



Healthy Futures Partner Survey Results Fall 2014



Survey conducted, analyzed, and report provided by the Alaska Department of Health and Social Services Obesity Prevention and Control Program.
February 2015



Healthy Futures Partner Survey (Fall 2014)

Survey Design

The Healthy Futures survey was developed in collaboration by Healthy Futures and the Alaska Department of Health and Social Services (DHSS) staff. The 17-question survey was built using the DHSS Survey Monkey account.

A link to the survey was sent to all 2014 fall registered Healthy Futures school partners on December 11, 2014, and again on December 17, 2014. There were a total of 76 responses. Results from the survey follow.

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About Our Healthy Futures Partners and Schools

- 97% of survey respondents were their school's main contact for the challenge.
- 55% of the challenge partners are PE teachers, 24% are classroom teachers and 9% are health teachers.
- 55% of partners for the challenge had been involved for 1–3 years, 11% were new partners, and 16% had been involved for more than 6 years.
- 17% of participating schools have fewer than 40 K-6th grade students, 43% of schools have between 41 and 400 students, and 34% of schools have 401 or more K-6th grade students.

Table 1: School Role of Main Healthy Futures Challenge Partners

Answer Options	Response Percent	Response Count
Physical education teacher	55.3%	42
Classroom teacher	23.7%	18
Health teacher	9.2%	7
Principal	3.9%	3
Administrative secretary/assistant	6.5%	5
Wellness coordinator	2.6%	2
School Nurse	2.6%	2
Other (please specify)	5.2%	4

1. Paraprofessional
2. Records Specialist
3. PEP Grant Coordinator
4. Homeschool support teacher

Table 2: Number of Years as a Healthy Future Partner

Answer Options	Response Percent	Response Count
Less than a year	10.8%	8
1–3 years	55.4%	41
4–5 years	17.6%	13
6 or more years	16.2%	12

Table 3: K-6th Grade Student Enrollment at Healthy Futures Challenge School

Answer Options	Response Percent	Response Count
40 or fewer students	17.1%	13
41-200 students	18.4%	14
201-400 students	25.0%	19
401 or more students	34.2%	26
Not applicable. I am district level or non-school staff.	0.0%	0
Other (please specify)	5.3%	4

1. We have also included preschool
2. We have 250 students but that includes pre-school and extended resource. Preschool doesn't participate in HF, extended resource is given the opportunity but no students have ever participated. These students total about 40-45 kids. So really we have just barely over 200.
3. I didn't realize kindergarteners and 6th graders could do this and that is great! My numbers should go up a bit.
4. 41-200 for grades K-4

Student Participation

- 90% of schools encourage every K-6th grade student to take the challenge.
- 82% of schools send the Healthy Futures physical activity log home with the students to complete.

Table 4: Which Students are Encouraged To Take the Challenge

Answer Options	Response Percent	Response Count
Every elementary student is encouraged to take the challenge.	89.5%	68
Only some elementary classrooms encourage their students to take the challenge.	7.9%	6
Other (please specify)	2.6%	2

1. We are a K-2 school. For the Fall Challenge, I offer it to my 1st & 2nd grade students, only. (Sometimes a parent requests a Log for a Kdg sibling, which is great!) The Spring Challenge is offered to all of my students: K-2.
2. I send out invitations to the parents and they are responsible for signing up their homeschool children.

Table 5: Location Where Students Complete the Physical Activity Logs*

Answer Options	Response Percent	Response Count
The logs are sent home with the students to complete.	81.6%	62
The logs are kept in the classroom and completed as a classroom activity.	18.4%	14
Not applicable. I am district level or non-school staff.	1.3%	1
Other (please specify)	10.5%	8

**Total exceeds 100% because respondents were able to select all that applied.*

There were 8 comments about where students complete physical activity logs:

1. Both home/school
2. some teachers do as a whole class and some make it the students' responsibility
3. 3-6. are done at school; k-2 are sent home
4. We complete them as part of daily P.E. activities.
5. This depends on the teacher.
6. K-1 sent home, 2-5 done in PE
7. I distribute the first log to every child. The second and third logs are hanging on the wall for kids to grab as they need them. I also remind them weekly about the challenge.
8. a little of both, some are sent home, others choose to fill it out in class

Healthy Futures Computer App

- 93% of partners agree that it is easy to report student participation using the online database App.
- 90% of partners easily figured out how to use the online database App.
- 76% of partners agree it takes very little time to enter student participation into the online database App each month.
- 88% of partners report that their school district's computer system is compatible with the online database App.

Table 6: Partners Perception of Online Database App for Reporting Student Participation

Answer Options	Disagree/ Strongly Disagree	Neutral	Agree/ Strongly Agree
The online database App makes it easy to report student participation.	6%	1%	93%
I easily figure out how to use the online database App.	7%	3%	90%
It takes very little time to enter student participation into the online database App each month.	13%	10%	76%
My school district's computer system is compatible with the online database App.	4%	7%	88%

**4 respondents reported no having used the online Database App*

There were 13 comments about the online database App:

1. The online database is really easy to use, but it is very difficult for me to find a link to it on your website. I usually spend 10-15 minutes looking for the database before I can input results. I wish there was an obvious link (maybe there is, I just can't find it) to the login page.
2. Love it!
3. The online system is an added layer for me. I keep track of my students on an Excel spreadsheet, so that I can record when a student returns a log, and when they received the incentive. Using a spreadsheet, I can keep track of various classrooms of students, too, and I offer an extra PE class to the classroom that has the highest percentage of participants. It takes more time for me to do the online App, but if it makes your job easier to keep track of so many schools around the state, it's fine with me. :)
4. I love the online app! It takes so little time and is so efficient! I am so thankful for the online app!
5. It would be nice if you complete both the fall and the spring challenge that the names transfer to the spring instead of having to re-enter them.
6. The database is easy to use except the timeline is hard to stay with.
7. It is easy to use and much better than before. However, I think the database should be open just a bit longer after each log.
8. It would be so nice if we didn't have to enter all 500 student names each challenge and if there was a 'check all' option for individual logs.
9. It was generally easy to use and enter student participation as our numbers are small.
10. Much easier than scanning and faxing! Environmentally AWESOME!
11. The database is very user friendly! After the first month of entering in kids, the following months are even easier as all you need to do is check a box.

