

impact

University of Idaho Extension programs that are making a difference in Idaho.

Five for Five team shares their innovative curricula on large scale

AT A GLANCE

Five for Five: Five Minutes to Better Health has had tremendous reach within Idaho, regionally and nationally with positive outcome.

The Situation

Idaho has seen a steady increase in overweight and obesity over the last 20 years. According to the 2022 Idaho Behavioral Risk Factor Surveillance System, Idaho adults aged 18 years and older have an obesity rate of 33% and 35% are overweight. Youth are also experiencing increased rates of overweight and obesity. America's Health Rankings reports (2020-2021) 27% of youth 10-17 being overweight or having obesity. Being obese and/or overweight is a major risk factor for heart disease, hypertension, high blood cholesterol, diabetes and some cancers. These health issues are manageable and preventable if prevention measures are adopted. Physical activity has proven to have an impact on overweight and obesity and chronic diseases. University of Idaho Extension is helping Idahoans increase their physical activity habits, promoting physical activity through programing and breaking down the barriers to physical activity.

Our Response

In 2018, University of Idaho Extension joined the Western Region Physical Activity Collaborative and in 2020 initiated an in-state group of UI Extension educators with fitness and health backgrounds to create a statewide physical activity program. Seven educators

five for five



5 MINUTES TO BETTER HEALTH

Five for Five: Five Minutes to Better Health, ECS0018 [publication is available.](#)

teamed up to research, design, write and publish the Five for Five: 5 Minutes to Better Health, add-on curriculum. Educators and staff pilot tested the curricula in 2022. The intent of the curriculum is to increase the rate of physical activity for all ages. Five for Five is intended to be added to any in-person or online form of class instruction including all Extension programs, school day instruction (primary, secondary or post-secondary) and any educational venue.

Five for Five is designed to be offered in just “5” minutes moving through five components of physical activity: Mindfulness, Cardiovascular Endurance, Muscular Endurance and Bone-Strengthening, Muscular Strength, and Flexibility and Balance. While the curriculum suggests offering all components for one-

impact University of Idaho Extension

minute each, instructors may choose activities within each section to select combinations that best suit their audience. Included with the Five for Five curriculum is a comprehensive guide describing the goal of each component, specific icons and guide for each physical activity movement, player cards with each movement to be used in small groups or for participants to take home, a PowerPoint presentation including all movements, physical activity posters and resistance bands to help with instruction and water bottles to promote hydration.

The goals of Five for Five is to help break down the barriers of physical activity addressing lack of knowledge of how to correctly perform exercises, lack of equipment as only low-cost exercise bands is needed, lack of time with the curriculum's five-minute offer, and lack of friends and family not sharing the interest in exercise as all participants engage in the activities together. The curriculum makes it easy for instructors to engage their participants in physical activity and enhances an individual's ability to concentrate and maintain focus. Physical activity included during class instruction or during the school day has shown to increase academic achievement (especially in children), improve cognition abilities (learning and memory) and to assist the teacher/educator with the flow of instruction with alert participants.

Program Outcomes

Five for Five has been conducted within UI Extension professionals and other educators. Eat Smart Idaho instructors serving low-income youth and adults, food safety advisors, 4-H coordinators, AmeriCorps members, and teen volunteers have received training and implemented Five for Five in their programming. Extension faculty presented at the following events: U of I Family and Consumer Sciences 120th Symposium and Food Nutrition 492: Nutrition education class, Idaho Department of Education's Career Technical Education (CTE) conferences in Coeur d'Alene,

Boise and Pocatello targeting CTE teachers, 2023 Western Region EFNEP Conference, UI Extension advisory committee, 4-H Pacific Northwest Conference 2023, and nationally at the National Extension Family and Consumer Sciences, Providence, Rhode Island, and the Epsilon Sigma Phi National Conference, Billings, Montana.

Over 366 participants have been shown how to offer Five for Five: Five Minutes to Better Health. The following data was collected from 116 participants:

- Do you plan to implement the Five for Five practice in your classroom this school year? Yes: 101 (87%), maybe: 13 (11%), not sure: two (1.7%), no: one (.08%)
- Have you used physical activity in your classroom before? Yes: 60 (52%), sometimes: 25 (22%), no: 31 (27%)
- Thinking of your own health, will you incorporate mindfulness and/or physical activity in your own daily work routine in this school year? Yes: 102 (88%), maybe: 13 (11%), no: one (.08%)

The Future

Three key UI Extension educators are seeking funding to create an online social media presence for the Five for Five curriculum including video vignettes to further guide participants in each movement for at-home assistance, funding to purchase more player cards and exercise bands, and will begin work to offer the curricula in Spanish. Additionally, the Five for Five creators will be meeting with Idaho Physical Activity and Nutrition Program and State Board of Education as a health promotion and disease prevention strategy seeking to make Five for Five readily available and easily accessible to their networks.

Cooperators and Co-Sponsors

Five for Five curriculum team: Kathee Tiff, Siew Guan Lee, Julie Buck and Leslee Blanch.

FOR MORE INFORMATION

Shelly Johnson, Extension Educator • University of Idaho Extension, Kootenai County • 208-292-2525 • sjohnson@uidaho.edu

Kirstin Jensen, Extension Educator • University of Idaho Extension, Idaho County • 208-983-2667 • kdjensen@uidaho.edu

Maureen Toomey, Area Extension Educator • UI Extension 4-H Youth Development • 208-454-7648 • mttoomey@uidaho.edu

62-23-sjohnson-five-for-five • 10/23