TELEPHONE INTERVIEWS WITH PARENTS OF 4TH GRADERS SUPPORT NUTRITION EDUCATION USING INNOVATIVE STRATEGIES FOR LOW-INCOME FAMILIES AND AFTER-SCHOOL PROGRAMS

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Abstract

Background & Purpose

This formative assessment examined the needs, interests, and availabilities of participating parents to extend the family component of an intervention focused on nutrition education and health behavior change. The study was conducted for a larger project that included a comprehensive school-based intervention and an after-school program component. The goal of the intervention was to promote healthful food and activity choices and reduce childhood obesity. A key component of the intervention was an intervention requiring parents to engage in supportive behaviors with their children, including cooking, shopping, and exercising together. This study involved telephone interviews with parents of 4th graders from the intervention group. The purpose of the study was to assess the feasibility and acceptability of the intervention, to identify potential barriers and enablers, and to gather feedback on the intervention.

Methodology

The study used a cross-sectional, telephone survey design to collect data from parents of 4th graders. The sample consisted of parents who had completed baseline surveys in the intervention group. The survey included questions about their experiences with the intervention, their interest in learning more about food preparation, and their participation in family activities. The survey also included questions about their dietary habits, physical activity levels, and use of social media for nutrition-related information.

Results

The results showed that a majority of parents were interested in learning more about food preparation and physical activity. However, a significant proportion of parents reported that they did not have the necessary time or skills to participate in these activities. The study also identified several potential barriers to participation, including lack of access to affordable and nutritious foods, lack of transportation, and lack of childcare.

Conclusions

The study findings suggest that there is a need for innovative strategies to support nutrition education for low-income families and after-school programs. The results highlight the importance of addressing barriers to participation and providing resources to support family engagement.

References


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