



GO, SLOW, WHOA: EVALUATION OF A NUTRITION EDUCATION PROGRAM IN A K-5 SETTING

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Healthy People 2010



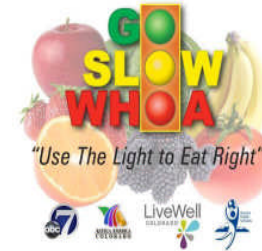
- ***“Schools have more influence on the lives of youth than any other social institution except the family, and provide a setting in which, friendship networks develop, socialization occurs and norms that govern behavior are developed and reinforced.”***



Background



- 65% of APS students receive free or reduced price lunch
- School Wellness Policy
 - Adopted by Board May 2007
 - USDA Food and Nutrition Service
- Partnership with Live Well Colorado
 - Local news channel
 - Local grocery stores





2009-2010



- Piloted in one elementary school, spring of 2009-10 school year
 - Information breakfast meetings for parents
 - All school assembly program kick off
 - 6 weeks program
- Evaluation plan
 - Pre/post survey for students
 - Parent focus groups
 - Food selection measures from nutrition services



Survey (grades 3-5)



- Modified from CATCH kids club
 - Demographics
 - Recognition of healthy eating choices
 - Food choice behavior
 - Knowledge of healthy eating
 - Knowledge of GSW labels (post only)



Pilot Results



- Parents responded positively
 - Appreciated school's reinforcement of healthy eating
- Nutrition services
 - Offered more “go” selections
- Students
 - Increased selection of “go” lunch options
 - Small increase in healthy beliefs/behaviors on survey (pre = 215, post = 191)



Types of food eaten (Pilot)



Yesterday, did you eat/drink...	None	Once	Twice	3 or more	None	Once	Twice	3 or more
French fries or chips?	55%	35%	7%	3%	54%	28%	11%	7%
Vegetables?	30%	24%	21%	26%	25%	32%	18%	25%
Beans?	68%	20%	9%	2%	75%	17%	5%	3%
Fruit?	15%	34%	20%	32%	15%	24%	29%	32%
100% Fruit Juice?	34%	32%	18%	16%	36%	35%	10%	20%
Pastries?	43%	40%	10%	7%	48%	30%	13%	9%



Selecting “healthy” foods (Pilot)



19. If you were at the movies, which one would you pick as a snack?



a. popcorn with butter



b. popcorn without butter

- Pre = 48% selected “without” butter
- Post = 51 % selected “without” butter

21. Which food would you eat for a snack?



a. candy bar



b. fresh fruit

- Pre = 71% selected fruit
- Post = 76% selected fruit



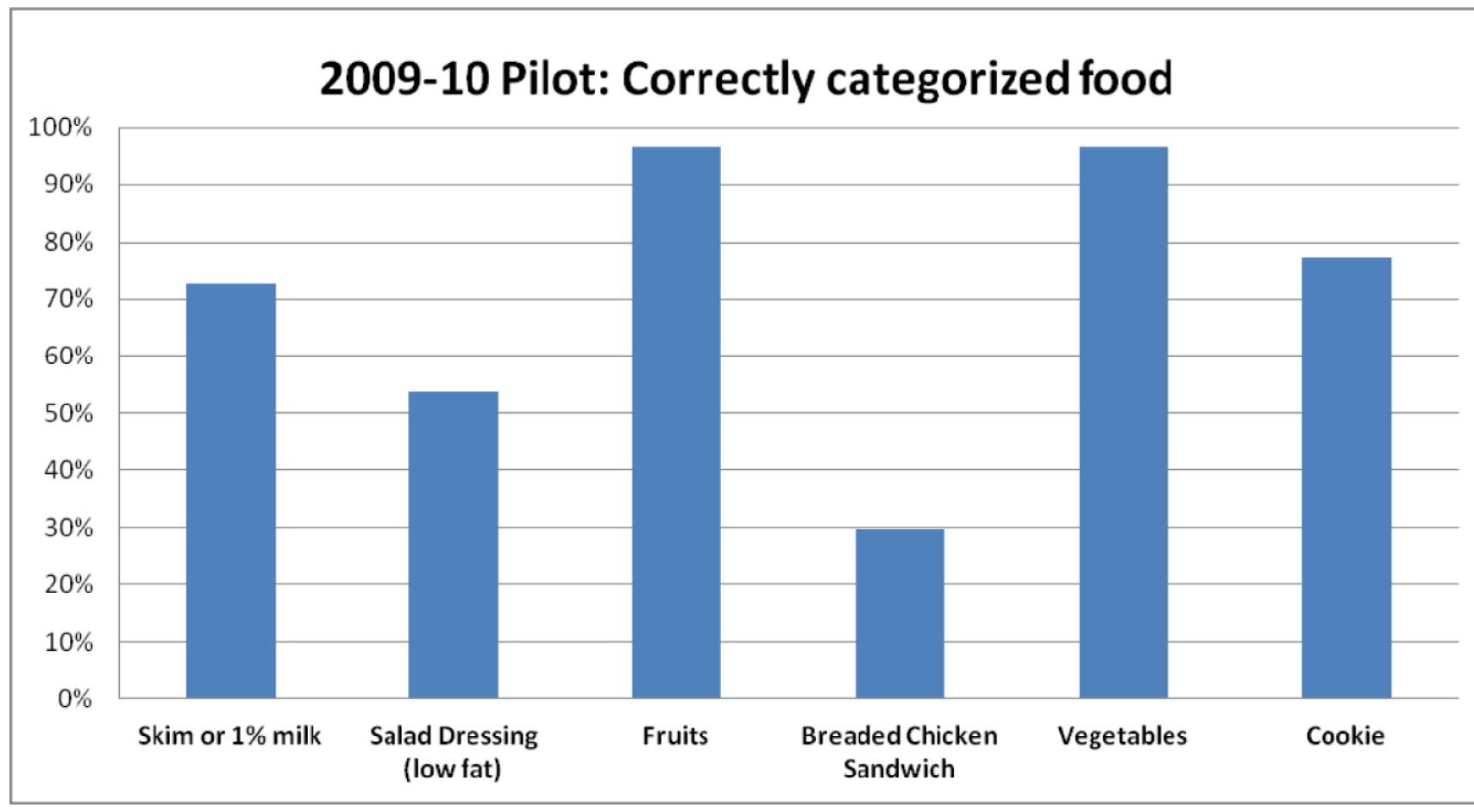
Nutrition Knowledge (Pilot)



