



SPECIAL YOUTH-EDITION

We've had a busy year here at Hult Center for Healthy Living – with both our youth and adult programs. Typically, our newsletter highlights our adult programs since they tend to change on a weekly basis; however, we've had so many successes this year with our youth programs that I wanted to release a special youth education edition newsletter to highlight 2017-2018 accomplishments, and let you know about some exciting things happening this 2018-2019 school year.

You may know that Hult Center for Healthy Living's education topics are designed to address the community's most concerning health priorities as identified in our local community needs assessments. Currently, those priorities are: mental health, obesity, sexually transmitted infections and teen pregnancies, and cancer. You will notice with our adult and youth programs that these health themes are heavy throughout as we work to make the community a healthier place to live.

During the 2017-2018 school year our team of Health Education Specialists taught 45,336 youth and 2,826 adults! Programming takes place either at Hult Center for Healthy Living in one of our four theaters, or as outreach programs that are provided at schools and other community agencies. To be able to provide these programs, Hult Center for Healthy Living's staff works hard to secure local and state grants, as well as private donations and annual fundraisers. Youth education was supported by a variety of funders this past year, including: Heart of Illinois United Way, PNC Grow Up Great, UnityPoint Health, Community Foundation of Central Illinois, Peoria Public Schools, Dunlap Community School District, Caterpillar Foundation, Rotary of Peoria, Rotary North, Peoria Medical Society Alliance, and so many others. Without our loyal funders, this hard work wouldn't be possible. I hope you will take some time to read through our newsletter to see the various programs that are supported by these donors.



All the Best,

Holly Bill
Assistant Manager
hbill@hulthealthy.org

NEWS & KUDOS

Hult Center for Healthy Living is partnering with Central Illinois Friends of People with AIDs to offer Chlamydia, Gonorrhea, HIV, and Hepatitis C testing for adolescents ages 12-19 at Hult Center for Healthy Living. Call (309) 692-6650 to schedule an appointment.

The Hult Center for Healthy Living received funding from PNC Grow Up Great again this year to support the Your Amazing Body program. See page #8 to check out this program and our partnership with PNC.

Thanks to a grant from UnityPoint Health Foundation, all of Hult Center for Healthy Living's youth educators will be attending the American School Health Association Conference in October. This conference provides our staff with the most up-to-date best practices as it relates to youth education.

Congratulations to Becca Mathis, Adolescent Health Coordinator, who was accepted to present at both the ASHA and APHA national conferences this Fall regarding the implementation of Sexual Health Education Programming in Peoria Public Schools!

Hult Center for Healthy Living partnered with Tazewell County Health Department to provide CATCH (Coordinated Approach to Child Health) training to 22 staff prior to the

start of summer programs.

Hult Center for Healthy Living was awarded a new grant from the Illinois Department of Public Health to support the Adolescent Health Program. With this new program, Hult Center for Healthy Living will be working closely with UnityPoint In-School Health and Peoria Public Schools to enhance the adolescent experience in the clinics and increase well visits among our youth. After all, a healthier child learns better!

Hult Center for Healthy Living received funding through the Heart of Illinois United Way to support three youth education programs over the next three years: Youth Mental Health Matters, Healthy Heroes, and Youth Reproductive Health Education. These programs are designed to address community health concerns, including: mental health, obesity, sexually transmitted diseases, and teen pregnancies.

Congratulations to Health Education Specialist, Kari Pauli, who received her Certified Health Education Specialist (CHES) certification this past spring. This rigorous exam is no easy task and shows Kari's dedication and expertise in public health.



Hult Center for Healthy Living Youth Health Education Programs

309-692-6650 or info@hulthealthy.org
for details, fees, and scheduling

Social-Emotional Wellness Programs

Social Emotional Learning Grades 1-6

This program is customizable for each school and utilizes the PATHS® (Promoting Alternative THinking Strategies) curriculum to provide age-appropriate education in a variety of topics in order to promote social and emotional competence and reduce behavior problems in young children. Areas of focus vary by grade level and include a variety of topics including: building empathy, emotion management, problem solving, manners, friendship skills, self-control, respecting others, and bullying prevention. Number and length of sessions varies by school.