12. Thank you for making it so easy to complete! In fact, it is so easy that I wondered if I'd done it correctly.
13. Not sure if there is a way to make it faster. Would be nice if database was not deleted after fall challenge

Promotional Materials Utilization and Usefulness

Partner Utilization of Healthy Futures Materials

- 88% of partners read through the Healthy Futures Challenge Guide.
- 72% posted the Healthy Futures Window Cling announcing our school is a Healthy Futures School.
- 78% hung up the red Play Every Day banner at their school.
- 76% posted some or all of the posters comparing the amount of sugar in sugary drinks to food or teaspoons of sugar in my classroom or school.
- Only 11% of partners reported that they or another teacher at their school used the lesson plan to teach about the amount of sugar in drinks.
- 26% of partners played some or all of the monthly audio files over the school PA system to promote the Healthy Futures Challenge and encourage drinking water instead of sugary drinks.
- 32% played the Healthy Futures promotional video to their students to promote the Healthy Futures Challenge.
- Almost all of the partners were familiar with the communication materials distributed.

Table 7: Partner Utilization of Health Futures Communication Material

Answer Options	Yes	Not Yet	No	Did Not Receive	Don't know	Response Count
I read through the Healthy Futures Challenge Guide.	88%	6%	6%	0%	1%	72
I posted the Healthy Futures Window Cling announcing our school is a Healthy Futures School.	72%	10%	10%	6%	4%	73
I hung up the red Play Every Day banner at my school.	78%	8%	8%	6%	1%	73
I posted some or all of the posters comparing the amount of sugar in sugary drinks to food or teaspoons of sugar in my classroom or school.	76%	15%	8%	1%	0%	73
Teachers at my school used the lesson plan [enrichment activity] we received to teach about the amount of sugar in drinks (this kit included "I Drink Water" stickers and a DVD).	11%	26%	35%	8%	21%	73
I played some or all of the monthly audio files I received via email over the school PA system to promote the Healthy Futures Challenge and encourage drinking water instead of sugary drinks.	26%	15%	56%	4%	0%	73
I played the Healthy Futures promotional video link I received via email to my students to promote the Healthy Futures Challenge.	32%	14%	50%	3%	3%	73

There were 14 comments about the communication materials distributed to partners:

1. The videos are difficult to format for adding to my webpage. I was only able to add the link to my page, which isn't very exciting for those who visit my webpage.
2. don't have a school PA system
3. As a PE teacher, I don't have the technology to play the links in the gym, but I have a wonderful, supportive staff who plays the links to their students in the classroom to get them motivated!

4. Students have no computer access in our gym.
5. It is very challenging to incorporate everything with so little time in the day to accomplish everything else we need to accomplish. The materials were appreciated. It did cause some frustration as we wanted to present the challenge as best we could, but we could not incorporate everything that we were given.
6. audio would not transmit to our PA system
7. Our school does not have a PA system, so the audio files were not able to be used.
8. I think the posters promote sugary drinks. I'd like to see posters with healthy pictures since words don't have the same affect that pictures do.
9. Our students are homeschooled, so some of these questions do not really apply to our situation since the kids are not in classrooms.
10. Your program is media rich and I LOVE IT!!!
11. I hung a banner that was given to me by another school since I didn't have one. I have not received most of the promotional materials mentioned by mail. We play the monthly audio files school-wide during morning announcements. Teachers were encouraged to play the video for students in their classrooms (I don't have the ability to do this in the gym), but they did not report back on whether or not they aired the video for kids.
12. Unfortunately audio and video files are not utilized here due to our lack of bandwidth. We posted all the other information though and even shared the posters with our high school PE teacher for her health classes!
13. I regularly include info from HFC in my weekly newsletter to our homeschool families.
14. We are a homeschool program, so we aren't able to implement the materials into lesson plans or play the audio files over the PA system.

Partner Perception about the Usefulness of the Communication Materials

Of those who used the materials:

- 85% agree that the Healthy Futures Challenge Guide gave them the information they needed to run a successful challenge.
- 73% agree that the window cling announcing their school is a Healthy Futures school helps communicate the value their school places on healthy students.
- 84% agree that the Play Every Day banner helps remind their students how important it is to be physically active every day.
- 55% agree that students and/or staff talked about the posters comparing the amount of sugar in sugary drinks to food or teaspoons of sugar.
- 41% agree that students learned new information from the lesson plan about the amount of sugar in drinks.
- 58% agree that the monthly audio files to promote the Healthy Futures Challenge motivated students to participate in the challenge.
- 39% agree that the monthly audio files to promote drinking water instead of sugary drinks motivated students to drink fewer sugary drinks.

- 52% agree that the Healthy Futures Challenge video motivated students to participate in the challenge.
- 53% agree that the Healthy Futures Challenge promotional video taught students how to participate in the challenge.

