

Lessons learned over the past 4-years of implementing the Waipahu HART project: An adolescent peer-led physical activity and nutrition program

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INSTITUT FÜR SPORT UND SPORTWISSENSCHAFT



The Waipahu HART 2017-2018 team (The grade 12 Project Coordinators, interns, & Dr. Nigg)

Three Sentence Summary

The Health Action Research and Training (HART) program is an eight session physical activity and healthy eating curriculum delivered by peers in a high school class setting. From 2014-2016 Grade 11 and 12 classes were trained and implemented HART with grade 9-10 students, whereas from 2016-2018 a few grade 12 students were selected as the onsite program coordinators (PCs) who trained and oversaw grade 11 classes of peer educators (PEs), and the PEs implemented HART with grade 9 students. In addition to presenting the results over 4 years, important lessons learned will be discussed.