***In-house & Outreach**

QPR: Question, Persuade, Refer Adults

This will train individuals to identify suicidal behaviors and save lives through innovative, practical, and proven strategies for recognizing the signs of crisis.

***In-house & Outreach**

Youth Mental Health Matters Grades 6-9

This program covers a variety of mental health topics and also provides the opportunity for students to request additional counseling services. Sessions vary by grade level and include a variety of topics including: anger management, conflict resolution, bullying & cyber-bullying, suicide & depression, self-esteem, addiction, positive coping skills, body image & eating disorders, as well as self-reflection & trust building. Number and length of sessions varies by school. ***In-house & Outreach**

Youth Mental Health First Aid Adults

An interactive training designed to teach parents and teachers how to help school-aged children experiencing a mental health or addictions challenge, or what to do if the school-aged child is in crisis. Topics covered include: anxiety, depression, substance use, disorders in which psychosis may occur, disruptive behavior disorders (including ADHD), and eating disorders. Training is 8 hours, and can be conducted for 10-30 individuals. Pricing varies depending on training date, location, and number of participants. ***In-house & Outreach**

Youth Reproductive Health Programs

Michelle Girls only, grades 4-5

This program discusses the uniqueness of all individuals, female pubescent changes, the female reproductive system, and feminine hygiene products. (90 minutes)

***In-house & Outreach**

Matthew Boys only, grades 4-5

This program focuses on the uniqueness of all individuals, male pubescent changes, the male reproductive system, and masculine hygiene products. (90 minutes) ***In-house & Outreach**

Life Begins Grades 5-7

Students will be introduced to genetics, the male and female reproductive systems, fertilization and conception, fetal growth and development, the childbirth process, and the concept of abstinence. (90 minutes) ***In-house & Outreach**

Breast/Testicular Self-Awareness Grades 9-12

Single-gender programs discussing incidence, risk factors, anatomy and physiology, signs and symptoms, and breast/testicular self-exam (technique). (45 minutes) ***Outreach**

Teen Talk Grades 9-12

The Teen Talk program is the Hult Center's sexual health education curriculum, in which lessons and topics are customizable for each school. Lessons are derived from evidence-based comprehensive curriculum and align with the National Sexuality Education Standards. The overall goal of the Teen Talk program is to foster the growth of knowledge, attitudes, skills, and lifelong behaviors that will enable the students to assume responsibility for healthy living and personal wellbeing. Emphasis is placed building self-confidence, positive relationships, and seeking resources in the community. (Times vary, 60-90 minutes each) ***In-house & Outreach**

General Health Education Programs

Your Amazing Body! Grades Pre-K-K

"Your Amazing Body" highlights the wonders of the human body. Our professional health educators will provide an introduction program of the students choice at the Hult Center or in the Classroom, 2 programs in the classroom. The program will emphasizing the 5 senses, dental, nutrition, and exercise. The lessons will be reinforced and student interest will be captured by larger-than-life displays and interactive models. **(Two 30-minute site visits plus one 45-minute visit to the Hult Center/Classroom)**

My Special Body Grades Pre-K-1

*Only offered in March; Students rotate to different learning centers for hands-on multisensory learning. Topics include heart, lungs, brain, and the five senses. Preferred class size is no more than 24 students. (60 minutes)
***In-house only**

Tooth or Consequences Grades Pre K-1

Participants will be shown proper brushing and flossing techniques and learn about food groups, healthy vs. unhealthy snacks, and the importance of regular checkups. Each child will also receive his or her own dental health bag including a new toothbrush, toothpaste, and dental floss! (35 minutes each, 1 or 2 day programs available)
***Outreach only**

Dental Healthy Partners Pre-K-1

*Only offered in February (Dental Health Month)
Participants will be shown proper brushing and flossing techniques and learn about food groups, healthy versus unhealthy snacks, and the importance of regular dental checkups. Students will visit hands-on brushing and flossing stations that utilize dental models. Each child will also receive his or her own dental health bag including a new toothbrush, toothpaste and dental floss! (45 minutes)
***In-house only**

