“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 promote unwanted weight gain among adolescent. Initialy this included college campuses as 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 four schools for 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 adolescents. 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

Year 01
- Developed Partnerships
- Developed Courses
- Students Developed Preliminary Intervention
- Assessed Students in Intensive Intervention (II; n=336 spring)
- Assessed Environments (spring)
- Assessed Wave I At-Risk FYS* (n=1,148 fall and n=846 spring)
- Assessed Not-At-Risk FYS* (n=2,669 fall and n=576 spring)
- Reassessed II Group (n=215 fall and n=199 spring)
- Intervention Development in College

Year 02
- Assessed Wave II FYS* (n=2,491 fall and spring)
- Reassessed Wave I and Not-At-Risk FYS*, and II (spring)
- Feasibility/ Pilot Testing Intervention in College (n=4 intervention and 4 control)
- Intervention Development in High School
- Assessed High School Students (n=237 fall)

Year 03
- Reassessed Wave I (spring)
- Reassessed Wave II (spring)
- RCT Testing of Intervention in Colleges (n=30 intervention and 30 control fall and spring)
- Feasibility and Pilot Testing Intervention in High Schools (n=3 intervention and 2 control fall and spring)

Year 04
- RCT Testing of Intervention in High Schools
- Delayed Control Colleges get Intervention

Year 05

* FYS = First Year Students

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

Market and Promote Events
- 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

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

Healthy Campus Environmental Audits (HCEA)
- A detailed report was provided outlining survey findings and HCEA results of each college campus

eB4CAST
- 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

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

Advocacy
- 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.

Healthy Campus Environmental Audits (HCEA)
- Full Restaurant Evaluation Supporting a Healthy (FRESH) Dining Environment Audit Convention/Conferences Supporting Healthy Environment for on-site promoting food (SHIELD) Audit
- Healthfulness Vending Evaluation for Nutrient Density (VENDING) Audit Physical Activity Campus Environmental Supports (PACE) 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:
1) the usefulness of CBPR process to produce environmental changes to promote healthy lifestyles on college and high school campuses will be determined;
2) development of a health promotion campaign that is sustainable and ready for distribution to multiple campus environments
3) a multi-site database which can be used to better understand health behaviors associated with obesity prevention with older adolescent populations and
4) 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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