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| <b>Title of Intervention</b>    | <b>The Students and Parents Actively Involved in Being Fit after-school program.</b>   |   |
| <b>Intervention Strategies</b>  | Group Education  |   |
| <b>Purpose</b>                  | Increase student and parent fruit and vegetable intake and affect their health-related fitness.  |   |
| <b>Populations</b>              | African American inner city middle school students and parents.  |   |
| <b>Settings</b>                 | School-based, after school program.  |   |
| <b>Partners</b>                 | Wayne State University, on-site cooperating schoolteacher  |   |
| <b>Intervention Description</b> | A 12-week trial program conducted 4 days each week for 60 to 75 minutes per session in an after-school program setting. "The Students and Parents Actively Involved in Being Fit after-school program included the provision of supervised dance, sport games, fitness activities, step pedometers, established 5 A Day for Better Health Program, nutrition learning activities, targeted educational handouts on nutrition and fitness, and a thematic poster board display at the school. Additionally, each participant was asked to record daily fruit and vegetable intake and step counts on a specially designed 'Students and Parents Actively Involved in Being Fit Fitness Passport.' Finally, a well-known public figure made a motivational guest appearance in support of the program's goals. |   |
| <b>Theory</b>                   | Not mentioned  |   |
| <b>Resources required</b>       | <b>Staff/Volunteers:</b>   | On-site cooperating school teacher, university staff.   |
|                                 | <b>Training:</b>   | 5 a day curriculum, dance, fitness classes.   |
|                                 | <b>Technology:</b>   | None  |
|                                 | <b>Space:</b>  | Gym, dance room, and a classroom.   |
|                                 | <b>Budget:</b>   | Not mentioned   |
|                                 | <b>Intervention:</b>   | 5 A Day for Better Health educational resource materials/ activities, pedometers, "Students and Parents Actively Involved in Being Fit Fitness Passport", educational handouts, and a poster board display. |

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|                               | <b>Evaluation</b>   | Mechanical balance-beam scale with attached telescopic height measuring rod, hand-to-hand bioelectrical impedance analyzer, sphygmomanometer, Sprague-Rappaport type stethoscope, and food frequency research questions to estimate fruit and vegetable intake.       |
| <b>Evaluation</b>             | <b>Design:</b>  | Pre test / Post test  |
|                               | <b>Methods and Measures:</b>  | A convenience sample of parents and middle school students were given a standard battery of tests pre and post intervention. Measures included height, weight, body fat, resting blood pressure, timed fitness walk/run, and a standard food frequency questionnaire. |
| <b>Outcomes</b>               | <b>Short term impact:</b>   | "Both children and their parents/guardians showed an increase in fruit consumption and a reduction in diastolic blood pressure."  |
|                               |   | "Children showed improvements in systolic blood pressure and fruit juice, salad, and non-fried potato consumption while parents/guardians showed a decrease in body fat, body mass index, and endurance walk/run time."   |
|                               | <b>Long term impact:</b>  | Not measured  |
| <b>Maintenance</b>            | Not mentioned   |   |
| <b>Lessons Learned</b>        | "Generally, the adults tended to gain more health-related fitness benefits while the children showed more diet-related improvements."   |   |
| <b>Citation(s)</b>            | Engles, Hermann J, Gretebeck, Randall J, Gretebeck, Kimberlee A., Jimenez, Linda. (2005) Promoting Healthful Diets and Exercise: Efficacy of a 12-Week After-School Program in Urban African Americans. J Am Diet Assoc. 2005;105:455-459   |   |
| <b>Current Program Status</b> | The Fruit and Vegetables More Matters campaign has taken the place of the 5 A Day for Better Health campaign. Resources can be found at: <a href="http://www.fruitsandveggiesmatter.gov/">http://www.fruitsandveggiesmatter.gov/</a> . Teachers tools can also be found at: <a href="http://www.pbhfoundation.org/educators/teachers/">http://www.pbhfoundation.org/educators/teachers/</a> |   |