

Learning Codes:

Primary-6030- Education theories and techniques for adults

Secondary-4010-Community intervention, monitoring and evaluation

Learning Outcome: To describe the effect a six week, family-based, multi-faceted nutrition intervention has on participants' nutrition-related behaviors and attitudes.

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Title: An evaluation of a family-based, multi-faceted nutrition intervention and behavior change

Text: The rate of childhood obesity in this country is a public health challenge. Since habits developed in childhood persist into adulthood, investing in family-based approaches to food and nutrition behaviors makes sense. *The In Shape and In Season Program*, developed by Hunger Free Vermont, a non-profit organization working to combat hunger in Vermont, was designed to address childhood malnutrition and obesity in the Colchester, Vermont School District. Based on certain constructs of the Social Cognitive Theory, the program included a cooking and nutrition education curriculum as well as a physical activity component. To evaluate the program's impacts a survey was developed that assessed barriers and self-efficacy related to ability to choose and prepare healthy, affordable food. Additionally, a food frequency questionnaire was included to assess changes in food consumption patterns. Approval for the study was obtained from the Institutional Review Board at the University of Vermont. Both surveys were administered to parents before and after the intervention. Twelve families enrolled in the program; eight completed the surveys. De-identified data were analyzed using paired t-tests. Results are pending. It is hypothesized that results will show that participation in the program positively impacts food- and nutrition-related behaviors. This study will help determine if family-based, multi-faceted programs, such as the *In Shape and In Season Program*, are an effective public health intervention aimed at decreasing childhood obesity.