

Appendix. Program composition and content

Session 1: Adolescent obesity and the role of schools

1. Outline

- Length: 50 minutes
- Implementer: Health center obesity project manager/staff or school health teacher
- Place: Classroom or assembly hall in the school

2. Goals

- Participants understand the importance and methods of adolescent obesity prevention
- Participants understand the importance of the school environment and school life for obesity prevention

3. Necessary items: Questionnaire, portable stadiometer, portable body weight scale, educational materials, worksheet

4. Composition and special notes

Sequence	Composition (run-time)	Program content	Procedure and special notes	Necessary items	Method of implementation
1	Preliminary survey (15 mins)	<ul style="list-style-type: none"> • Self-report questionnaire survey • Height and weight measurements 	<ul style="list-style-type: none"> • Distribute self-report questionnaire to participants and collect them when completed • Measure the height and weight of each participant, record them on the worksheet, and give it to the participant • Special note: Height and weight measurements are performed only in advance to allow participants to understand their weight status and motivate them to participate in the program. Therefore, if time constraints are expected, data from students' health records may be used upon approval from school administrators 	<ul style="list-style-type: none"> • Questionnaire • Portable stadiometer • Portable body weight scale • Worksheet 	
2	Group education (30 mins)	<ul style="list-style-type: none"> • Status, causes, and results of adolescent obesity • Ways to prevent adolescent obesity • Advantages of preventing adolescent obesity • School and obesity prevention 	<ul style="list-style-type: none"> • Provide a lecture using educational materials (PPTX) • Special note: The worksheet from the preliminary survey is used to let each participant understand his/her weight status. The lecture on obesity is given after raising students' interest in obesity. Since the participants are typically sensitive to weight and appearance at their age, implementers must be careful not to draw or express attention to a specific student 	<ul style="list-style-type: none"> • Educational materials (PPTX) 	<ul style="list-style-type: none"> • Lecture
3	Wrap-up (5 mins)	<ul style="list-style-type: none"> • Adolescent obesity and the role of schools 	<ul style="list-style-type: none"> • Summarize and emphasize the lecture content using the educational materials (PPTX) 	<ul style="list-style-type: none"> • Educational materials (PPTX) 	<ul style="list-style-type: none"> • Lecture

PPTX, PowerPoint file.

Session 2: Healthy eating behaviors at school

1. Outline

- Length: 50 minutes
- Implementer: Health center obesity project manager/staff or school health teacher
- Place: Classroom or assembly hall in the school

2. Goals

- Participants understand how to establish healthy eating behaviors at school

3. Necessary items: Educational materials, worksheets

4. Composition and special notes

Sequence	Composition (run-time)	Program content	Procedure and special notes	Necessary items	Method of implementation
1	Group education (5 mins)	· Review of the content from the previous session	· Give a quiz on the topics from the previous session (adolescent obesity and the role of schools) · Special note: A prize may be given (ex: health center memento) to induce competition among participants	· Educational materials (PPTX)	· Quiz
2	Individual activity (10 mins)	· Barriers and solutions to healthy eating behaviors at school	· Guide each participant to write the barriers and solutions to practicing healthy eating behaviors at school · Invite 2-3 participants to present their experiences and provide feedback · Special note: A prize may be given (ex: health center memento) to boost participants' motivation to participate	· Worksheet	· Presentation · Feedback
3	Group education (15 mins)	· Ways to improve healthy eating behaviors at school	· Provide a lecture using educational materials (PPTX)	· Educational materials (PPTX)	· Lecture
4	Individual activity (15 mins)	· Set goals to improve healthy eating behaviors at school	· Guide participants to write their goals to practice healthy eating behaviors at school · Invite 2-3 participants to present their experience and provide feedback · Special note: A prize may be given (ex: health center memento) to boost participants' motivation to participate	· Worksheet	· Presentation · Feedback
5	Wrap-up (5 mins)	· Healthy eating behaviors at school	· Summarize and emphasize today's lecture content using the educational materials (PPTX)	· Educational materials (PPTX)	· Lecture

PPTX, PowerPoint file.

Session 3: Increasing physical activity at school

1. Outline

- Length: 50 minutes
- Implementer: Health center obesity project manager/staff or school health teacher
- Place: Classroom or assembly hall in the school

