

# “Get Fruved:” The RCT Year

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## Abstract

**Objective:** To describe the Get Fruved project through year 04.

**Description:** Get Fruved is a health promotion intervention utilizing Community Based Participatory Research (CBPR) to develop and test a social marketing and environmental change intervention to prevent unwanted weight gain among older adolescents. Initially this included college campus students and then transitioned to college students mentoring high school students with the aim of conducting the intervention at the high school level. The five-year project has five phases. In phases I-III the CBPR partnerships were forged, college intervention developed, college intervention feasibility/pilot tested, and a high school intervention developed. During Phase IV (year 04), the college intervention is being tested utilizing a cluster randomized controlled trial (RCT) at 30 intervention and 30 control colleges and the high school intervention is being feasibility/pilot tested at five schools from four states.

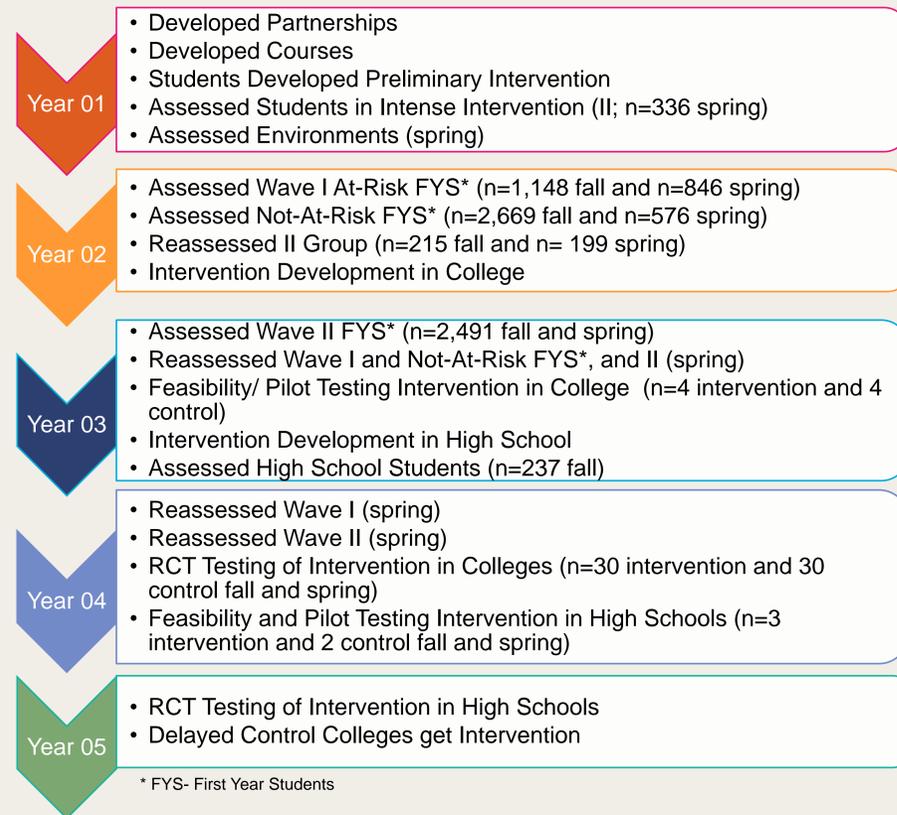
**Evaluation:** To date, 8,215 college students and 1,387 high school students have completed assessments. Prevention of unwanted weight gain is the primary outcome for the RCT, but since the intervention focused not on weight and instead on health-related behaviors associated with obesity prevention, numerous health-related behaviors were assessed. Assessments include dietary intake, stress, physical activity, sleep hours, perceptions of the campus environment, readiness to change, and students' priorities.

**Conclusions and Implications:** To date, 16 new instruments/methods have been developed and validated, three college courses created, 91 presentations conducted, 3 manuscripts published, and college and high school toolkits created (providing a systematic approach to promoting health for obesity prevention). Data are currently being analyzed. In Phase V, high school intervention effectiveness will be tested using an RCT model.

## Project Goal

Get Fruved is a Community Based Participatory Research intervention aimed to promote health and prevent unwanted weight gain among older adolescence. The social marketing and environmental intervention was developed and tested on four intervention and four control schools in Years 02 and 03. A randomized control trial was conducted in Year 04 at colleges and universities around the country. Feasibility and pilot testing was conducted with high schools in Year 04 as well. The project targets health behaviors such as diet, physical activity, and stress management.