Table 8: Partner Perception of Communication Material*

Answer Options	Disagree/ Strongly Disagree	Neutral	Agree/ Strongly Agree	Don't know	Response Count
The Healthy Futures Challenge Guide gave me the information I needed to run a successful HF challenge.	6%	8%	85%	2%	66
The window cling announcing we are a Healthy Futures school helps communicate the value our school places on healthy students.	4%	21%	73%	2%	56
The red Play Every Day banner helps remind our students how important it is to be physically active every day.	2%	13%	84%	2%	64
Lots of students and/or staff talked about the posters comparing the amount of sugar in sugary drinks to food or teaspoons of sugar.	7%	14%	55%	23%	56
Students learned new information when our school used the lesson plan [enrichment activity] to teach about the amount of sugar in drinks.	0%	28%	41%	31%	29
The monthly audio files to promote the Healthy Futures Challenge motivated students to participate in the challenge.	0%	19%	58%	23%	26
The monthly audio files to promote drinking water instead of sugary drinks motivated students to drink fewer sugary drinks.	3%	19%	39%	39%	31
The promotional video link to promote the Healthy Futures Challenge motivated students to participate in the challenge.	6%	18%	52%	24%	33
The promotional video to promote the Healthy Futures Challenge taught students how to participate in the challenge.	3%	22%	53%	22%	32

*Those respondents reporting "have not used" the materials were removed from the denominator.

There were 10 comments about the usefulness of the communication materials:

1. The video to promote the challenge should show kids filling out their log neatly so more kids can see how others complete it and with what activities to create more buy-in. Watching me fill it out is not the same as watching peers do it.
2. I did not receive the Play Every Day banner or window cling.
3. I'm answering for a few teachers.
4. We have no computer access in our gym.
5. The materials are good but we don't necessarily have time to properly utilize all of them. If we did it would take time away from the required curriculum we are supposed to be teaching.
6. We chose to use the calendar for students to record their activities. Because it said they could color it in or write their activity, we had students coloring in boxes instead of recording their time and activity. We will change it for the next challenge.
7. Would LOVE it if next year you showed more Alaskan Natives on the posters, clings, audio files, etc. You hit a large population in the rural areas, it's great but we'd like more cultural representation from Native Alaskan groups. Otherwise, AWESOME STUFF!
8. Again, materials received (digital) have been used and are excellent. I have not received most of the materials. I didn't receive the prize samples either, so couldn't even display them as motivation.
9. thank you!
10. I talked about the promotion to all students at a morning meeting and played the audio file.

Table 9: Number and Percent of Partners Who Did Not Use Communication Material*

Answer Options	Did Not Use	Percent	Total
Healthy Futures Challenge Guide	5	7%	71
Window cling	14	20%	70
Play Every Day banner	7	10%	71
Posters comparing the amount of sugar in sugary drinks to food or teaspoons of sugar.	15	21%	71
Lesson plan to teach about the amount of sugar in drinks	41	59%	70
Audio files to promote participation in the Healthy Futures Challenge.	44	63%	70
Audio files to promote drinking water instead of sugary drink	39	56%	70
Healthy Futures Challenge promotional video	37	53%	70

Incentives

Comments and Suggestions for Prizes

57 partners made 167 comments (partners could make multiple comments), however only 126 of them were actual prize suggestions.

- 27 comments were about how much they liked the prizes, how prizes should be quality and general comments about prizes.
- 14 suggestions were too expensive for individual prizes.
- 21 suggestions were for balls of some sort (baseball, football, basketball, soccer), 9 recommended pedometers, 7 water bottles, 6 shoe laces, 5 watch or stop watch, 5 hat, and 5 hula-hoop. Some of these prize suggestions, such as full-size balls and hula-hoops, would be too large and expensive to ship to schools statewide.
- 4 suggestions were for reflective items and 4 requested no more jump ropes.
- The following were all mentioned 3 times: hockey stick/puck, socks, light-up toy, gloves, whistle, Nerf item, and backpack.
- All other items were suggested 2 or fewer times. However, there were some clever ideas. The collapsed list of suggestions can be found in [Appendix A](#).

Customer Satisfaction

- 91% of school partners get the support they need from the Healthy Futures staff.
- 91% report that the Healthy Futures staff respond to their emails in a timely fashion.
- 88% report that the Healthy Futures staff respond to their phone message in a timely fashion.
- 90% agree that the email updates from Healthy Futures are useful.
- 62% agree the incentives were available when they wanted to distribute them to students.

Table 9: Percent of Partners Who were Satisfied with Healthy Futures Support

Answer Options	Disagree/ Strongly Disagree	Neutral	Agree/ Strongly Agree
I get the support I need from the Healthy Futures staff.	3%	6%	91%
The Healthy Futures staff respond to my emails in a timely fashion.	7%	1%	91%
The Healthy Futures staff respond to my phone messages in a timely fashion.	6%	6%	88%
The email updates from the Healthy Futures staff	4%	6%	90%

are useful.			
The incentives were available when I wanted to distribute them to students.	23%	14%	62%

There were 6 comments about customer support:

1. Love them and their customer service
2. Thank you!!!
3. I have always been very pleased with my interactions with folks at Healthy Futures.
4. Sometimes the email updates seem like we are being reprimanded - or that we did something wrong.
5. No complaints at all. Great, great, great.
6. Excellent staff and ALWAYS happy to serve.

Student and School Satisfaction

- 87% agree that the challenge is having a positive impact on their students.
- 71% agree that their students are motivated by the challenge.
- 89% agree that their students are motivated by the incentives.
- 87% agree that the challenge supports their classroom curriculum.
- 70% agree that there is a supportive culture regarding the challenge at their school.

