

**Title of Intervention:** Jump into Action

**Intervention Strategies:** Group Education

**Purpose of the Intervention:** To increase knowledge and self-efficacy as well as improve dietary and exercise behaviors among elementary school children

**Population:** Fifth grade Mexican-American students

**Setting:** School district along the Texas-Mexico border; school-based

**Partners:** A team of health and medical educators, school district, instructional designers

**Intervention Description:**

- Group Education: The intervention integrated health education with reading, writing, math, science and physical education. Workbooks accompanied teacher instruction to encourage students to eat low-fat food and exercise regularly as well as provide information about Type 2 diabetes. The intervention also involved hands-on activities that reinforced and enriched knowledge, skills and prevention concepts.

**Theory:** Health Belief Model

**Resources Required:**

- Staff/Volunteers: Teachers
- Training: Program training for teachers
- Technology: Not mentioned
- Space: Classrooms
- Budget: Not mentioned
- Intervention: Teacher's guide, student workbooks, survey materials
- Evaluation: Questionnaires

**Evaluation:**

- Design: Cohort
- Methods and Measures: Questionnaires assessed knowledge, self-efficacy, teacher satisfaction with program, eating habits and exercise frequency.

**Outcomes:**

- Short Term Impact: Significant positive changes were observed for knowledge and self-efficacy.
- Long Term Impact: Significant positive effects were observed for exercise and dietary behaviors.

**Maintenance:** Not mentioned

**Lessons Learned:** The intervention was effective with or without special teacher training. The gains in knowledge and self-efficacy scores were particularly important for minority youth, who consistently scored lower on these items.

**Citation(s):**

Holcomb, J. D., J. Lira, et al. (1998). "Evaluation of Jump Into Action: a program to reduce the risk of non-insulin dependent diabetes mellitus in school children on the Texas-Mexico border." J Sch Health 68(7): 282-8.

Holcomb, J., P. Kingery, et al. (1999). "Evaluation of a diabetes education program for fifth-grade students." J Health Educ 30: 73-82.