

**Title of Intervention:** Prevention-Oriented System for Child Health Project (PORSCHÉ)

**Intervention Strategies:** Individual Education

**Purpose of the Intervention:** To improve health and developmental status in at-risk families

**Population:** High-risk low-income families with children under six years old

**Setting:** A community in New Jersey; home-based

**Partners:** Local health departments, social service agencies

**Intervention Description:**

- Individual Education: A public health nurse developed a series of case management activities with parent-focused intervention strategies. The educational objectives focused on health. The series of home visits focused on parenting, feeding, menu planning, food safety, household cleanup and accessing community support systems and medical care. The nurses provided the caregivers with lists of foods high in iron.

**Theory:** Not mentioned

**Resources Required:**

- Staff/Volunteers: Public health nurses
- Training: Not mentioned
- Technology: Computer, diet analysis software (Food Processor)
- Space: Not mentioned
- Budget: Not mentioned
- Intervention: Nutrition education materials
- Evaluation: Questionnaires, recall form

**Evaluation:**

- Design: Cohort
- Methods and Measures:
  - 24-hour diet recalls for children's diets
  - Developmental Assessment of Young Children questionnaire

**Outcomes:**

- Short Term Impact: Not measured
- Long Term Impact: The scores for physical development showed a significant improvement. Total calorie intake was reduced to more age-appropriate levels while maintaining appropriate mineral intake.

**Maintenance:** Not mentioned

**Lessons Learned:** The nutrition education component of an intervention aimed at promoting health in a sample of at-risk children was effective at improving diet .

**Citation(s):**

Worobey, J., J. Pisuk, et al. (2004). "Diet and behavior in at-risk children: evaluation of an early intervention program." Public Health Nurs 21(2): 122-7.