

Introduction

Between September and December of 2018, students at GECAC received two nutrition education lessons by Healthy Lifestyle Coordinator during the After School Advantage Program (ASAP). The lesson topics were Human Heart and Positive Thinking. There were also nine health lessons provided by trained staff during this time. Students at twelve sites (12) were given a pre/post survey administered at the beginning and end of the semester to measure the extent to which students engaged in healthy behavior regarding food.

Overall Demographics

Third grade through eighth grade students were surveyed and 429 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 14 to 74 students.

Table 2 lists the grades the respondents were in at the time of the survey; 46.6% 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 eat many different kinds of food.’ There was a 19.1% net increase of students answering ‘most of the time’ for eating healthy foods and an 18.9% increase in students answering ‘most of the time’ for eating many different 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 429 students analyzed, 50.8% saw

Table 1. Respondents by School

School	Count	Percentage
August Knodt	74	17.2%
Banta	32	7.5%
French Camp	30	7.0%
George Komure	26	6.1%
Golden West	20	4.7%
Great Valley	58	13.5%
Lathrop	14	3.3%
Lincoln	59	13.8%
Nile Garden	28	6.5%
Ripon	23	5.4%
Sequoia	27	6.3%
Shasta	38	8.9%
Total	429	100.0%

Table 2. Respondents by Grade

Grade	Count	Percentage
3	104	24.2%
4	96	22.4%
5	72	16.8%
6	59	13.8%
7	34	7.9%
8	16	3.7%
Not listed	48	11.2%
Total	429	100.0%

My Health and Choices Survey

Fall 2018

Table 3. My Health and Choices Survey Responses

	Pre-Test			Post -test		
	Most or all of the time	Sometimes	A little or none of the time	Most or all of the Time	Sometimes	A little or none of the time
N = 429						
I eat healthy foods.	33.6%	57.6%	8.9%	52.7%	45.0%	2.3%
I wash my hands before I eat.	62.5%	28.0%	9.6%	75.8%	23.1%	1.2%
I eat many different kinds of food.	36.1%	52.4%	11.4%	55.0%	42.4%	2.6%
I choose water and other healthy drinks.	39.2%	50.3%	10.5%	55.9%	42.4%	1.6%
I eat fruit.	45.7%	46.9%	7.5%	64.1%	35.2%	0.7%

Conclusion

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 food consumption. More specifically, the health education program has doubled their goal of 25% of students increasing eating healthy foods, different foods, or fruit with half (50.8%) of the students noting an increase.