



ADAPTING AND IMPLEMENTING A LONG-TERM NUTRITION AND PHYSICAL ACTIVITY CURRICULUM TO A RURAL, LOW-INCOME BIETHNIC COMMUNITY

“Adapting and implementing a long-term nutrition and physical activity curriculum to a rural, low-income biethnic community.”

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Journal of Nutrition Education and Behavior, vol 38, 106-113, 2006

ABSTRACT: This study adapted an urban-based school nutrition program for delivery in a rural community. Specific aims were to adapt the curriculum; expand it to include physical activity; determine effectiveness on students’ attitudes, knowledge, and self-efficacy; and assess teachers’ impressions. Three cohorts were established: 173 students taught by a resource teacher, 170 students taught by classroom teachers, and 187 students who did not receive the curriculum. Pre- and posttest surveys measured outcomes, and classroom teachers were observed and interviewed. The curriculum was shown to be effective in enhancing student outcomes for both the resource teacher and classroom teacher cohorts. Teachers reported that lessons needed to be simplified and that children enjoyed them. Findings support the transferability of an urban-based nutrition curriculum to a rural community and the need for students to receive health education annually.

[Journal of Nutrition Education and Behavior](#)