		Pre	Post
Do you ever read the nutrition labels on food packages?	Almost always or always: Sometimes: Almost never or never:	26% 54% 20%	25% 57% 18%
How many total servings of fruits and vegetables should you eat each day?	At least 2: At least 5: At least 9: At least 10: I don't know:	32% 47% 5% 6% 10%	32% 47% 5% 7% 9%
The foods that I eat and drink now are healthy.	Yes, all of the time: Yes, sometimes: No	20% 71% 9%	22% 74% 4%



Go, Slow, or Whoa food



Harvest of the Month ~Cucumber~ Go, Slow, Whoa Breakfast and Lunch

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Breakfast Whole Grain Cheerios or Trix Cereal Bar & String Cheese Barra de cereal integral de marca Cheerios o Trix y barra de queso Lunch Chicken Nuggets WG Dinner Roll Trocitos de pollo Panecillo integral	4 Breakfast Waffles w/blueberry topping Waffles con aderezo de arándano Lunch Mexican Combo Combo mexicano	5 Breakfast Sausage & Cheese Biscuit Sandwich de desayuno, de panecillo con salchicha y queso Lunch Beef Stew Fresh Biscuits Estofado de res Panecillos frescos	6 Breakfast Aspen Power Bar Barra de energía, estilo Aspen Lunch BBQ Chicken WG Dinner Rolls Pollo en barbacoa Panecillos Integrales	7 Breakfast Blueberry Muffin Square & Yogurt Cuadrito de mollete de arándano Lunch Big Daddy Cheese Pizza Piza de queso de marca Big Daddy
10 NO SCHOOL No hay clases KEY GO! SLOW! WHOA!	11 Breakfast Vegetable Frittata w/squash & zucchini Fritura de verduras de calabaza y calabacín Lunch Hot Ham & Cheese Sandwich Sandwich caliente de jamón y queso	12 Breakfast Whole Wheat Muffin Egg Sandwich Sandwich con pan integral tipo "English Muffin" Lunch Chicken Fajita Fajitas de pollo	13 Breakfast Pancake on a Stick Panqueque en una paleta Lunch Calzone "Calzone"	14 Breakfast Cinnamon Puff & String Cheese Pastelito de canela y barra de queso Lunch Baked Fish Rice w/mixed vegetables Pescado horneado Arroz con verduras mixtas
17 Breakfast Pancakes w/strawberry topping Panqueques con salsa de fresa Lunch Chicken Patty Sandwich Sandwich de pollo	18 Breakfast Biscuits & Gravy Panecillos con aderezo de jugo de carne Lunch Cheese Frico w/ meat sauce WG Breadstick Raviolis de queso, con salsa de carne Barra de pan integral	19 Breakfast Ham, Cheese & Egg Breakfast Bagel Sandwich de jamón, queso y huevo, en pan tipo "bagel" Lunch Western Chili "Western Chili"	20 Breakfast Breakfast Smoothie Licuado de desayuno Lunch Herb Roasted Chicken WG Dinner Roll M. Potatoes w/gravy Pollo asado con hierbas Panecillo integral Pure de papas, con aderezo de jugo de carne	21 Breakfast Assorted Mini Loaf & Yogurt Variedad de mini panes y yogurt Lunch Homemade Mac & Cheese WG Bread Macarrones con queso caseros Panecillo integral
24 FALL BREAK Vacaciones de Otoño	25 FALL BREAK Vacaciones de Otoño	26 FALL BREAK Vacaciones de Otoño	27 FALL BREAK Vacaciones de Otoño	28 FALL BREAK Vacaciones de Otoño
31 Breakfast Breakfast Bagel Desayuno de pan tipo "bagel" Lunch Rib-B-Que * Sandwich Sandwich de costillas de res a la barbacoa	Daily Lunch Selections: Milk Variety: Skim and 1% Variety of fresh, canned, & frozen produce Some schools offer a salad bar daily WG = Whole Grain, *may contain pork Selección diaria de almuerzos: Variedad de leche: descremada y 1% Variedad de productos frescos, en conserva y congelados Algunas escuelas ofrecen bar de ensaladas diariamente * puede contener cerdo ***MENU MAY CHANGE WITHOUT NOTICE/MENU PUEDE CAMBIAR SIN AVISO PREVIO***		Daily Breakfast Selections: Milk Variety: Skim and 1% Variety of fresh fruit or 100% fruit juice A variety of Cereal & bread or protein item are offered daily Selección diaria de desayunos: Variedad de leche: descremada y 1% Variedad de fruta fresca o jugo 100% de fruta Se ofrece una variedad de cereal y pan o elemento con proteína diariamente. ***MENU MAY CHANGE WITHOUT NOTICE/MENU PUEDE CAMBIAR SIN AVISO PREVIO***	

October 2011

Aurora Public Schools/Nutrition Services
Elementary/K-8 Breakfast and Lunch
English/Spanish Menu





2010-2011



- Six additional schools (n = 7)
 - Beginning of year (September)
- Evaluation
 - Only able to continue pre/post survey
 - Pre = 1300, Post = 1264



Types of food eaten



Yesterday, did you eat/drink...	None	Once	Twice	3 or more	None	Once	Twice	3 or more
French fries or chips?	61%	30%	5%	5%	58%	31%	6%	4%
Vegetables?	26%	33%	20%	21%	22%	28%	26%	25%
Beans?	72%	19%	5%	4%	70%	21%	7%	3%
Fruit?	13%	34%	25%	28%	12%	30%	26%	32%
100% Fruit Juice?	37%	32%	16%	14%	35%	35%	15%	15%
Pastries?	52%	30%	10%	9%	48%	36%	10%	7%



