

Title of Intervention: The Parents As Teachers High 5, Low Fat Program (H5LF)

Intervention Strategies: Supportive Relationships, Group Education, Campaigns and Promotions

Purpose of the Intervention: To reduce the percentage of calories from fat and increase fruit and vegetable consumption

Population: African American parents participating in the Parents as Teachers (PAT) program

Setting: PAT programs in 12 school districts in St. Louis, Missouri; home-based

Partners: PAT local and national partners

Intervention Description:

- Supportive Relationships: Parent educators visited the homes of parents with young children. Five personal visit sessions were developed and included assessing current intake (rate your plate), reading and interpreting nutrition labels (reading is power), comparison shopping in order to purchase the most nutrition for the least cost (shop smart), choosing low-fat foods while eating at fast food restaurants (in way to eat out) and recipe modification to lower fat and increase fruits and vegetables (discover new recipe traditions). Parents received a personal visit with activities tailored to the age of their child that taught the parent how to model dietary behaviors. Activities focused on promoting parent-child interactions across four developmental domains: language, cognitive, fine/gross motor and social-emotional. Newsletters also provided concrete role modeling tips and an interactive puzzle designed for the parent and an older child.
- Group Education: Parent educators conducted interactive group meetings that offered opportunities to demonstrate food selection, preparation methods and taste testing. These meetings were included as part of the routine schedule.
- Campaigns and Promotions: In addition to routine PAT newsletters, H5LF parents were mailed ten bi-monthly newsletters. The newsletters introduced each of the H5LF modules and highlighted immediate and distinct reasons why the dietary topic was important to the parent of a young child. A monthly calendar was also included which noted famous African American parents and celebrated historical events.

Theory: Social Cognitive (Learning) Theory

Resources Required:

- Staff/Volunteers: Parent educators
- Training: Not mentioned
- Technology: Not mentioned
- Space: Group meeting space
- Budget: Not mentioned
- Intervention: Incentives, retention approaches (includes monthly self-addressed, stamped post card mailings with perforated edges for participants to update address/phone and a toll-free telephone number for participants to call the project office directly to update contact information), newsletters, calendars, food demonstration materials, assessment forms
- Evaluation: Questionnaires

Evaluation:

- Design: Group randomized, nested cohort design
- Methods and Measures:
 - Telephone administered food frequency questionnaire assessed dietary intake and low-fat eating behaviors
 - Parental Modeling Questionnaire

Outcomes:

- Short Term Impact: Improvements in parental modeling were not statistically significant.

- Long Term Impact: H5LF parents increased fruit and vegetable consumption. A higher proportion of H5LF parents reduced their fat intake to less than 30% calories from fat and improved performance of dietary behaviors.

Maintenance: Not mentioned

Lessons Learned: H5LF is an effective intervention that is appropriate for national adoption by over 2000 Parents As Teachers sites with the potential to impact dietary intake of African American parents nationwide.

Citation(s):

Haire-Joshu, D., R. C. Brownson, et al. (2003). "Improving dietary behavior in African Americans: the Parents As Teachers High 5, Low Fat Program." *Prev Med* 36(6): 684-91.