



Administrator Fact Sheet

Let's Get Healthy! is an education and research exhibit that helps students learn about their own health while participating in research. It looks a lot like a health fair, but with linked data being collected that become available to researchers, schools and communities on a publically viewable website: www.letsgethealthy.org

Overview of the program

Who: Over 12,000 people have participated in the anonymous exhibit (6000+ of which are Oregon students between the ages of 9-14 years).

What: Immediate assessments of diet, sleep, blood pressure, body composition, sun safety, and memory. All stations are voluntary and can be completed as part of the school day. Students receive age-specific results.

Why: It is frequently used to assess entire districts (typical capacity of 100 students/hour) while providing both education and research functions. It returns summary data about the health of students to the school, which can also be used for student projects.

Where: The exhibit is typically set up in a school gym or community center, with students visiting as part of a class period or by bus. Events can be on one day or over several days.

When: We will be conducting district-wide fair in Woodburn in October 2013. There is paper-based evaluation at the beginning and end of the school year to assess student use of fair data in the classroom.

How: *Let's Get Healthy!*'s staff manages fair logistics to make events easy for school staff and community groups. We work with organizations to tailor each event and have materials to inform parents, students and teachers. We recruit volunteers of all backgrounds.



In addition, *Let's Get Healthy!* offers an **interactive website** that contains additional information that can be used in the classroom and within the community to evoke change or to present funding requests.

- The website contains **resources** for teachers, students, community members
- Fair data and research findings on such topics as body size, cancer risks, diet, cardiovascular, sleep and demographics
- Ability to develop **personalized graphs** with information specific to the school or community, with ability to compare this information with national recommendations and to data from previous *Let's Get Healthy!* fairs.



What individuals receive

For students

- Health fair during the school day that will provide students with immediate, tailored feedback about their health based on their own results. Each receives an activity booklet to record their results
- Students can acquire information from their school (if their school hosted a fair) or see summary data from other regional fairs to relationships between health factors. Students can use the data for school reports, projects such as science fairs, or explore it for fun.
- In addition, there is a graph-making program (See It) available on the site for use with both pre-existing data but also for students to input their own, unrelated to the *Let's Get Healthy!*, data source.

For teachers

- A teacher guide and classroom lessons that meet Oregon's state standards. Created by Oregon teachers, these lessons help teachers use the health fair as a teaching tool and include topics in science, math, physical education, health, and social science.

For schools

- Summary data on your students' health that you can use for grant proposals, baseline data for new policy measures or general surveillance.

Interested in the data? Explore the summary data at www.letsgethealthy.org

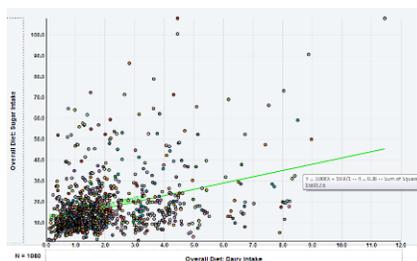
Play with Summary Graphics



- Filter the data by age, gender or location.
- Save the picture or your query for reports or presentations



Explore Relationships



- “Drag and drop” variables to quickly see relationships between health measures
- Compare how these relationships change with age or gender
- Create your own graph using other data sources.



Data Analysis



- Submit a data use agreement to request the raw data for specific data analysis and research projects.



Contact: Lisa Marriott, PhD (Marriott@ohsu.edu). Video: <https://lgh.ohsu.edu/about/>
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www.letsgethealthy.org