2. Goals

- Participants understand how to improve physical activities at school

3. Necessary items: Questionnaire, educational materials (PowerPoint file), worksheet, poster, resistance band

4. Composition and special note

Sequence	Composition (Run-time)	Program content	Procedure and special notes	Necessary items	Method of implementation
1	Group education (5 mins)	· Review of the content from the previous session	· Give a quiz on the subject from the previous session (adolescent obesity and the role of schools) · Special note: A prize may be given (ex: health center memento) to induce competition among participants	· Educational materials (PPTX)	· Quiz
2	Group education (15 mins)	· Ways to improve physical activities at school	· Provide a lecture using educational materials (PPTX) · Demonstrate exercises that can be done indoors using a resistance band and invite the participants to try them · Special note: Display posters in conspicuous places to encourage continued improvement in physical activities after the program	· Educational materials (PPTX) · Poster · Resistance band	· Lecture · Demonstration · Practice (in-school campaign)
3	Individual activity (10 mins)	· Barriers and solutions to improving physical activities at school	· Guide each participant to write the barriers and solutions to improving physical activities at school · Invite 2-3 participants to present their experiences and provide feedback · Special note: A prize may be given (ex: health center memento) to boost participants' motivation to participate	· Worksheet	· Presentation · Feedback
4	Individual activity (5 mins)	· Set goals to improve physical activities at school	· Guide participants to write their goals to improve physical activities at school · Invite 2-3 participants to present their experience and provide feedback · Special note: A prize may be given (ex: health center memento) to boost participants' motivation to participate	· Worksheet	· Presentation · Feedback
5	Post-survey (10 mins)	· Self-report questionnaire survey	· Distribute self-report questionnaire to participants and collect them when completed · Special note: If available, briefly introduce the obesity prevention program for adolescents currently provided at the health center	· Questionnaire	
6	Wrap-up (5 mins)	· Improve physical activities at school	· Summarize and emphasize today's lecture content using educational materials (PPTX)	· Educational materials (PPTX)	· Lecture

PPTX, PowerPoint file.

Program material example

1. Educational materials (PowerPoint file)



2. Worksheet

청소년 비만예방을 위한 건강체중 알리기 학교

학교에서의 건강한 식생활의 어려움과 해결책 (활동지 ②)

학교	학년, 반, 번호	이름
고등학교	학년 반 번호	

● 최근 1년간의 경험을 바탕으로, 학교에서 건강한 식생활을 실천하기 어려운 이유와 그 해결책을 적어봅시다.

상황	어려움과 그 이유	해결책
학교에서 건강한 음식과 간식을 선택할 때		
학교에서 과식할 때		
학교에서 결식할 때		

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3. Operating manual

청소년 비만예방을 위한 건강체중 알리기 학교

02 프로그램 소개

● 청소년 비만예방을 위한 건강체중 알리기 학교 개요

- 대상** - 고등학교 재학 중인 학생
- 교사, 직원
- 목적** - 청소년 비만, 건강한 식생활과 신체활동 증진에 관한 인식을 개선함
- 운영자** - 보건소 비만사업담당자
- 운영장소 / 시간** - 학교 내 교실 혹은 강당 / 50분간
- 학교의 특성을 고려하여 학교 정규교과목(예: 영양교육, 보건교육, 체육활동 등) 시간을 이용할 것을 권장함
- 구성** - 교육활동(총 2회기), 교내 홍보와 신체활동 실습
- 프로그램 운영방법** - 교육활동: 강의, 발표 및 피드백
- 교내 홍보: 학교 내 포스터 게시
- 신체활동 실습: 탄력밴드 활용
- 평가방법** - 자기보고식 설문조사
① 효과평가: 청소년 비만예방, 학교에서의 건강한 식생활과 신체활동 증진에 관한 인식(식생활, 자기효능감(자신감), 태도 및 결과(가치(의의), 의도(행동)를 측정하여 프로그램 운영 전후점수를 비교함.
② 과정평가: 프로그램 참여 만족도(유용성)를 프로그램 종료 후 조사함.

● 청소년 비만예방을 위한 건강체중 알리기 학교의 구성
운영체제별 1층, 교육자료 2층, 포스터 1층, 활동지 5층, 설문지 2층

* 신장계, 체중계, 탄력밴드는 보건소가 자체 준비해야 함.

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4. Poster

청소년 비만예방을 위한
움직이는 학교 만들기

● 우리 모두 학교에서 이렇게 활동합시다!

1. 수업 스톱제스를 건강한 방법으로 해소하자
2. 체육시간에 적극적으로 참여하자
3. 쉬는 시간이나 점심시간에는 교실에 있지 말고 밖으로 나가자
4. 교내 이동 시 활동량을 늘려자
5. 가능한 걸어서 등·하교 하자
6. 친구들과 함께하는 신체활동을 하자

● 쉬는 시간에 3분 스트레칭으로 용인 근육 풀어봅시다!

1. 앉아서 발목 늘리기
1. 발끝을 어깨에서 약간 떨어진 발목에 놓아 발목 늘린다.
2. 가슴을 펴면서 천천히 발목을 좌우로 돌린다.
2. 앉아서 팔 뺨 늘리기
1. 팔뚝을 어깨에서 약간 떨어진 발목에 놓아 팔뚝 늘린다.
2. 팔뚝을 팔꿈치에 놓아 팔뚝 늘린다.
3. 앉아서 가슴 늘리기
1. 탄력밴드를 어깨에서 약간 떨어진 발목에 놓아 가슴 늘린다.
2. 탄력밴드를 팔뚝에 놓아 가슴 늘린다.
4. 허벅지 늘리기
1. 어깨에서 약간 떨어진 발목에 놓아 허벅지 늘린다.
2. 발끝을 발목에 놓아 허벅지 늘린다.
5. 상투근 운동하기
1. 탄력밴드를 어깨에서 약간 떨어진 발목에 놓아 상투근 늘린다.
2. 탄력밴드를 팔뚝에 놓아 상투근 늘린다.
6. 양팔 옆으로 들어올리기
1. 탄력밴드를 어깨에서 약간 떨어진 발목에 놓아 양팔 옆으로 들어올린다.
2. 양팔을 위로 들어올려 탄력밴드를 팔뚝에 놓아 양팔 옆으로 들어올린다.