## Overview of Project



## RCT Intervention

### Get Fruved Student Organization

- Encouraged to form a student-led organization
- Encouraged to meet three times during year to plan and evaluate progress
- Provided guidance and agendas for meetings

### Hosted Events

- Determined which topics in toolkit were not being covered on campus
- Encouraged to host 2-3 events per semester

### Market and Promote Events

- Accessed online database of social media materials and art
- Encouraged to post education and promotions of events on all social media platforms weekly

### Wellness Report

- Students were emailed a Wellness Report after completing a survey
- The report provided their average fruit and vegetable consumption, physical activity, stress score, and sleep hours compared to national averages of other college students

### Healthy Campus Environmental Audits (HCEA)

- Objective audits of the campus dining environment, convenience stores, vending machines, recreational facilities, walkability/bikeability, policies, and overall demographics

### eB4CAST

- A detailed report was provided outlining survey findings and HCEA results of each college campus

### Town Hall Meeting

- Student organization encouraged to hold a town hall meeting to discuss concerns and priorities of the campus community
- A sample agenda was provided to guide organizations in planning for the town hall meeting

### Advocacy

- Student organization leaders encouraged to meet with campus administrators to review the eB4CAST report and advocate for environmental changes to promote health

### Ripple Mapping

- A focus group activity to evaluate the impact of Fruved on the campus

## Evaluation

**Student Surveys:** Each school was required to use an online survey and collect a minimum of 50 completed surveys. Each site was given the option to add other sub-surveys to a base survey.

Base Survey
NCI Fruit and Vegetables [19 items], Sleep Hours [1 item], IPAQ [6 items], Cohen's Stress [14 items], Self-Reported Height and Weight [2 items], Demographics, CEPS [15 items], Readiness to Change [10 items], Student Priorities [31 items]
Additional sub-surveys
Dietary Screener Questions [28 items], NCI Fat Screener [17 items], Food Choice Priorities [14 items], Meal Preparations [10 items], Cooking [6 items], Food Security [15 questions], Green Eating [25 items], Food Safety [3 questions], Gardening [6+ questions], Eating Disorder Questions [26 items], Knowledge [3 items], Substance Abuse [32 questions], Body Shape Questions [8 items], Body Image [19 items], Chronic Disease [10 questions], Medical History [11 questions], Breastfeeding [7 questions], Male Health Questions [10 questions], GLBT [5 questions], Geo [2 questions], Social Media [18 questions], Personality [10 questions], Arts [3], Sustainable Transportation [22 questions]

**Administrator's Survey:** Each school was required to have at least one campus administrators complete this survey.

Readiness to Change [10 items] and Priorities [31 items]

## Healthy Campus Environmental Audits (HCEA)

Full Restaurant Evaluation Supporting a Healthy (FRESH) Dining Environment Audit  
 Convenience Store Supporting Healthy Environment for Life-promoting Food (SHELF) Audit  
 Healthfulness Vending Evaluation for Nutrient-Density (VENDING) Audit  
 Physical Activity Campus Environmental Supports (PACES) Audit  
 Sneakers and Spokes Walkability/Bike-ability Audit  
 Healthy Environment Policies, Opportunities, Initiatives, Notable Topics Survey (POINTS) Audit  
 Campus Environment Demographics Audit

**41 Points:** A checklist of campus policies and initiatives already in place on each campus.

## Outcomes

Data from the RCT conducted in year 04 are currently being analyzed. Successful completion of the proposed project will have several important immediate impacts:

- the usefulness of CBPR process to produce environmental changes to promote healthy lifestyles on college and high school campuses will be determined;
- development of a health promotion campaign that is sustainable and ready for distribution to multiple campus environments
- a multi-site database which can be used to better understand health behaviors associated with obesity prevention with older adolescent populations and
- a systemic, long-term environmental and policy change strategy to address the problem of obesity among older adolescents.

The Fruved College Toolkit, which provides a systematic method for health promotion and associated evaluation tools for the college campus, is now available to the public.

After year 05, a Fruved High School Toolkit will also be available for public use.

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