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):