

# THE ORGANWISE GUYS®

## Evidence-Based Childhood Obesity Prevention Programming

*Proven to Improve Children's Health and Academic Performance!*

**Astounding Health AND Academic Outcomes!**

WEIGHT  
 WAIST CIRCUMFERENCE  
 BMI PERCENTILE  
 TEST SCORES  
 BLOOD PRESSURE

Results published in:  
*Journal of the American Dietetic Association* (*Journal of the Academy of Nutrition and Dietetics*)  
*Journal of American Public Health*  
*Journal of Healthcare for the Poor and Underserved*

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**The Gold Standard: Reducing BMI Percentiles in Children**

Change in BMI Percentile  
 Fall to Spring (school year)

\*p=.007

**Published in the Journal of the American Dietetic Association**  
 (*Journal of the Academy of Nutrition and Dietetics*)

Hollar D, Messiah SE, Lopez-Mitnik G, Almon M, Hollar TL, Agaston AS. Effect of a school-based obesity prevention intervention on weight and blood pressure in 6-13 year olds. *Journal of the American Dietetic Association*, 2010; 110 (2), 261-267.

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**Lowers Blood Pressure in Children**

Diastolic Blood Pressure, Female

Published in the **Journal of the American Dietetic Association**  
 (*Journal of the Academy of Nutrition and Dietetics*)

Hollar D, Messiah SE, Lopez-Mitnik G, Almon M, Hollar TL, Agaston AS. Effect of a school-based obesity prevention intervention on weight and blood pressure in 6-13 year olds. *Journal of the American Dietetic Association*, 2010; 110 (2), 261-267.

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**Improves Math and Reading Scores**  
 No other program has achieved these results!

Academic Test Score	Treatment	Pre-Intervention (Pre-OrganWise)	Post-Intervention (2 Years Post-OrganWise)	P-Value
FCAT- Math	Intervention	285.6	307.9	0.001
	Control	279.2	276.2	
FCAT- Reading	Intervention	286.7	292.4	0.08
	Control	282.9	281.7	

**Published in the American Journal of Public Health**

Hollar D, Messiah SE, Lopez-Mitnik G, Almon M, Hollar TL, Agaston AS. Effect of an elementary school-based obesity prevention intervention on weight and academic performance among low income children. *American Journal of Public Health*, 2010; 100: 644-653.

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**FIVE STARS** in Global Comprehensive Review of Childhood Overweight & Obesity Research Publications

**C4EO** Center for the East Midlands Joint Regional Improvement & Efficiency Plan

Report for the East Midlands Joint Regional Improvement & Efficiency Plan

What works in combating childhood obesity: an anthology of the literature on effective whole-system approaches

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**SNAP-Ed Connection News**

**SNAP-Ed TOOLKIT**  
 Obesity Prevention Interventions and Evaluation Framework

The following interventions will be added to the SNAP-Ed Toolkit by September 2019.

Intervention Name

**The OrganWise Guys Program**

(As a Research-Tested Program)

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The OrganWise Guys Comprehensive School Program was part of the only published longitudinal (multi-year) school-based study to show **statistically significantly greater improvements in weight, blood pressure, and waist circumference measures, as well as higher standardized test scores**, of children in program schools as compared to children who were not.