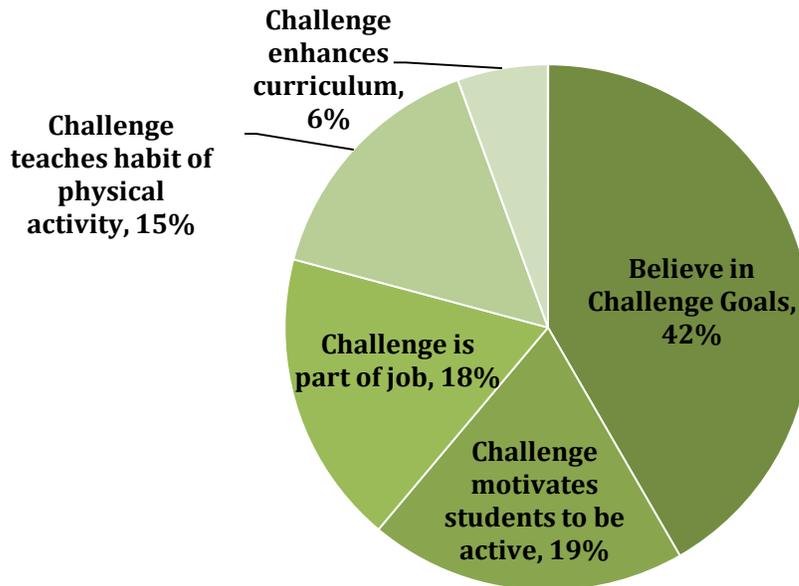
Answer Options	Disagree/ Strongly Disagree	Neutral	Agree/ Strongly Agree
The challenge is having a positive impact on my students.	3%	10%	87%
My students are motivated by the challenge.	7%	21%	71%
My students are motivated by the incentives.	4%	7%	89%
The challenge supports my classroom curriculum.	2%	11%	87%
There is a supportive culture regarding the challenge at my school.	10%	20%	70%

16 respondents provided 21 comments located in [Appendix B](#).

- 9 comments were general comments
- 7 comments were about wanting the incentives earlier
- 2 comments noted it was ok to wait for the incentives
- 2 comments noted the incentives were immature for the 5th and 6th grades
- 1 comment was of appreciation for the program.

What Healthy Futures Partners Think

Figure 1: Reasons partners coordinate the Challenge



60 respondents provided 80 comments located in [Appendix C](#).

- 30 comments related to believing in the Healthy Futures Challenge goals.
- 14 comments noted that the challenge motivates students to be active.
- 13 comments mentioned that coordinating the challenge is part of their job.
- 11 comments noted that the challenge teaches students the habit of physical activity.
- 4 comments noted that the challenge enhances their curriculum.

Partner's favorite things about the Healthy Futures Challenge

60 respondents provided 79 comments located in [Appendix D](#).

The favorite things about the challenge (and the number of comments):

- Is the incentives (13)
- Is the excitement of the students who participate (12)
- Is that it teaches students the value of daily physical activity (10)
- Is that it is easy for students and families and is easy to implement (9)
- Is the opportunity it provides the teacher to interact with their students (8)
- Is the goal of the challenge (5)
- That it is accessible to all students and is statewide (4)
- That the challenge involved families (4)

- That it motivated students to be active (3)

Materials partners would find useful during the Challenge

39 respondents provided 40 comments located in [Appendix E](#).

- Most comments did not provide advice about new ideas.
- 19 expressed appreciation for the materials already provided.
- 4 expressed a wish for an assembly with a well-known athlete.
- 2 expressed a wish for videos demonstrating afterschool physical activities.
- Flags, safety information, posters depicting physical activity or instructions on how to complete log, t-shirts, stickers, banners were all mentioned once.
- 10 comments were general in nature or not related to the question.

Open ended comments for Healthy Futures

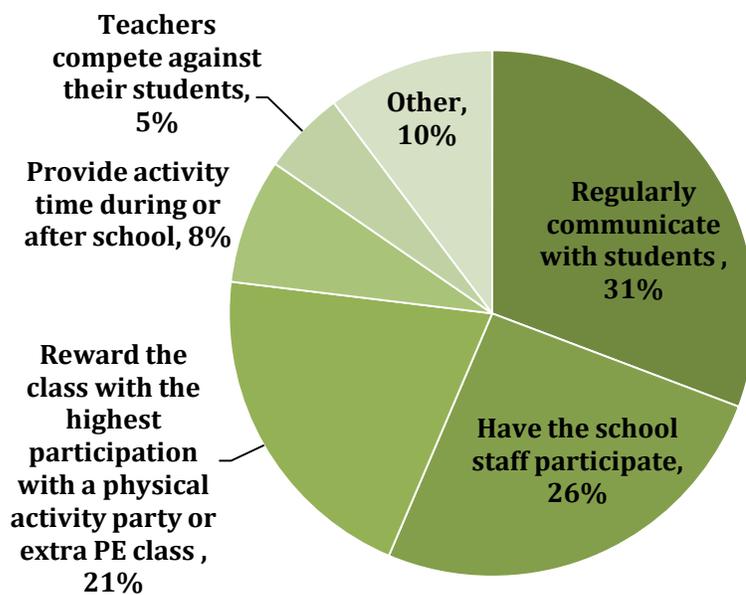
39 respondents provided comments located in [Appendix F](#).

28 comments express appreciation for the program and the staff who provide the program. Following are the 9 constructive comments:

1. There is no accountability piece to the Activity Logs. Many students fill out the logs with false activity just to get the 'prizes.' I do not think the Activity Logs are getting kids to be more active outside school, rather some of the active students are completing the logs and some inactive students also.
2. It was great to have the incentives for the first round ready to handout! I would like it if you could do that for the first time this spring as it seems to motivate them to participate regularly.
3. All coordinators need to be on the same page. The initiative is to get kids to be active not have a competition between schools to get the most participation. The % participation incentives should be replaced with a random drawing of all the schools that participate for the cash prize. The same schools are winning over and over - and most often those are the schools that don't need the money in the first place. There are many schools that have participated for a long time and will never have 100%. And we need more clear direction on what exercise is counted and not counted. PE class and recess are during school - they shouldn't count.
4. I'm not big on the cash prizes to the schools that have the highest percentage of participation. I'm not sure how much more we're changing behavior (in terms of daily play/exercise) with this aspect of the challenge. And it does wrinkle some feathers of adults from other non-winning schools, giving them another reason to feel like a "have-not."
5. Fall list needs to be available to print list to distribute incentives and not disappear.
6. I think it is pretty unrealistic for schools to receive 100%. Something is not right there.
7. If the logs are done within the school classroom this removes involvement from families, which is an integral part of the message.

