
My Health and Choices Survey

Fall 2019

Introduction

Between August and December of 2019, students at GECAC received nine nutrition education lessons by trained staff during the After-School Advantage Program (ASAP). There were also two health and wellness presentations by the Healthy Lifestyles Coordinator (HLC). Students at eleven sites (11) were given a pre/post survey administered at the beginning and end of the program to measure the extent to which students engaged in healthy behavior regarding food.

Overall Demographics

The third through eighth grade participants were surveyed and 470 responded to all five statements on both the pre and post-tests.

Table 1 shows the distribution of fully completed pre and post-tests by school. The sample sizes from each school ranged from 29 to 69 students.

Table 2 lists the grades the respondents were in at the time of the survey; 43.8% of the respondents were in either third or fourth grade.

Overall Results

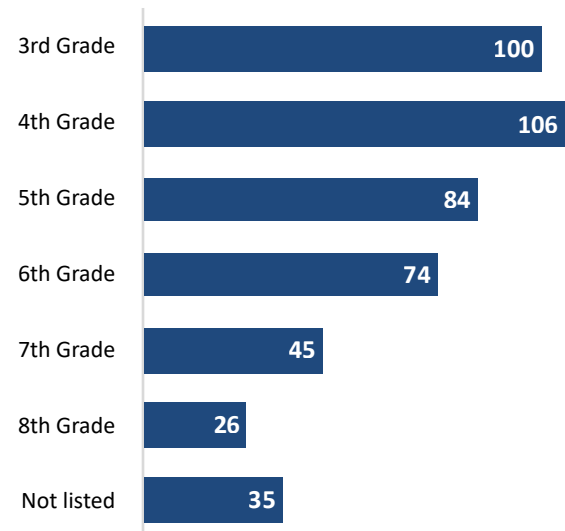
Table 3 shows the percentages of responses for all of the schools combined. The largest increases were found in the statements 'I eat healthy foods' and 'I choose water and other healthy foods.' There was a 18.9% net increase of students answering 'most of the time' for eating healthy foods and an 18.1% increase in students answering 'most of the time' for choosing water and other healthy foods. In addition, there were statistically significant increases in all of the five statements ($p < .000$).

In other words, youth who took part in nutrition education classes showed a positive change in healthy eating behavior. While there may be other factors that could lead to healthy eating, these data suggest that GECAC's nutrition program is leading to positive behavior change in children's lives.

One of the goals of the health education program is that 25% of students will report an increase in the consumption of fruits and vegetables, trying new foods, and consciously eating healthier foods. The

responses for the statements "I eat healthy foods," "I eat many different kinds of food," and "I eat fruit" were analyzed to assess the success of that goal. Of the 470 students analyzed, 46.4% saw an increase in one or more of these statements.

Table 2. Respondents by Grade (n=470)



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Table 1. Respondents by School

Table 3. My Health and Choices Survey Responses N = 470	Pre-Test					
	Most or all of the time	Sometimes				
I eat healthy foods.	32.6%	56.2%				
I wash my hands before I eat.	62.1%	26.2%				
I eat many different kinds of food.	42.1%	44.7%				
I choose water and other healthy drinks.	38.5%	49.6%				
I eat fruit.	49.8%	38.7%	11.5%	63.0%	32.8%	4.3%

The health activities and lessons presented at the ASAP sites and through the curriculum has had a positive impact on students in regards to healthy choices and food consumption. More specifically, in Fall 2019, the health education program nearly doubled their goal of 25% of students increasing eating healthy foods, different foods, or fruit with 46.4% of the students noting an increase.