No significant differences between student demographics and knowledge on the baseline pre-assessment in the experimental and control settings, suggesting that any growth in the final assessments (to be completed in June 2018) will be attributable to program activities.

Pre-program assessments in teacher attitudes at both experimental and control settings are positive, though we may discover a ceiling effect for this measure in both settings.

Research

Goals:
• Measure the effects of the implementation of the PD course to increase nutrition lessons.
• Measure the effects of targeted nutrition lessons in school classrooms on knowledge, attitudes, and behaviors.
• Evaluate the sustainability of the Healthy Schoolhouse 2.0.

Student Survey for 2nd and 3rd graders

Curriculum Kits

Level 1 Materials
Curriculum booklet
Parent handout
MyPlate Poster
Lesson Resource book (30 each)
Food group signs on cardboard paper
Parachute shopping list
30 halved stress ball color

Level 2 Materials
6 Scissors
6 Glue sticks
Stickers
Bookmarks
Personalization sign on cardboard paper
Student surveys, 30 in color print
Student survey teacher instructions

Professional Development Sessions

Goals:
• Improve elementary school teachers’ nutrition knowledge, health literacy, and personal health behaviors.
• Improve students’ nutrition knowledge, health literacy, attitudes, and nutrition-related behaviors.

Five hours of PD, including:
1. Overview, Kit Training
2. Yoga, Advanced Kit Training
3. Mindfulness, Data Sharing, Fidelity Training
5. Wrap up, Smoothies

Wellness Programs for Teachers

Our prior research has shown that by making nutrition and health topics personal to teachers, we increase their commitment to the project and assist them with being role models of healthy behaviors. We surveyed the teachers on their personal health and explored what topics they were interested in learning and included those in each PD.

To date, over 60 nutrition lessons have been taught. The team has observed differences in the food service in each setting and will explore how the environment affects food consumption.

Lessons Learned:
• Each session focused on teacher needs including stress management, nutrition for the teachers, and celebrations.
• As we move to new schools, we will be sure to include activities to increase lesson implementation as well as programming designed to engage teachers as agents of change by creating a culture of health within their classrooms and in the school.

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