8. Still trying to find ways to keep the fidelity. I have kids that have parents that will just sign, fake signatures, no signatures. And I am certainly against teachers keeping logs and filling out in class. Maybe for September, but kids should be more accountable. I could easily tell all my kids to color in the squares when they did activity, and keep them all myself and have 100% participation. That seems to lack some integrity.
9. Even if you short ship prizes and have to send additional after the challenge, it would be better for motivation. If that just won't work because of the expense for shipping, please consider sending samples that can be posted/displayed for student incentive. Also, I would like to have the poster size activity logs for teachers to post and display in their classrooms during the challenge.

Figure 2: Successful strategies to motivate students to participate.



50 respondents made 55 suggestions or comments located in [Appendix G](#).

Teachers shared their most successful strategies to increase participation:

- Regularly communicate with students (12)
- Have the school staff participate (10)
- Reward the class with the highest participation with a physical activity party or extra PE class (8)
- 3 mentioned they provide activity time during or after school, 2 teachers compete in the challenge against their students
- 1 comment was made for each of the following: including families, using the audio message, rewarding staff who participate (to encourage staff participation), and coordinating with the student reading log.

Appendix A: List of prize suggestions

During past challenges, Healthy Futures incentives have included jump ropes, water bottles, hackey sacks, Frisbees and balls. What would you recommend as a future incentive?

Category	Count of Category
Ball	21
Pedometers	9
Hat/earband	9
Water bottle	7
Shoe laces	6
Watch/stop	5
Hula-hoop	5
Reflective	4
No jump rope	4
Whistle	3
Light up toy	3
Hockey	3
Backpack	3
Gloves	3
Socks	3
Nerf	3
Juggling balls	2
Sweat bands	2
Jump rope	2
No water bottle	2
Bracelets	2
Buttons	1
Sunglasses	1
Chapstick	1
No frisbees	1
Swim goggles	1
Nerf guns that shoot darts	1
Jump drive	1
Lanyards	1
Stuffed animal	1
Orange cones	1
Frisbees	1
Patches	1
Throw	1
Key chain	1

Zipper pull	1
Yoyo	1
Ear buds	1
Exercise bands	1
Kite	1
Head lamp	1
Mini-towel	1
Neck warmer	1

Appendix B: Comments regarding Student and School Satisfaction

Comment	Category
1. Thank you for all you do to keep track of this logistical monster!	Appreciation
2. ITs hard to get motivated when I tell my kids that HF is for activity completed outside of school (because thats [sic] what we were directed to do) and then other school count PE class and recess.	Comment
3. And other school have their students fill out the papers in class - if all students are filling the paper out together then those that didn't exercise are going to feel obligated to put something down, and are therefore cheating.	Comment
4. It is being tied into our PE class and some are showing more motivation to get stronger and healthier.	Comment
5. I only have 2-3 teachers participating and not a lot of help or support.	Comment
6. The incentives are very popular with students, staff and families. I see the kids playing with them at evening gym, too.	Comment
7. They always come in a timely manner.	Comment
8. I would like more of my students to participate in this program, It takes the parent to do some of the work and that is the challenge I am facing.	Comment
9. I wish more of our students would get involved. We're going to do some brainstorming amongst staff to encourage students and families to join the next round. Some of it is up to us and how we present the program. You're really doing your part well!	Comment
10. The incentives are a blessing & a curse. They motivate the kids to keep track of their activity, but sometimes they also motivate parents to just "sign-it" so their child can "get a prize." Overall, I think it is more positive than negative.	Comment
11. Most incentives are immature for my 5th and 6th graders. They are not interested in them. They did like the water bottles. The K-4 kids do like the incentives.	Immature for 5 th / 6 th grade
12. Incentives work for younger students more then the 4-6 grade crowd.	Immature for 5 th / 6 th grade
13. It was fantastic to have the incentives when kids turned in the logs the first month and encouraged and remind others to turn their log in. When they have to wait weeks after they have turned in their log their excitement [sic] diminishes. Even having a few to start with (100) would be incentive. That way I could remind kids that only the first 100 would get their incentive right away. It's the same mentality that you use with us to get us to sign up quickly.	Incentives earlier

14. The incentives take too long to get to the school after the students have already been logging a month's worth of activity. The incentives should be at the school for immediate gratification.	Incentives earlier
15. October's prize was a bit of a wait, my students got a little confused about which month it was for since they were nearly done with the November log sheet. Previous year's have always been timely. I haven't seen the November football toy yet, it is Dec 11 today.	Incentives earlier
16. Having prizes available to hand our elementary students (that instant gratification that young learners thrive on) is so important.	Incentives earlier
17. Our participation DOUBLES when we have prizes to hand out right away, and drops significantly without that motivation.	Incentives earlier
18. I would have liked the incentives before the challenge is over. Waiting two weeks after the challenge is over it too long and there is too much management that is being put into organizing it. I still have extra incentives at the end, so it makes no sense to get an exact number.	Incentives earlier
19. It sure would be nice to have the incentives earlier but I know it is hard to do that :)	Incentives earlier
20. I teach little kiddos, so waiting for the incentive offers a great lesson in "delayed gratification!"	Waiting ok
21. It was a little confusing this year, because the first moth [sic] prizes were available when students turned in logs, so they were exexpecting [sic] them for the 2nd and 3rd months as well. Once I told them they would have to wait for their prizes, they were OK with it.	Waiting ok

