Objective

The study objective was to conduct a process evaluation of the Project stRide pilot, assess needs for future camp staff implementation, assess post-lesson knowledge, and evaluate participant change in self-efficacy, attitudes towards STEAM, and skin carotenoid levels.

Method

Study Design, Setting, and Participants

• The program was delivered once a week for six weeks by nutrition and 4-H professionals to primarily low-income, racially and ethnically diverse youth (n=40; grades 4-7) attending two urban summer camps in Rhode Island.

Measurable Outcomes and Analyses

• Study measures included weekly post-lesson questions for youth, program process measures, interviews with camp staff, and pre/post measures of attitudes towards STEAM, Asking for Fruit and Vegetable Self-Efficacy (AFVSE), and skin carotenoid levels.
• T-tests assessed pre/post attitudes towards STEAM, AFVSE, and skin carotenoid level scores with a significance level of p<0.05.

Results

It was helpful that the children were able to create and build rather than just sitting while learning.

- Camp Staff

The option for stand alone activities would be helpful for this age group since they have a choice to focus on what they’re interested.

- Camp Staff

• About 67% of youth attended 4 or more lessons.
• Interviews with camp staff indicated the program was engaging and well-structured, but staff may need some training in order to comfortably deliver program themselves.
• There were no changes in STEAM, AFVSE, or skin carotenoid scores.

Conclusion

Project stRide had a promising pilot year with post-lesson questions indicating youth comprehension of the content. Modifications to curriculum content and delivery will be made for this program to be sustainable so that camp staff can deliver program in future years. Future work includes a quasi-experimental study and a process evaluation to assess program implementation by camp staff.

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