Abstract

Objective: To present primary outputs and outcomes at year 5 of iCook 4-H.

Description: iCook 4-H was a 2-year control/treatment intervention study (n=228 dyads) followed by dissemination testing (n=57 dyads). The curriculum is 8, 2-hour sessions designed to impact health-promoting behavior for 9-10 year olds and their adult food preparer. The curriculum content includes food preparation and family activities to encourage eating, communicating and being physically active together. Four seasonal newsletters serve as boosters following sessions. Evidence-based pre/post program evaluations of dyads and a fidelity instrument to test intended versus actual implementation accompany the curriculum. A novel framework, eB4CAST, to document impact and effect of evidence-based research is in development. A training course is on the eXtension platform. Evidence-based pre/post program outcome evaluations of dyads and surveys were completed by dyads. In dissemination, program outcomes were assessed. Conclusions: Based on 57% retention, treatment vs control youth were higher for baseline adjusted BMI z-scores, fruit/vegetable intake (2.16 vs 1.67 cups/day; P=0.04) and dairy (0.57 cups/day; P=0.02). No intake differences remained after 1000 kcal standardization; treatment had higher, for youth, cooking skills (P=0.0002) and culinary self-efficacy (P=0.03) and, for adults, measure of “cooking, eating, playing together" (P=0.04). iCook 4-H is being prepared for national distribution.

Background

• 5-State, 5-year project for children aged 9-10 and their primary adult meal preparer to cook, eat, and play together.
• Community-based participatory research
• Theoretical framework: Social Cognitive Theory and 4-H “learn by doing” approach

5-Year Study Methods

Control/treatment, nutrition education intervention

Intervention Study

Dissemination Study

Broad Dissemination

Youth Outcome Measure

Adult Outcome Measure

Youth BMI z-scores

Dyad Associations Around Family Meals

Surveys

Intervention/Dissemination Combined Youth/adult program outcomes

Overall Conclusions

• Intervention Study, conducted over two years, had minimal impact on primary research measures
• When the Intervention and Dissemination studies were considered together, there were positive impacts on program outcome measures
• Implementation of the Dissemination Study in multiple settings was successful
• Using the dyad model, there is opportunity for synergism and translation to the home environment as families cook, eat, and play together

Outputs

8-Session Curriculum with Measures for Program Outcomes and Fidelity of Implementation

Newsletters for Each Season

Report of Overall Impact

Outputs and Outcomes at Year 5 of the Out-of-School Program for Youth and Adult Dyads: iCook 4-H

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