



## City of Phoenix Head Start

The city of Phoenix Head Start Program began using Head Start Body Start's Get Moving Today Activity Calendar to promote physical activity. The program also started a pilot initiative in which teachers were trained in I Am Moving, I Am Learning (IMIL), a comprehensive childhood obesity prevention program used in Head Start Centers across the nation. The city of Phoenix Head Start Program targeted high BMI classrooms that had body mass indexes (BMI) above the 95th percentile. The IMIL initiative was coupled with family training.

One of the goals was to see if the teachers were using the Get Moving Today Activity Calendar at least twice per week. When surveyed on current calendar usage, all the teachers responded that they were using the calendar at least twice per day! Parents have also indicated they are using the calendar at home and enjoying the movement activities together as a family.

The city of Phoenix Head Start Program will be training their entire teaching staff, about 300 in all, in using IMIL in 2010. To reinforce the IMIL training, the program will continue to use the Get Moving Today Activity Calendar as well as the resource Creative Cuisine Cookbook, developed by the city of Phoenix Head Start's registered dietitians, Alice Haverland and Beth Spanier.

The city of Phoenix Head Start Program is administered by the Human Services Department Education Division. Since its inception in 1965, the program has provided comprehensive child and family development services to more than 50,000 families. In March 2010, the city of Phoenix Head Start Program will celebrate its 45th anniversary. Congratulations to the city of Phoenix Head Start Program for their dedication and commitment to promoting physical activity and healthy eating!

Pictures provided by the City of Phoenix Head Start program.

