

Title of Intervention: Food on the Run

Website: <http://www.phi.org/pdf-library/FoodOnRunPractices.pdf>

Intervention Strategies: Group Education, Campaigns and Promotions, Environments and Policies

Purpose of the Intervention: To increase healthy eating and physical activity among adolescents

Population: High school student advocates of the *Food on the Run* program

Setting: High schools who participate in the Food on the Run program and the surrounding community; school-based, community-based

Partners: Food service staff

Intervention Description:

- Group Education Sessions: Initially, student advocates went through training to learn about the basics of nutrition and physical activity, as well as the steps necessary to create environmental and policy changes. After receiving training, the student advocates conducted 5-7 school-based and community activities designed to create awareness, educate others, and to institute environmental and policy changes. The activities were student-driven and based on the student assessment of nutrition and physical activity needs of the high school campus.
- Campaigns and Promotions: Activities included school-wide taste tests and lunchtime demonstrations.
- Environments and Policies: Advocates worked with food service staff to increase healthful food options.

Theory: Social Marketing Theory

Resources Required:

- Staff/Volunteers: Student advocates
- Training: Advocate training
- Technology: Not mentioned
- Space: Not mentioned
- Budget: Not mentioned
- Intervention: Materials for interventions (taste tests, demonstrations)
- Evaluation: Surveys

Evaluation:

- Design: Pre-/post-test
- Methods and Measures:
 - Student advocate surveys
 - Food On the Run site coordinators collected data on program implementation

Outcomes:

- Short Term Impact: There was a significant increase in knowledge and positive attitudes toward nutrition.
- Long Term Impact: There was a significant change in healthful eating behavior among student advocates.

Maintenance: Not addressed

Lessons Learned: Young people bring many important characteristics to the table: energy, creativity and firsthand experience with the nutrition environment in their school. It is important to provide the adult leadership that can support a youth-driven campaign.

Citation(s):

Agron, P., E. Takada, et al. (2002). "California Project LEAN's Food on the Run program: an evaluation of a high school-based student advocacy nutrition and physical activity program." *J Am Diet Assoc* 102(3 Suppl): S103-5.