

Title of Intervention: 5-a-day Achievement Badge for African-American Boy Scouts

Intervention Strategies: Group Education, Campaigns and Promotions

Purpose of the Intervention: To improve dietary behaviors and access to fruits and vegetables

Population: African American boy scouts

Setting: Scout meetings in a community location in Houston, TX; community-based

Partners: Boy Scouts District office

Intervention Description:

- Group Education: Education sessions were included in regular troop meetings. The sessions focused on training scouts to ask for an increase the availability and accessibility of fruits and vegetables at home. The sessions also aimed to increase their preference for fruits and vegetables by associating them with fun. The sessions included taste tests and cooking classes. The program also included self-control activities such as goal setting, self-monitoring and problem solving.
- Campaigns and Promotions: Scouts received eight 4-page comic books and eight newsletters to take home. The program included eight troop badge activities and seven home badge activities. Each week the scouts achieved a dietary change goal they received an incentive worth about a dollar. If they achieved all their dietary change goals, they received a 5-a-day achievement badge. If they made all the home recipes, they received a mess kit.

Theory: Social Cognitive Theory

Resources Required:

- Staff/Volunteers: Troop leaders
- Training: Not mentioned
- Technology: Not mentioned
- Space: Room for meetings
- Budget: Not mentioned
- Intervention: Curriculum, educational materials, comic book, newsletter, incentives, mess kit
- Evaluation: Diet recalls, questionnaires, telephone interviewers

Evaluation:

- Design: Pilot test, two group comparison
- Methods and Measures:
 - Self completed questionnaires
 - 24-hour recalls
 - Multiple choice knowledge test
 - Telephone interview with parents asking about accessibility of fruits and vegetables in the home, behavioral modeling, eating out and asking behavior

Outcomes:

- Short Term Impact: Not measured
- Long Term Impact: There was a suggestively significant increase of approximate servings of fruits and vegetables.

Maintenance: Not mentioned

Lessons Learned: Not mentioned

Citation(s):

Baranowski, T., J. Baranowski, et al. (2002). "5 a day Achievement Badge for African-American Boy Scouts: pilot outcome results." *Prev Med* 34(3): 353-63.