

Title of Intervention: HeartPower!

Website: http://www.heart.org/HEARTORG/Educator/FortheClassroom/For-the-Classroom_UCM_001115_SubHomePage.jsp

Intervention Strategies: Group Education

Purpose of the Intervention: To encourage children to engage in heart healthy lifestyles

Population: Third grade students

Setting: Public elementary school in a large metropolitan Midwestern city; school-based

Partners: School districts

Intervention Description:

- Group Education: Over the course of the school year, pediatric nursing students gave 30-minute instructional sessions on heart function, nutrition, physical activity and living tobacco free. Each topic was presented 3 times with increasing depth each time.

Theory: Not mentioned

Resources Required:

- Staff/Volunteers: Nursing students
- Training: Not mentioned
- Technology: Not mentioned
- Space: Access to classrooms
- Budget: Not mentioned
- Intervention: HeartPower! Kit (a teacher resource book, instructional activities on how the heart works, audio and video cassettes, stethoscopes, alcohol swabs)
- Evaluation: Heart health tests, screening tools (blood pressure cuffs, scales for weight, lancets/cotton swabs/Chemcards for cholesterol, Tanita Body Fat Analyzer), 24-hour food recall

Evaluation:

- Design: Quasi-experimental
- Methods and Measures:
 - 10-question test assessed changes in knowledge
 - Students' blood pressure, weight, body fat percentage, total cholesterol and environmental tobacco smoke were measured using medical devices and self report

Outcomes:

- Short term Impact: Knowledge of the cardiovascular system and heart disease risk factors improved. The experimental group's body fat percentages held steady over the school year, while children in the control group developed higher body fat percentages. Cholesterol levels remained relatively consistent. Blood pressure and environmental tobacco smoke exposure was lowered or maintained over the school year.
- Long Term Impact: Not measured

Maintenance: Not mentioned

Lessons Learned: Without support from adults in the home environment, a school-based intervention may not lead to biological changes even if changes in knowledge are observed.

Citation(s):

Skybo, T. A. and N. Ryan-Wenger (2002). "A school-based intervention to teach third grade children about the prevention of heart disease." *Pediatr Nurs* 28(3): 223-9, 235.