Reducing Childhood Obesity: An Innovative Curriculum with Wellness Policy Support

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Purpose
This project developed and evaluated a program for fifth graders called Food, Health & Choices that combined a 10-hour classroom curriculum (CURRICULUM) with a classroom WELLNESS program. The outcome evaluation had four study groups: CURRICULUM, WELLNESS, CURRICULUM/WELLNESS and DELAYED CONTROL.

Study Design
We used a cluster, randomized, controlled design to examine the impact of Curriculum (Food, Health & Choices), Wellness (Partially Healthy Classroom), and both combined to determine the impact of each with the synergistic effect of the combination.

Targeted Behaviors

Table 1: Theory-based Mediators

Table 2: Targeted Behaviors

Table 3: Prevalence of Overweight & Obesity

Outcome Results

- **Study Design**
  - **Targeted Behaviors**
  - **Outcome Results**

Evaluating Impacts

Throughout the project, we learned valuable lessons that we wanted to share!

- Create pilot and monitor evaluation before conducting the outcome evaluation.
- Use technology to develop innovative ways to collect survey data from students.
- Work with schools to develop and implement policies for all data collection and intervention implementation.
- Complement quantitative data with qualitative data.
- Integrate models and other data sets on students at the school level, some at the classroom level and some at the individual level.
- Collaborate with colleagues in other disciplines with expertise in different methodologies to be able to conduct other kinds of analyses of your data.