

## Nutrition & Physical Activity State Plan

### Big Sky State Games

**Karen Sanford Gall** is Executive Director of Big Sky State Games, which provides quality programs and competitions that promote healthy lifestyle and activities statewide.

Activities Relevant to State Plan to Prevent Obesity: **Shape Up Montana** is a three month program that encourages and tracks physical activity. Many corporations use it as part of their wellness programs. **Big Sky Fit Kids** is a free team-based three month activity and nutrition program for kids, which tracks physical activity and fruit and veggie consumption. Participants are encouraged to continue on and participate in the Big Sky State Games.

Services/Recipients: Last year, Shape Up Montana enrolled over 7000 people on 963 teams from 140 communities; it is a competition that provides weekly nutrition and p.a. tips. These come from Eat Right Montana. Last year Big Sky Fit Kids had about 5000 participants (in a 3 month program), comprising 250 teams. In addition 11,000 students participated in Fit Kids Day. The programs provide weekly physical activity and nutrition activities, and nutrition and physical activity tips and programming ideas, including healthy recipes and advice.

State Plan Settings: Schools; Social/Cultural Environments; Worksites

#### CDC Behaviors:

- Increasing fruit & vegetable consumption by providing advice, suggestions and bonus miles through the weekly nutrition challenges.
- Decreasing sugar-sweetened beverage consumption by providing advice, suggestions and bonus miles through the weekly nutrition challenges.
- Decreasing consumption of energy dense foods (> 4 calories/gram) by providing advice, suggestions and bonus miles through the weekly nutrition challenges.
- Increasing physical activity in children and adults of all fitness levels through recording physical activity. The adults category is part of a competition. In addition participants receive weekly physical activity information.
- Decreasing screen time through communication with Shape Up and Big Sky Fit Kids participants via emails and in newspaper articles. Fit Kids participants received bonus miles for reducing their recreational screen time. Sent Screen Smart fliers via email to all team captains to distribute to their teams.

Gaps and Concerns: Need more Middle school activities. Improving the built environment is important. Need to capture the BMIs of kids to track progress.