Super Kids, Super Feelings Grades K-1

Topics include: uniqueness of each individual, food groups, dental health, healthy behaviors, skeletal system, and getting along with others. (60 minutes) ***In-house only**

Safe Kids, Smart Kids Grades K-2

In coordination with the Peoria Humane Society, topics discussed in this class include animal safety, safety in the home, stranger danger, how to say "no", and how to get help in an emergency (60 minutes) ***In-house only**

Healthland Grades 2-3

Every child should understand the criteria for making healthy decisions and developing healthy habits. This program will teach just that through discussion on the main food groups, the five senses, and how to care for them. (60 minutes) ***In-house only**

Food, Fitness & FUN Grades 2-5

Students will learn about portion sizes and explore the differences between healthy and unhealthy foods and fats. Students will also learn the importance of exercise in a fun, heart-healthy activity that will raise their heart rates. (90 minutes) ***In-house only**

Healthy Adventure (obstacle course) Grades 3-4

Students will take a tour through the human body, uncovering everything from cells and tissue to organs and body systems. They will learn about the digestive system, healthy nutrition, and what it takes to truly care for and respect the body they live in. (60 minutes) ***In-house only**

Healthy Kids, Healthy Classrooms (HKHC) Grades 4-6

Students use Turning Technologies© response system to answer a series of questions about: nutrition, exercise, substance abuse, tobacco, puberty, and social/emotional health. After Hult staff reviews the students' results, three targeted interventions are provided to the students that focus on their two areas of greatest need. Following the interventions, the students complete a post-test to assess knowledge gain and positive behavior change (Five sessions, 60-90 minutes each) ***Outreach only**

Our Incredible Machine- Heart Adventure Grades 4-5

*Only offered in September; Topics discussed in the program include cells, organs and body systems, with particular focus on the respiratory and circulatory systems. Students will have the opportunity to run, scoot, and dribble their way through the "Heart Adventure Challenge Course" where they will be encouraged to raise their heart rate as they race through a series of tubes designed to show the flow of blood through the body. (90 minutes)
***In-house only**

Fueling Around Grades 5-9

Students will learn about portion sizes, reading food labels and the roles of fiber and calcium. They will also learn the difference between healthy and unhealthy fats and nutrient-dense and empty-calorie foods. They will understand the importance of exercise and maintaining a healthy weight. This program engages students through interactive remotes. (90 minutes) ***In-house and Outreach**

Substance Abuse Education Programs

Drugs: Choice or Chance? Grades 4-5

This program discussed tobacco, alcohol, and marijuana and teaches students how to deal with peer pressure. It will engage critical thinking among students as well as collaboration through interactive remotes. (90 minutes)

***In-house only**

Steroids & Supplements in Sports Grades 6-12

Students will participate in a competitive “game” format using interactive remotes. They will be presented with information on anabolic steroids, supplements, diet and exercise and then answer questions about them.

(45 minutes) ***In-house & Outreach**

Decisions: It's Up to You Grades 8-12

Whether it's alcohol, marijuana, or the latest designer drug, use of these substances always has consequences. Students will learn about each as well as how to deal with peer pressure. This program engages critical thinking and student communication through interactive remotes. (90 minutes) ***In-house only**

Generation Rx Grades 8-12

Participants will realize the impact prescription drugs have on the body and dangers of their use/abuse. They will discuss opioids, CNS depressants, stimulants, and over-the-counter drugs. Students will also learn about the dangerous and sometimes fatal consequences of mixing alcohol and prescription drugs through an interactive activity. (45 minutes) ***In-house & Outreach**

LifeSkills Training Grades 5-8

Comprehensive, evidence-based curriculum for educating youth about the harmful effects of tobacco and substance abuse. Focuses on all of the most important factors that lead adolescents to use one or more drugs by teaching them a combination of health information, general life skills, and drug resistance skills. Examples of these sessions are: Making Decisions, Smoking: Myths and Realities, Alcohol: Myths and Realities, and Communication Skills. This program engages student interaction through Turning Technologies® response system. (five sessions, 45-60 minutes each) ***In-house & Outreach**

