Lessons Learned from the Healthy Schools Healthy Students Project

Strategies to Improve Future Team Nutrition Interventions

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**Objective**
Determine the success and challenges encountered when implementing the Healthy Schools, Healthy Students (HS/HS) intervention to provide future Team Nutrition grantees and others working to improve school-based interventions with important factors to consider.

**Description**
- Part of a larger mixed methods evaluation project
- Multi-component nutrition intervention targeting 4th grade students
- Focused on improving nutrition knowledge, MyPlate awareness, and fruit and vegetable attitudes and preferences
- Included 6 classroom-based nutrition education, cafeteria coaching with older students, and taste tests with 606 students in 10 schools

**Evaluation**
- Conducted in-depth interviews with project stakeholders and nutrition educators, along with focus groups of cafeteria coaches
- Visited schools to conduct fidelity checks
- Collected data to determine what worked, what did not work, and what recommendations participants would have for future interventions
- Part of a larger mixed methods evaluation

**Results**
- All participants described the project as successful and did not state major implementation challenges
- Project stakeholder stated a need for more communication and technical assistance
- Nutrition educators stated that the lesson had too much content for the allotted time and that some activities (i.e. songs) were not age appropriate
- Nutrition lessons were generally implemented as planned, but often did not include all activities.
- All schools implemented at least one of the strategies required for the cafeteria coaching, but differences made comparisons difficult
- Cafeteria coaches requested more training

**Recommendations**
- Hold a training with all schools prior to project implementation and evaluation
- Plan for regular communication with project schools and have a consistent school contact to relay the information
- Increase time for nutrition education lesson and/or the frequency of lessons
- Train cafeteria coaches directly vs. having the school provide training

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