INTRODUCTION
• Rural students more likely to be obese¹
• Targeted determinants of healthy eating knowledge, attitudes, and preferences
• Healthy Schools Healthy Students (HSHS) was a multicomponent nutrition intervention in a rural Midwestern state that included:
  o Six 30 minute nutrition education sessions using a modified USDA Serving Up MyPlate curricula²
  o Fruit and vegetable (F&V) taste tests
  o Cafeteria Coaching

METHODS
Pre- and post-intervention survey measured nutrition knowledge, F&V attitudes, F&V preferences, and MyPlate Awareness
• n_{intervention}=567 & n_{control}=490
• Used student fixed effects regression models to estimate the intervention’s effect (\( \beta_E \))
  • Interviews with project stakeholder and nutrition educators.
  • Focus groups with cafeteria coaches
  • Assess Implementation
  • Coded for relevant themes and outcomes

RESULTS: Quantitative

<table>
<thead>
<tr>
<th>Outcome</th>
<th>( \beta_E )</th>
<th>SE</th>
<th>p</th>
</tr>
</thead>
<tbody>
<tr>
<td>Knowledge</td>
<td>0.27</td>
<td>0.13</td>
<td>0.04</td>
</tr>
<tr>
<td>MyPlate Awareness</td>
<td>0.21</td>
<td>0.05</td>
<td>&lt;0.001</td>
</tr>
<tr>
<td>Taste-test vegetable preferences</td>
<td>0.25</td>
<td>0.09</td>
<td>0.01</td>
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</tbody>
</table>

Percentage change
• Knowledge 7.4%
• MyPlate Awareness 50%
• Taste-test vegetable preferences 9.4%

RESULTS: Qualitative
• Project stakeholders, nutrition educators, and cafeteria coaches described HSHS as successful and easy to implement
• Both project stakeholders and cafeteria coaches requested more communication, technical assistance, and training
• Nutrition educators approved of the curriculum, but stated:
  • Not enough time to complete all the activities
  • Wanted to cover broader topics.

DISCUSSION
• HSHS was well received by those who implemented it and positively impacted 4th grade students
• Students had improved preferences for vegetables they tried, suggesting taste tests are a viable mechanism to expanding taste preferences
• Simple interventions have the potential to improve rural students health

References

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