

ABSTRACT

AFFECTING BEHAVIOR CHANGE IN A MULTI DISCIPLINARY APPROACH TO SCHOOL-BASED HEALTH EDUCATION TRAINING, AGES 8-12

Students attending an after school recreation program at five low-income elementary schools were assessed for behavior change in nutritional intake. The students participated in a 5-week nutrition training program. During each session, selected children were interviewed for a 24-hour dietary recall. Students' height, weight, and BMI were measured. The elementary school students were trained by health educators with educational backgrounds in social work, nutrition, and kinesiology. Three months after the conclusion of the training sessions, the students were interviewed for a 24-hour dietary recall to assess for behavior change in their eating habits and nutritional intake. It was assessed that after the 5-week training there was a positively significant change in students' BMI. The students' fruit consumption increased per training. Additional findings indicated a slight positive increase in their intake of carbohydrates, protein, fat, calories, fruits, and vegetables.

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