provided the funding for two grants of \$1,500 to Boston public schools to support an original project on nutrition, physical activity or television viewing habits.
- The Rendon Group served as the marketing firm to publicize the competition and organize the Livin' Fit event.

Youth Task Force Role & Motivation

- Our project is part of a larger initiative called “Livin’ Fit”, which is put on by the Rendon Group
- Our role was to create a Request for Proposal (RFP) for the grant application and select winning schools
- Encouraged schools themselves to be pro-active in maintaining a healthy lifestyle
- Try something new
- Giving help to schools in areas of physical education and nutrition

REQUEST FOR PROPOSALS (RFP) CREATION PROCESS



- Brainstormed different project ideas
- Discussed target group:
 - High school vs. Middle school
 - Public vs. Private
 - Boston vs. Massachusetts
- Discussed focus:
 - Nutrition or Fitness or Television viewing
 - Research vs. Intervention project

RFP CREATION PROCESS (continued)

- Met with Rendon Group to discuss project
- Finalized and sent RFP on January 6, 2006 to Boston schools



RFP CONTENT

- Requested schools to give assessment of their strengths and weaknesses
- Requested original, creative and practical project that would promote health and fitness.
- Required that it be mainly student driven for their own learning experience



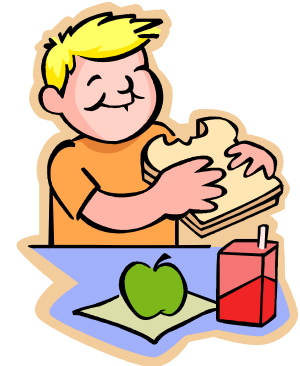
SELECTION CRITERIA

1. Presentation
2. Project Content & Creativity
3. Population of Students Affected
4. Accuracy and Creativity of Budget
5. Long-term effects
6. Feasibility of the Project

Scored on a scale from 1-60

SELECTION OF WINNING SCHOOLS

- Received nine project proposals
 - 1) Enhancing a pre-existing Lunch Club
 - 2) Preparation for a trip to Olympic National Park in a peer leadership program
 - 3) Calcium Awareness Campaign
 - 4) Begin a physical and mental wellness program
 - 5) Enhance existing Culinary Club (books)
 - 6) After school project discussions involving high school athletes and non-athletes, and presentation (pedometers)
 - 7) Improve breakfast program, create and implement physical education program (digital camera)
 - 8) Equipment for a program on nutrition and physical activity
 - 9) Healthy snack option and surveys of snack choices
- Reactions



SELECTION PROCESS

Judging

- To ensure fairness:
 - Made applications anonymous
 - Each YTF member judged on an individual basis
- To ensure consistency:
 - Each YTF member submitted one criteria sheet per RFP
 - Each YTF member judged all applications
- Top high scoring projects were discussed, and two were chosen by consensus



WINNING SCHOOLS

- Boston Collegiate Charter School:
 - Preparation for a trip to Olympic National Park in a peer leadership program
- John D. O'Bryant Math and Science High School
 - After school project discussions and activities involving high school athletes and non-athletes, and presentation (pedometers)

OUR ROLE IN GUIDING THE SCHOOLS

- “Livin’ Fit” Event postponed until later in the year
- We will meet the two winners
 - John D. O’Bryant Math and Science High School
 - Boston Collegiate Charter School

WE LEARNED...

- Others share our aspirations for spreading awareness about health
- Developing an RFP is difficult
- Schools need more resources to meet their needs

REFLECTIONS

- It was an enjoyable experience
- What we would do different
- Would we do the same project again?
- Our triumphs and disappointments



The End