School-Wide Programming



Healthy U is the Hult Center's school-wide initiative to improve students' and teachers' overall health and wellness. This program utilizes the evidence-based **CATCH** (Coordinated Approach to Child Health) curriculum that promotes physical activity and healthy food choices in preschool through middle school aged children and their families. **CATCH** promotes healthy changes within your school's cafeteria, classrooms, and physical education setting, as well as within your community. **CATCH** improves moderate-to- vigorous physical activity during P.E. classes, along with students' self-reported eating and physical activity behaviors. In **CATCH** schools, children are not just learning about health they are living healthier lives.

Healthy U is implemented over an entire school year and involves extensive training of school administration, teaching staff, cafeteria staff, and more, with the overall goal of making your school a **CATCH** school. To accomplish this, one of the Hult Center's Certified Health Education Specialists will help transform your school by establishing a Healthy U advisory committee, conducting a variety of trainings for school staff, engaging parents and caregivers in improving the health of their children, and helping your team to coordinate healthy school events.

Healthy U pricing is quoted based on the needs of each school, per school year.

Don't see what you're looking for? Contact us at 309.692.6650 or info@hulthealthy.org to have the Hult Center's team of educators create a program that will be perfect for the needs of your school!

HEALTHY HEROES

What a busy summer it has been! Hult Center for Healthy Living's team of Health Education Specialists reached a total of 1,142 students from 29 different local service agencies in the tri-county area with the annual Heart of Illinois United Way summer program, Healthy Heroes. Implementation occurred over the course of 7 weeks throughout the months of May, June, and July.



and Whoa foods, physical activity and the heart, and sugar consumption. Students engaged in physical activities including

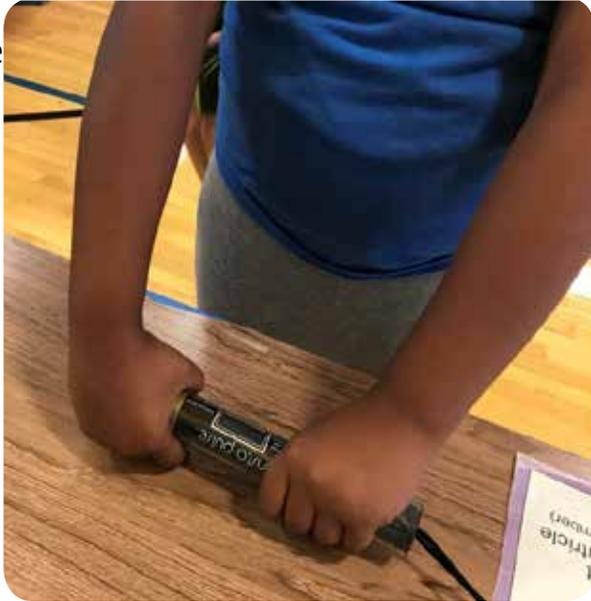
castle ball, cardio stations, and interactive obstacle courses. With the support of the Peoria Medical Society Alliance, the Hult Center was able to purchase five new heart rate

monitors that allowed students to learn the importance of increasing their heart

This 3-day health education allowed students ages 3-12 years old to engage in interactive education, physical activity, arts/science, and making and eating a healthy snack. Each day, students were introduced to the CATCH (Coordinated Approach to Child Health) curriculum, an evidence-based curriculum designed to teach participants the skills needed to modify their health behaviors and increase their knowledge on obesity prevention topics such as Go, Slow,



rate during physical activity. Students were engaged and excited to see how fast they could get their hearts beating through various exercises. To promote the message of active living, June Healthy



Heroes participants received new fitness trackers which were donated by the Children's Hospital of Illinois. Students were educated on the recommended steps they should be taking each day at their age and became quickly enthused to reach their goal!

During the 2018 summer, the last week of May Healthy Heroes and all of July Healthy Heroes was held at the Carver Community Center in Peoria, IL. Hult Center for Healthy Living has the goal of implementing all of 2019 Healthy Heroes at this new location. As this program targets low-income students, moving its location to the heart of the community is ideal for our partnering agencies. Carver's large gymnasium, spacious classrooms, and renovated space will continue to greatly

enhance client experience and benefit.