Appendix C: Reasons partners coordinate the Challenge

Comments	Category
1. I think it is important for kids to adopt a healthy lifestyle at young ages	Believes in challenge goal
2. I like organizing things and I also believe in Healthy Futures goals.	Believes in challenge goal
3. I am the PE teacher and it's important for children to develop the habit of leading a physically active life style.	Believes in challenge goal
4. Kids need to learn that exercise is fun and it helps our brains function better! The list goes on and on!	Believes in challenge goal
5. I want the children to be physically active.	Believes in challenge goal
6. I strongly believe in movement, and	Believes in challenge goal
7. being outside as a healthy habit for kids.	Believes in challenge goal
8. I believe that kids (and adults!) need to be active,	Believes in challenge goal
9. and that it needs to be developed as a healthy habit over time.	Believes in challenge goal
10. I feel that it is important to promote a healthy lifestyle.	Believes in challenge goal
11. I believe in Healthy Futures	Believes in challenge goal
12. and the positive impact it has on our students' lives.	Believes in challenge goal
13. I feel this program is important for my students to use and	Believes in challenge goal
14. I think it is a great program and the kids need the education.	Believes in challenge goal
15. I believe in the spirit of the Challenge.	Believes in challenge goal
16. I feel it is important for students to be active outside of school and PE.	Believes in challenge goal
17. I think it is also important for families to be involved.	Believes in challenge goal
18. I believe in the program	Believes in challenge goal
19. It is a good program when facilitated true to the spirit of the Challenge	Believes in challenge goal
20. I coach skiing and elementary cross-country running and I believe in getting kids outside doing anything!	Believes in challenge goal
21. The outcome of physical education is for students to develop the skills and understand the importance of daily physical activity, and Healthy Futures encourages kids and families to make exercise a habit!	Believes in challenge goal
22. I believe in the power of exercise	Believes in challenge goal
23. We have the same goal. Get kids active.	Believes in challenge goal
24. I believe in exercise	Believes in challenge goal
25. I know the importance of encouraging out kids to exercise.	Believes in challenge goal

26. I believe in the cause,	Believes in challenge goal
27. I Think it's important for kids to stay active.	Believes in challenge goal
28. promoting healthy lifestyles and physical activity is important in fighting childhood obesity.	Believes in challenge goal
29. I believe in getting kids active	Believes in challenge goal
30. I am supportive of any encouragement for students to move	Believes in challenge goal
31. I would like to see the kids [sic] be more active. Most of them rush home to play video games.	Comment
32. I think kids need to stay active	Comment
33. It also allows me to see who is active and things they like to do. Helps me learn about my students more.	Comment
34. I feel that it is better then the President's Challenge since the family can help with Healthy Futures since it is after school, evenings and on weekends.	Comment
35. It is a good program.	Compliment
36. I enjoy these extra curricular supports for my classroom because they enhance and improve it.	Curriculum enhancement
37. It aligns itself with my curriculum.	Curriculum enhancement
38. It supports my PE and Health curriculum and the	Curriculum enhancement
39. and ties in well with my PE program	Curriculum enhancement
40. Some students like it and I want them to have an opportunity to participate in the program if they choose to do so.	Motivates students
41. We want to encourage students to be healthy and physically active regularly.	Motivates students
42. I love the challenge for my students! Getting them thinking about being active and motivated to get out and play is amazing.	Motivates students
43. and because the kids love it!	Motivates students
44. I love to see kids being active and the prizes are ones that keep the kids active which is great!	Motivates students
45. It's motivating to them.	Motivates students
46. It helps motivate and remind the students to be active.	Motivates students
47. kids enjoy it.	Motivates students
48. It is a great way to motivate kids to be active	Motivates students
49. motivates them to become healthy individuals.	Motivates students
50. I think our students need to be motivated to be more physically fit and do things other than sit and play video games.	Motivates students

51. I think it has a positive effect on the health of our students.	Motivates students
52. It's a great way to encourage my students to be active outside of school.	Motivates students
53. To promote healthy activity outside of school hours, logging activity is part of standards	Motivates students
54. no one else will.	Part of job
55. I am the PE teacher.	Part of job
56. I am the lead teacher and PE instructor.	Part of job
57. The previous principal wanted me to enroll the students, I got to read the packet & the prizes were encouraging for the students.	Part of job
58. I started when I was a physical education teacher and just continued as a classroom teacher.	Part of job
59. As the PE teacher I feel like it is my responsibility	Part of job
60. Our PE teacher just retired and we wanted to keep the program going so I stepped forward to continue getting the information out and reminding the students of the program	Part of job
61. Gym teacher won't. I'm the Health teacher so I'm fine doing it instead.	Part of job
62. and the PE teacher has been unwilling to take this on.	Part of job
63. It is part of my job through the OPCP program,	Part of job
64. None of the other teachers are interested in coordinating, so I gladly do it for our kids.	Part of job
65. it is an easy program for me to assist my principal with.	Part of job
66. and I'm the one who does programs like this.	Part of job
67. It is a fun way to encourage exercise outside of school	Teaches students
68. It's good for students to learn to be active	Teaches students
69. and to think about how they can be active.	Teaches students
70. It helps introduce students to be active for a healthy life style.	Teaches students
71. Great tool to help promote physical wellness and health!	Teaches students
72. We always encourage the health of our young people at a very early age so that way of thinking can follow them throughout their lives.	Teaches students
73. I think that health and wellness is essential to bolster students' self esteem and ultimately their performance at school.	Teaches students
74. I want my students and staff to know how important it is to start healthy habits at a young age.	Teaches students

75. It helps build healthy habits for the students.	Teaches students
76. It promotes life long activity	Teaches students
77. It helps remind the homeschool students to incorporate physical activity into their every day routines.	Teaches students

