

# GOAL (Get Onboard Active Living) University



## SUMMARY

The Get Onboard Active Living (GOAL) University program was created to address the epidemic of childhood obesity in the United States and the state of Indiana by educating students at a young age about healthy choices and helping them practice skills for building a healthy lifestyle. The GOAL program also is an opportunity to address the lack of physical activity reported among youth today in the U.S. and the state of Indiana by giving students an opportunity for structured play and physical activity in their normal after-school setting. GOAL University also addresses the lack of health education that students receive in schools due to funding cuts and provides accurate information about health and wellness in a time when a great deal of misleading or inaccurate health information is available to them.



## CHALLENGE

The major barrier to implementing the GOAL University program in Indiana was the unique nature of every program site. While the program is consistent from site to site, each area has a unique group of students and unique needs in terms of supplies, scheduling, and space.

As time went on, GOAL developed organizational logistics that would help their program keep track of these details and accommodate each school's individual needs.

## YOUR INVOLVEMENT IS KEY

For more information about GOAL University, visit <http://iuhealth.org/bloomington/about/community-health/get-onboard-active-living/>.

More information about DNPA can be found at <http://www.dnpa.isdh.in.gov>.

This project is supported by the Indiana State Department of Health, Division of Nutrition and Physical Activity, in collaboration with Maternal and Child Health Title V funding.

*"I am now thinking more about the foods I eat and being healthier."*

- Student

*"When I pack my son's lunch, he always tells me, 'Mom, don't pack that, it is a 'whoa' food and I don't want to eat many of those.'"*

- Parent

## Contact

Kelsey Barrick, MS  
Indiana State Department of Health,  
Division of Nutrition and Physical Activity  
2 N. Meridian St.  
Indianapolis, IN 46204  
Phone: 317-234-3435  
Email: [Kbarrick@isdh.in.gov](mailto:Kbarrick@isdh.in.gov)  
Website: <http://www.dnpa.isdh.in.gov>

## SOLUTION

The GOAL University program is implemented in Indiana elementary schools and other after-school care sites across Bloomington, Ellettsville, Indianapolis, Fishers, and Lafayette. GOAL University is led by college student volunteers from Indiana University, IUPUI, and Purdue University. These students participate in GOAL either as a volunteer (health-related student organizations) or in a service-learning capacity for one of their college courses (IU School of Nursing students). GOAL staff trains these student leaders and provides all the curriculum, equipment, and supplies needed for the program. Teams of college students are assigned to a program site and visit that site once a week, providing nutrition and physical activity education to the kids enrolled in after-school programming there.

At each program session, the college students teach the kids about a new nutrition topic and a new physical activity topic. The kids participate in plenty of hands-on demonstrations, activities, and games that keep them active and reinforce lesson concepts. The nutrition curriculum is based on MyPlate, encouraging the kids to choose healthy, balanced meals and snacks. During the physical activity lessons, the kids learn about the importance of physical activity and the national recommendations for the amount of daily physical activity and develop strategies for how to be more active in daily life. They also set healthy goals each week to work on at home and at school.

## RESULTS

Because of the funding from the Indiana State Department of Health, Division of Nutrition and Physical Activity (DNPA), the GOAL program has been able to positively impact elementary school students in the Bloomington, Indianapolis, and Lafayette communities. In the 2016-17 funding year, 2,100 students were reached through the GOAL University program.

The GOAL University program has had a great positive impact on both participating students and college student leaders. GOAL has seen a 25% – 40% increase in knowledge regarding nutrition and physical activity and similar increases in positive attitudes and physical activity behaviors. The participants show each week that they enjoy the program, retain the information they have learned, and work on their goals at home to build healthier lifestyles.

The GOAL University program also has had a positive impact on the college student leaders. Of the student volunteers, 70% – 80% reported that being a part of GOAL University helped them develop skills in the areas of patient education, health coaching, teamwork, and communication. Over 80% of students reported enjoying their GOAL University experience overall.

## SUSTAINING SUCCESS

GOAL University has reached maximum capacity in the number of programs that are run each semester, so they plan to maintain their current program numbers in future semesters. The GOAL program is working on several initiatives to keep the program sustainable in the upcoming years, such as improving communication and connection with student families, as well as after-school care partners. The GOAL program also plans to train and empower local partners to take on larger roles in planning and implementing to ensure that the program will maintain its integrity.

U.S. Department of Health and Human  
Services  
Centers for Disease Control and  
Prevention  
NCCDPHP

### Contact CDC

<http://www.cdc.gov/cdc-info/requestform.html>

### Website

<http://nccd.cdc.gov/nccdsuccessstories/>

The findings and conclusions in this success story are those of the author(s) and do not necessarily represent the official position of the funding agencies or the Centers for Disease Control and Prevention (CDC).



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Department of Health