

## ABSTRACT

### STUDENT AND COMMUNITY CHARACTERISTIC'S RELATIONSHIP TO NUTRITION AND PHYSICAL ACTIVITY KNOWLEDGE

Childhood overweight and obesity rates have escalated in the United States. Childhood overweight and obesity have great effects on children and adolescents both physically and emotionally. This study examined a five-week training whose purpose was to educate elementary school students about nutrition and physical activity. A pre/post-test survey was used to assess for an increase in knowledge. The study examined student demographic characteristics and community demographics assessing for a relationship with knowledge increase. The study included a small sample size (n=33) of elementary school students, ages 8 to 11. The data found no significant relationship between the pre and post-test results. However, pre and post-test scores did demonstrate an increase in average scores. The student and community demographics and the pre and post-test survey results were found to be non-significant. The findings regarding student assistant training and survey development related to elementary school children can be used in future research.

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