Appendix D: Partner's favorite things about the Challenge

Comment	Category
1. It is statewide and all kids can do it!!	Accessible
2. and it is statewide.	Accessible
3. and that all kids can be successful.	Accessible
4. and accessible for all students	Accessible
5. The great resources that are provided.	Comment
6. I don't have a favorite thing	Comment
7. Nothing in particular.	Comment
8. Play Every Day message	Comment
9. the opportunity for students to make the video,	Comment
10. and it has made us, as a staff, start to consider how we can offer more physical activities after school.	Comment
11. Support and logs.	Comment
12. Healthy Futures has lots of flexibility "written" into the program.	Comment
13. Many of the students do not even care about the incentives; they're getting to the point where they genuinely enjoy all of the health benefits they are reaping.	Comment
14. The communication from you to our kids	Comment
15. Competing with the kids. My students and other classes who were previous students enjoy "beating Sammy" by exercising for more minutes daily or for more days per week.	Comment
16. It's so easy!	Easy
17. It is organized	Easy
18. it is easy for me to oversee and does not take much of my time	Easy
19. It is easy to implement and maintain	Easy
20. and it is easy to join!	Easy
21. How easy it is to implement.	easy
22. It's easy to use	easy
23. How well organized it all is.	Easy
24. It is easy to use	Easy
25. and gives the parents, too, a reason to get their children moving.	Family involvement
26. Furthermore, Healthy Futures encourages families to spend more time together in an active way.	Family involvement
27. Hearing about kids who have done an activity or outing with family and continue to do outings for the fun of it and not because of a prize.	Family involvement

28. The promotion of families and students being active together	Family involvement
29. physical activity	Goal of program
30. Getting the kids active.	Goal of program
31. The focus on fitness.	Goal of program
32. getting kids active	Goal of program
33. It keeps us focused on the purpose of exercise	Goal of program
34. Prizes	Incentives
35. and the incentives	Incentives
36. and the kids love the prizes.	Incentives
37. Incentives	Incentives
38. Giving out the incentives to the kids that worked so hard	Incentives
39. Being able to give incentives for getting kids out exercising.	Incentives
40. the incentives,	Incentives
41. and love getting their prizes in front of the class.	Incentives
42. Incentives	Incentives
43. the activities and of course, the incentives!	Incentives
44. Plus I love to give FREE stuff away. I can use the extra as a "bribe" to get the students to bring their parents into the gym during Parent/Teacher Confs.	Incentives
45. and the prizes are pretty great!	Incentives
46. The kids get SO excited about the prizes,	Incentives
47. Motivates students to keep track of how much exercise they get everyday.	Motivating to students
48. It helps the students to keep active	Motivating to students
49. Getting kids active outside of school	Motivating to students
50. How excited the students get about the incentives	Student excitement
51. Seeing the excitement from my students	Student excitement
52. Watching the kids faces light up when they see what they have earned.	Student excitement
53. the excitement of the kids	Student excitement
54. Even though I don't have a huge number of students participating the ones that are really enjoy it	Student excitement
55. the excitement the students feel.	Student excitement
56. How excited the kids get.	Student excitement
57. Kids enthusiasm about participating	Student excitement
58. Seeing the students excited about their activity that rthey [sic] do	Student excitement
59. seeing how excited the kids get to get the incentives! Some of them work so hard!!	Student excitement

60. but they also are SO proud of themselves for completing the challenge.	Student excitement
61. The smile kids have when they turn in their log	Student excitement
62. Students wanted to talk about what they are doing to fill in their log.	Student interaction
63. and students letting me know they play out all the time.	Student interaction
64. Hearing what the kids do	Student interaction
65. The daily interaction and chance to discuss.	Student interaction
66. seeing the activities the students do after school	Student interaction
67. The daily logs. I like the kids to look back on the monthly log and say wow look what I did.	Student interaction
68. Healthy Futures gives me another reason to connect with the students in my school.	Student interaction
69. Reading what activities the students write on their activity logs.	Student interaction
70. That it teaches responsibility,	Teaches students
71. My students become more aware of how to be healthy.	Teaches students
72. And, hearing them talk about healthy food and habits to each other when trying to encourage one another.	Teaches students
73. Students can see improvements throughout the year.	Teaches students
74. be interested and more positive about getting exercise,	Teaches students
75. Kids have to be motivated on their own,	Teaches students
76. Teaching responsibility.	Teaches students
77. Its working on teaching the kids Healthy lifestyles.	Teaches students
78. and effective for the students.	Teaches students
79. students track their activity and become aware of it	Teaches students

Appendix E: Materials partners would find useful during the Challenge

Comment	Category
1. Those are all great	Appreciation
2. All these are good.	Appreciation
3. The posters with the information about the sugary drinks and snacks are awesome!	Appreciation
4. The posters and banner have been used and are useful. I need to start using the audios and videos more to boost the participation.	Appreciation
5. I like the posters and the first video.	Appreciation
6. The extras are all "gravy." It is all appreciated, but not necessary.	Appreciation
7. Those are great, keep them coming!	Appreciation
8. I can't think of anything else, what you all provide is of great help to me and others.	Appreciation
9. None, that's great.	Appreciation
10. All good	Appreciation
11. I love all the materials!	Appreciation
12. I have found everything to be useful, I just have not made use of the audio messages yet, but hope to get my principal to start these for the spring.	Appreciation
13. AWESOME materials.	Appreciation
14. I love all of the stuff except for the tatoos, I passed those on to another PE teacher.	Appreciation
15. More banners and posters, stickers and tattoos are great too	Appreciation
16. I'm not sure. Things are going great.	Appreciation
17. All the items have been very useful!! Great visuals!!	Appreciation
18. Can't think of anything additional.	Appreciation
19. All the materials you send are great!	Appreciation
20. Have the Kikkan Randall come visit school again to promote the challenge	Assembly
21. It would be cool if an athlete or physically active person from Alaska would come to our school to do a kick-off activity with the students.	Assembly
22. School visits from local athletes, coaches, sports teams, intramural coordinators.	Assembly
23. Guest Speakers!	Assembly
24. Banners	Banner
25. I'd love to receive those things.	Comment
26. DVDs	Comment
27. Banner, posters, cling	Comment
28. Nothing.	Comment

