

**The Development, Implementation, and Evaluation of the Fuel for Fun Spring
Family Night Event, Emphasizing Increased Family Attendance and Parent Engagement**

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ABSTRACT

Objective: To create a spring 2014 Fuel for Fun (FFF) Family Night (FN) event for 3 intervention schools in Northern Colorado, with the goal of improving family attendance and parent engagement compared to the initial fall 2013 event.

Methods: Review of fall 2013 FN event data from sign-in sheets, parent and student surveys, and research team-completed observation forms, indicated that increasing family attendance and parent engagement should be the focus of changes for the spring 2014 FN event. Additional recruitment techniques (e.g., more reminders) were added to recruitment procedures to increase family attendance. Completed fall 2013 FN Observation Forms and constructs from Social Cognitive Theory (SCT) informed revisions to the spring 2014 FN event activities. These revisions were initiated to increase parent engagement by replacing all cooking related games and information with additional cooking and tasting activities. Data collected from the 2013 and 2014 events were then analyzed and compared to determine the impact of changes to FN procedures.

Results: Based on 4th grade student enrollment, the percentage of families that attended the fall FN event was 46% for Van Buren Elementary, 7% for Bennett Elementary, and 24% for Lopez Elementary. The percentage that attended the spring FN event was 7.5% for Van Buren

Elementary, 8% for Bennett Elementary, and 22% for Lopez Elementary. While attendance was lower in the spring, comparison of FN Observation Forms revealed that spring 2014 FN event parent engagement was greater than the 2013 event for all 3 schools.

Conclusions and Implications: Additional recruitment techniques did not contribute to higher family attendance during the spring 2014 FN event. This demonstrates the significant challenges in achieving family attendance to these types of events and suggests future efforts should seek out new ways to attain this goal. Changes made to the content of the spring FN event did increase parent engagement in the event, therefore continuing with this format is suggested.