Selecting “healthy” foods



19. If you were at the movies, which one would you pick as a snack?



a. popcorn with butter



b. popcorn without butter

- Pre = 45% selected “without” butter
- Post = 48 % selected “without” butter

21. Which food would you eat for a snack?



a. candy bar



b. fresh fruit

- Pre = 72% selected fruit
- Post = 75% selected fruit



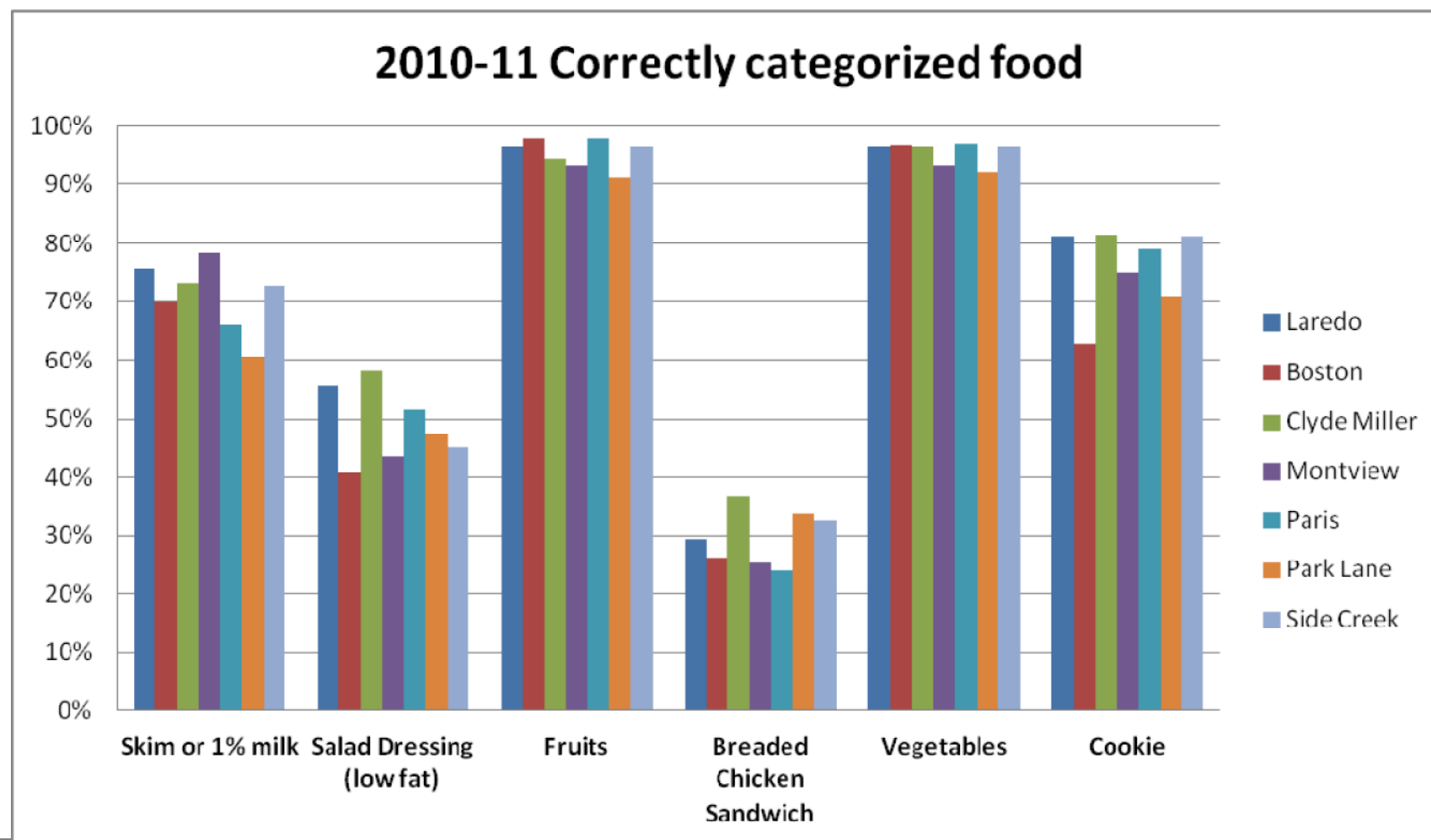
Nutrition Knowledge



		Pre	Post
Do you ever read the nutrition labels on food packages?	Almost always or always:	21%	24%
	Sometimes:	57%	55%
	Almost never or never:	22%	21%
How many total servings of fruits and vegetables should you eat each day?	At least 2:	36%	35%
	At least 5:	33%	40%
	At least 9:	4%	4%
	At least 10:	9%	6%
	I don't know:	18%	15%
The foods that I eat and drink now are healthy.	Yes, all of the time:	24%	21%
	Yes, sometimes:	71%	74%
	No	5%	5%



Go, Slow, Whoa foods





2011-2012



- Currently in 13 schools
- Goal: All elementary schools by 2014 (n = 32)
 - P-5 = 27
 - P-8 = 5
- Pre/post survey online
 - Sample of students from each school



General Outcomes



- Increased recognition of and improved attitude toward healthy food choices
- Increased **Go** food selections at school
- Six schools met USDA Healthier US School Challenge (HUSSC) Bronze award criteria
- Food service managers attended Cook for America® Culinary School Food Boot Camp
- PE teachers were co-coordinators with food service managers



Challenges



- Lack of funding for full evaluation
 - University of Colorado – School of Public Health
- Difficulty attributing change to GSW
 - Multiple health initiatives implemented
- Survey is self-report only
 - Self-report vs. actual behavior
 - Online survey technology access issues
 - Difficulty comparing “school” foods with “real world” foods



Resources



- Wellness in APS: Healthy Schools & Community <http://wellness.aurorak12.org/>
- LiveWell Colorado.
<http://about.livewellcolorado.org>
- CATCH (Coordinated Approach to Child Health). <http://www.sph.uth.tmc.edu/catch/>
- Healthier US School Challenge
<http://www.fns.usda.gov/tn/healthierus/index.html>