Growing Healthy Kids: A 3-Year Update

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Introduction
Growing Healthy Kids School Enrichment Kit (GHK-SEK) is a curriculum for kindergarten, first, and second graders. The curriculum teaches nutrition education, developed for each grade (K-2) with five age-appropriate lessons and activities, to classrooms in 18 elementary schools. Each K-2 classroom is provided with a kit for up to 15 school days. Extension Educators administer a pre and post-test during an introductory hand washing lesson and a final snack or physical activity lesson to assess changes in nutrition knowledge.

Objective
To provide a 3-year summary of the Growing Healthy Kids School Enrichment Kit program for Kindergarten, 1st, and 2nd grade students.

Description
The five lesson GHK-SEK program has been implemented for three years in 18 elementary schools (n= 4185 students in year three). The 2nd grade students have been exposed to all three years of the program.

Evaluation
Each year of the program has resulted in significant improvements in nutrition knowledge for all three grades. With each year of the program, the 2nd grade students have shown the most significant increases in knowledge. For the 2nd graders, 63.9% of students correctly answered all post-test questions following one exposure to the intervention, compared to 81.4% after two exposures and 83.3% after three exposures to the GHK-SEK curriculum.

Post-test Results by Year & Grade

2nd Grade Pre- to Post-test Results by Year

Conclusions & Implications
Increased exposure to the GHK-SEK curriculum has resulted in increased knowledge and retention.

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