29. I haven't used the audio messages and didn't even know about them. I am sure I just missed that somewhere along the way. I will use those in the future.	Comment
30. N/A	Comment
31. Some how keeping things rolling December and January. AK Club great! But not practical for my school.	Comment
32. Prizes ready to hand out when students turn in their logs	Comment
33. ?	Comment
34. Healthy snacks .	Comment
35. Flags	Flag
36. Healthy Futures App? logs online?	Online log
37. More posters!	Posters
38. Posters with clear directions on what sort of things to put on your log.	posters w instructions
39. Different types of posters maybe showing someone being active in different ways liking riding a bike, ice skating, skiing, walking a dog etc.	Posters w PA
40. Information about Helmet Safety? I don't know just thinking outloud :)	Safety information
41. stickers	Stickers
42. T shirts	tshirt
43. Short video clips that show kids doing activities that the students can also do at our school as part of a weekly reminder. We currently try to find videos on Youtube to inspire the kids to try new activities, but this can be time consuming.	Videos
44. A video/photo challenge might be fun."	Videos

Appendix F: Open ended comments for Healthy Futures

1. Thank you. Tsinaen~
2. Thanks!!!
3. Thank you for your work in organizing all this!
4. Thank-you for encouraging kids to be healthy.
5. Keep it going.
6. Thanks so much for having this program to motivate our students to play every day!"
7. It is a great program
8. Thank you!
9. I think you have a great program.
10. Thank you!
11. I just want to thank all who work so hard to make this possible for my school and other schools.
12. thanks
13. Great Job y'all.
14. I think it is a great program. The contest held last year where schools were rewarded based on participation was good and helped motivate the students.
15. Great job
16. Great job again. Wonderful staff and awesome cause!
17. Don't stop!
18. Thank you
19. Thank you and keep up the great work!
20. Thank you for making this project statewide and focusing on the health of students and families. It might be fun even to have an academic challenge.
21. Thank you!
22. Keep up the good work. The Nordale TIGERS are looking forward to the Spring challenge in 2015.
23. Thank you for all the hard work that you do. Thank you for sponsoring local running events too! The medals were awesome!
24. Keep up the great work.
25. It is a great program. Thank you!
26. This is a great program! I hope it continues.
27. I think it's a great program and needs to continue
28. Thank you!!!

Appendix G: Successful strategies to motive students to participate.

Comment	Category
1. I really saw the number of log jump up with the daily audio messages in the AM.	audio message
2. Remind every class every week.	Communication
3. Talking about the challenge in classes often.	Communication
4. Ask students what they are doing for their log and hand out a tattoo after they've answered.	Communication
5. really work with them for at least a week in class on the healthy futures program to teach them what they need to do and how to do it correctly.	Communication
6. Weekly reminders during PE class to fill out calendars at home.	Communication
7. Discussed the positive aspects of health daily.	Communication
8. Make a big deal.	Communication
9. Reminders, reminders, reminders	Communication
10. Display case, bulletin boards.	Communication
11. Make a big deal to the whole class when a student turns in a log and remind them that they can get a reward too when they turn their log in to me.	Communication
12. And talking about HF in all my classes on a regular basis	Communication
13. Simply letting them know about it multiple times.	Communication
14. The log and prizes.	General
15. Play out everyday!	General
16. when they like the incentive	General
17. The incentives and local incentives to go with them.	General
18. That your heart is a muscle, and we need to workout our heart muscle just like any other muscle.	General
19. Just the standard... I don't push it too hard.	General
20. Incentives!	General
21. showing them the incentives.	General
22. The incentives.	General
23. the incentives	General
24. The incentives	General
25. The prizes	General
26. They love the prizes at the end of the challenges.	General
27. I give out the stickers and temporary tattoos when families visit our office.	include families
28. Keeping logs in PE class	Log in classroom

29. If logs are kept in the classrooms and teachers have the students fill them out as morning work, many more are turned in. I feel like this takes the parents out of the loop which in my opinion is an important part of the program.	Log in classroom
30. Filling them out in class.	Log in classroom
31. Putting activity log on back of student reading log. I never liked the idea of wasting so much paper to distribute logs to 400 kids when less 100 fill them out. Reading log was one-sided paper already be sent home to entire school.	Matching w reading log
32. Providing after school time for exercise and involving parents.	Providing activities
33. Incorporating exercise in my classroom and doing it with them has been the most motivating to my homeroom class I think.	Providing activities
34. I have a running club before school two days a week which helps students fill out their logs.	Providing activities
35. Provide an "Activity Party" to the class that brings back the most logs each challenge session.	Reward class
36. Offering an extra 30 minute PE time for the primary and secondary classes that have the highest percentage participation	Reward class
37. The class with the highest percentage of logs turned in receives an extra PE class	Reward class
38. Free time for 100% participation in a classroom.	Reward class
39. student and classroom rewards, in addition	Reward class
40. I offer two additional incentives: (1) The class with the highest percentage of participation earns an additional PE class - something really special!	Reward class
41. Offering the class with the highest percentage of participation and extra PE period.	reward class
42. Offering bonus PE time.	Reward class
43. (2) I do a raffle for a day-pass at the local climbing gym for all of the adult staff members in my school who complete the 3-month challenge.	Reward staff
44. When the teacher is participating, more kids participate, too!	Staff participation
45. trying to include their classroom teachers	Staff participation
46. During the first calendar time, we had staff with their activity calendars hanging up and we asked kids what activity they did the day before.	Staff participation
47. Be involved and stay active - Culture for success!	Staff participation

48. Staff who promote it with their own log & talk about it in homeroom classes	Staff participation
49. being active myself	Staff participation
50. Giving them a prize and showing them my own activity challenge log.	Staff participation
51. "The buy in from teachers!!	Staff participation
52. while showing students my log that I have completed"	Staff participation
53. being a role model	Staff participation
54. Try to play more than me, their teacher	Student compete against teacher
55. Competing against them. Kids really enjoy "beating the teacher" or administration.	Student compete against teacher