If your agency is interested in participating in Healthy Heroes 2019, please save the following dates!

June Healthy Heroes (serves students ages 6-9 years old):

- June 4th – 6th
- June 18th – 20th

July Healthy Heroes (serves students ages 9-12 years old):

- July 9th – 11th
- July 23rd – 25th.

Pre-registration will open in October 2018.



The Healthy Heroes program is made possible through the generous support of the Heart of Illinois United Way, Children's Hospital of Illinois, Carver Community Center, and Peoria Medical Society Alliance.





Hult Center for Healthy Living has a long-standing partnership with PNC Grow Up Great and has once again received funding from PNC to implement “Your Amazing Body” for the upcoming 2018-2019 school year. PNC Grow Up Great helps children from birth through age five develop a passion for learning that

lasts a lifetime and can help set them on a path to success. For the “Your Amazing Body” program, the Hult Center partners with Tazewell Woodford Health Start and Peoria County Bright Futures to educate over 900 Pre-K students at 21 schools on the wonders of the human body.





Grow Up Great

FALL FAMILY FEST

Saturday, September 29, 2018

10:00 A.M. - 12:00 P.M.

Hult Center for Healthy Living

Come see what your child has been learning in the Your Amazing Body Program during the 2018-2019 school year. Visit the Hult Center for Healthy Living's interactive theaters, play games, win prizes, enjoy face painting, bounce house, balloon creations, and more.



Hult Center for Healthy Living
5215 N. Knoxville Ave
Peoria, IL 61614

YOUTH MENTAL HEALTH

The Youth Mental Health Matters program is designed to support the mental and social-emotional health in our community by providing students and



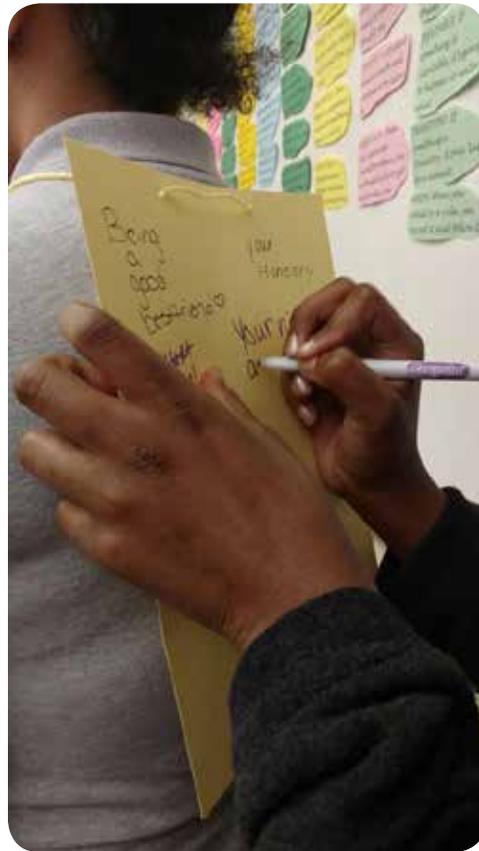
supporting adults in their lives with the knowledge, skills, and resources needed to foster healthy social-emotional development and a foundation for good mental health.

For the upcoming 2018-2019 school year we

have surveyed Peoria Public Schools administrators and teachers in grades K, 5, 8, and 9 in order to make our youth mental health education programming unique to each school and students. Our goal is to reach 2,930 students with this program. Capacity building is a goal of this program during the 2018-2019 school year and beyond. The Hult Center for Healthy Living is now offering community and school trainings to help support the mental and social-emotional health of those supportive adults in our

community. Call us at 309-692-6650 if you would like to learn more about these trainings.

