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

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):