

## **The Development, Implementation and Evaluation of Action Packs**

Adam Hillman

Department of Food Science and Human Nutrition

### **ABSTRACT**

**Objective:** Develop and evaluate take-home activity packs known as Action Packs (AP), determining if they serve as tools that promote healthful dietary and physical activity behaviors in 4<sup>th</sup> grade students and promote parent/family involvement.

**Design:** Parent and teacher surveys, informal meetings, and individual feedback guided development of 10 AP's. Action Packs were developed in accordance with Social Cognitive Theory and Experiential Learning Theory. Furthermore, AP's were constructed to reinforce content of an obesity prevention intervention. Packets were distributed during Cooking with Kids-Colorado experiential food and nutrition lessons for students to complete at home, preferably with parents and other family members. Completed AP's were returned to classroom teachers, who transferred them to research team members for evaluation.

**Setting:** Thompson and Poudre School Districts, Northern Colorado.

**Participants:** Two hundred seventy-two students and their families, 12 teachers.

**Main Outcome Measure(s):** Student and family participation rates for all AP's and AP activities. Performance scores for one cooking AP and one tasting AP.

**Analysis:** Descriptive statistics, coded themes and frequency tests for formative assessment phase. Frequency tests and independent t-tests for evaluation phase.

**Results:** Action Packs generated a 25% (n=683) participation rate. Of completed AP's, 97% included attempted nutrition activities, 94% included attempted physical activities. Findings from evaluated

cooking and tasting AP's found 90% of all attempted activity components were completed, 79% of all student responses were correct and 83% of parents participated.

**Conclusions and Implications:** Overall participation rates for AP's were low, but for those that attempted them, results suggest that they serve as quality tools at promoting healthful dietary and physical activity behaviors and parent involvement.