Whitney's Walk for Life was a success this summer. Happening every year on the



last Saturday in July, this program is a fundraiser for suicide prevention/awareness programs in the Central Illinois area. Whitney's Walk for Life started in 2004 and allows Hult Center to provide free mental health

programming to 10,000 individuals in 2017! In an effort to prevent youth suicide, this year Hult Center is requiring each school's administration to meet with a member of the Hult staff to discuss best practices in mental health prior to



implementation of programs that are funded through Whitney's Walk for Life. This will ensure each school is taking the necessary steps needed to help prevent suicide and respond effectively if there is a death by suicide in the community.

Thanks to Soulside Healing Arts for teaching our Health Education Specialists yoga techniques to teach in classrooms to help with mindfulness and self-regulation in students.

September is National Suicide Prevention and Awareness Month. Suicide is the 3rd leading cause of death in Illinois for those ages 15-34 and the 4th leading cause of death in Illinois for those ages 35-54. The Hult Center offers Question Persuade Refer (QPR) Suicide Prevention training and Youth Mental Health First Aid training.

If you or someone you knew needs help call the National Suicide Prevention Lifeline 1-800-273-8255 can be called 24-7.



SEXUAL AND REPRODUCTIVE HEALTH

Since its inception, Hult Center for Healthy Living has provided youth sexual and reproductive health education to the Central Illinois community through programs such as the Matthew/Michelle puberty programs, and the Life Begins human reproduction program. Since 2015, Peoria Public Schools has collaborated the

Hult Center for Healthy Living and other community partners to provide comprehensive sexual health education to youth. Hult educates more than 6,000 youth and adults annually about sexual health, prevention, and sexually transmitted infection testing. The comprehensive sexual health education that Hult provides also includes topics of sexual violence prevention, healthy relationships, and communication and decision making.



Hult utilizes the Family Life and Sexual Health Education (FLASH) curriculum, a comprehensive sexual health education curriculum that aligns with National Sexuality Education Standards. Our sexual health programs are built upon the foundation of the Centers for Disease Control and Prevention (CDC) Division of Adolescent and School Health (DASH) model. This three-pronged approach emphasizes the importance of education, but also the necessity of support for adolescent health; these three components include Exemplary Sexual Health Education, Access to Sexual Health Services, and fostering Safe and Supportive Environments. This proven model was developed by CDC as their strategic plan to promote sexually healthy choices in teens.

Sexual health disparities in Peoria County are astounding. Though Peoria is the 12th largest county in the state of Illinois by population, we are ranked #1 in the state for the highest Gonorrhea rates, and #2 in the state for the highest Chlamydia rates. For every 1,000 teen girls in Peoria, 84

become teen moms. These health issues pose a risk not only to students' academic success, but to their overall wellness and the wellness of our community.

programs to enhance family involvement in youth sexual health education. Additionally, Hult's Youth Reproductive and Sexual Health programs recently received



a grant from the Illinois Department of Public Health that will allow Hult and UnityPoint Methodist In-School Health Clinics the resources to increase the rate of adolescent well-care visits at the In-School Health clinics. These In-School Health Clinics serve youth living in Peoria's high-risk zip codes: Manual

This education has already shown success in our community. During the 2017-2018 school year, three high schools hosted health fair events where all students had the opportunity to get tested for STIs & HIV, confidentially. The number of confirmed positives dropped by 50% at schools that held Fall and Spring events, which means these resources are beneficial and effective.

Moving forward, Hult Center will continue to partner and work collaboratively with other community organizations to address youth reproductive and sexual health issues. Hult is also working to increase

High School, Peoria High School, and Trewyn School. The Adolescent Health Program will provide education to youth and families about the importance of adolescent health, as well as increase access to key health services. In-School Health Clinics play a vital role in supporting youth and families. Hult is looking forward to the opportunities ahead for Youth Reproductive and Sexual Health, and will continue to empower adolescents to live healthier lives. A healthier student is more successful, and health programs in schools help our youth succeed.



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Help Us Go Green!



Stay in-the-loop and help us go green at the same time by opting out of our printed newsletter for the email version.

You will receive an e-version of our quarterly newsletter, as well as other events and news updates throughout the year!

Call us at 309-672-4926.



MISSION

Empowering people to live healthier lives

VISION

The Hult Center for Healthy Living is the premier non-profit provider of comprehensive health education and wellness services for people of all ages.