

## **10 Evidence-Based Adapted Programs**

### **Girls on the Run**

Girls on the Run is a physical activity-based positive youth development program that inspires 3rd through 8th grade girls to be joyful, healthy, and confident using a fun, experience-based curriculum which creatively integrates running. The adapted Girls on the Run program is the full 10-week curriculum with adaptations added where appropriate to achieve full, meaningful participation from girls with disability. Adaptations are made to the physical and emotional environment, materials and curriculum content, support and teaching methods, and expectations, roles, and rules. For more information on Girls on the Run, visit <https://www.girlsontherun.org/>.

### **SPARK After School**

SPARK After School is a physical activity program that helps children of ages 5–14 to engage in lifelong healthy activities in out of school settings. Each session of SPARK After School focuses on youth being actively engaged in developmentally appropriate movement. SPARK After Schools is designed to reach outcomes such as attainment of motor skills, development of health-related knowledge, refinement of social values and positive character traits. The adaptations made to the original curriculum are intended to help physical activity facilitators and recreation specialists promote the inclusion of people with disabilities while using the SPARK After School Program. For more information on the SPARK After School Program, visit <http://www.sparkpe.org/after-school/>.

### **CATCH Kids Club**

Coordinated Approach To Child Health (CATCH) Kids Club is an afterschool program targeting children, kindergarten through eighth grade, to participate in physical activity and learn the basics of nutrition. It is viewed as one of the most cost-effective programs to prevent childhood obesity and has also shown sustainable behavior change for reducing fat consumption and increasing physical activity in children and adolescents. Adaptations are made to the built environment, equipment, and teaching methods for including students with disability in the physical activity games and nutrition lessons. For more information on CATCH Kids Club, visit <https://catch.org/>.

### **Weight-Wise**

The Weight-Wise curriculum is a behavioral management program with a focus on healthy eating and physical activity. The overarching goal is to lose ten pounds by the end of the 16-week program. The Weight-Wise intervention targeted low-income women due to their high rates of obesity, which can lead to increased risk for cardiovascular disease, diabetes, and other chronic conditions. The adaptations provided in the guide are intended to support Weight-Wise facilitators to create an inclusive learning environment and provide nutrition support for all participants, including individuals with disability. For more information about Weight-Wise, visit <http://hdpd.unc.edu/research/projects/weight-wise/weight-wise-leaders-guides/>.

### **SNAP-Ed**

The Supplemental Nutrition Assistance Program – Education (SNAP-Ed) is intended to improve the healthy choices of low-income individuals. The program educates consumers on how to make healthy decisions on limited food budgets and furthers public health approaches towards decreasing weight-related issues. The SNAP-Ed Obesity Prevention Toolkit for States has become an evidence-based resource for use in program settings including child care, schools, communities, helping families, and social marketing/media to address healthy eating across many populations. The adaptations provided in the addendum are overarching strategies that address each target setting in the built environment, equipment, services, instruction, and

policy. For more information on SNAP-Ed's Obesity Prevention Toolkit for States, visit <https://snaped.fns.usda.gov/snap/SNAPEdStrategiesAndInterventionsToolkitForStates.pdf>.

### **Brief Motivational Interviewing to Reduce Child Body Mass Index (BMI<sup>2</sup>)**

The BMI<sup>2</sup> program is a behavioral counseling approach to reduce obesity in children. The adapted BMI<sup>2</sup> program focuses on the BMI<sup>2</sup> workbook, which contains additional background material as well as practice exercises to reinforce key motivational interviewing concepts and skills. The adapted version provides additional recommendations for the built environment, physical activity strategies, practice exercises, and potential interviewing strategies for interacting with patients and/or caregivers with disabilities. For more information on the BMI<sup>2</sup> program, visit <http://chcr.umich.edu/project.php?id=1032>.

### **Prevent T2 for All**

Prevent T2 for All is an adaptation of "Prevent T2," the 12-month lifestyle change program to prevent or delay Type 2 Diabetes that is housed within the Centers for Disease Control and Prevention (CDC,) Division of Diabetes Translation. This inclusive program is designed to promote modest weight loss, increased physical activity and other lifestyle changes in adults diagnosed with pre-diabetes. This curriculum may **only** be offered by organizations that have been granted or are pending recognition by the [National Diabetes Prevention Recognition Program](#) (NDPRP.) Organizations wishing to use this curriculum must also be approved to do so by the NDPRP. For more information on "Prevent T2", visit <https://www.cdc.gov/diabetes/prevention/lifestyle-program/curriculum.html>.

### **Aquatic Exercise Association Arthritis Foundation Aquatic Program**

The Aquatic Exercise Association (AEA) is a nonprofit organization committed to the advancement of aquatic fitness health and wellness worldwide. The AEA program enhances the understanding of how arthritis affects people with disability, as well as, provides a teaching manual for staff on disability inclusion. Adaptations have been provided to the e-Manual component of the AFAP (Aquatic/Ex) Program Leader Training Course. For more information on the Aquatic Exercise Association Arthritis Foundation Aquatic Program, visit <https://www.aeawave.com/Arthritis.aspx>.

### **Comprehensive School Physical Activity Program (CSPAP)**

The Comprehensive School Activity Program (CSPAP) provides the national framework for increasing physical activity in schools. To ensure youth with disabilities are included in these efforts, adaptations are provided to address additional information on the implementation of CSPAP in each program area. The five program areas are: physical activity before and after school, physical activity during school, physical education, staff involvement, and community and family engagement. For more information on CSPAP, visit <https://www.cdc.gov/healthyschools/physicalactivity/cspap.htm>.

### **Go4Life**

Go4Life is an exercise and physical activity program and campaign from the National Institute on Aging at NIH, designed to help older adults fit exercise and physical activity into their daily life. Adaptations have been made to the, *Exercise & Physical Activity: Your Everyday Guide from the National Institute on Aging*, addressing accessible exercise environments, disability resources, delivery of exercises, success stories, policies, equipment and more. For more information on Go4Life, visit <https://go4life.nia.nih.gov/>.