Will a game cause increased fruit/vegetable intake and physical activity in elementary school children?

FIT GAME OVERVIEW

- USU Researchers came up with a game to encourage healthy eating and physical activity.
- Game implemented in Wilson Elementary and Nibley Elementary.
- Fruit and Vegetable weights measured before and after lunch.
- Carotene levels measured in students before and after lunch with BioPhotonic Scanner s3 Graphic.

Background
Incentives increase healthy lifestyle choices. Schools don’t have financial resources for an incentive program.

Research Question
Is there a way to increase fruit and vegetable intake and physical activity in elementary school children at little or no cost to the school?

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Results and Conclusions
The FIT Game at Wilson and Nibley is still in process. Results and complete conclusions have not been reached. However, the healthy eating version of the FIT game has been played at 4 other Logan Schools with a consumption increase of 83%. The physical activity version of the FIT game played by 4th graders at Hilcrest elementary with an increase of 1100 STEPS PER DAY.