Fuel for Fun: Cooking with Kids Plus Parents and Play

Leslie Cunningham-Sabo
Colorado State University

Barbara Lohse
Rochester Institute of Technology

Stephanie Smith
Colorado State University

Jessica Clifford
Colorado State University

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Recommended Citation
Cunningham-Sabo, Leslie; Lohse, Barbara; Smith, Stephanie; and Clifford, Jessica, "Fuel for Fun: Cooking with Kids Plus Parents and Play" (2015). Accessed from https://scholarworks.rit.edu/other/827
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Background

Fuel for Fun: Cooking with Kids Plus Parents and Play is an integrated research, extension, education project targeting 4th-grade students. Its long-term goal of reducing the obesity risk in children will be addressed by promoting healthful food and activity environments, policies and behaviors through: 1) evaluating the efficacy of a 4th-grade comprehensive school-based intervention; 2) designing, implementing, and evaluating a family-based intervention; 3) applying it to an after-school setting to broaden its reach; and, 4) disseminating both versions through outreach. This experiential school-based program, designed to enhance fruit and vegetable preference, self-efficacy and attitudes toward cooking, and physical activity levels, has 5 components:

1. **CWF – Colorado**: hands-on cooking and tasting classroom lessons to enhance cooking skills and provide positive experiences with a wide variety of wholesome, healthy foods.
2. **Sports, Play, and Active Recreation for Kids (SPARK): Active Recess**: physical activity program designed to encourage maximum participation for every player, regardless of ability.
3. **Fuel for Fun (FFF) Cafeteria**: classroom lessons linked to healthful foods in the school cafeteria to encourage students to make more healthful choices.
4. **Fuel for Fun (FFF) Family**: a program that engages parents and reinforces what students experience through the classroom, recess, and cafeteria components.
5. **About Eating (AE)**: on-line healthy eating and activity resource for parents.

Dissemination of Study Findings

**Published Manuscripts**

**Presentations**
The Academy of Nutrition and Dietetics, Food and Nutrition Conference and Expo 2014
Support to extend SNAP-Ed eligibility to schools below the current threshold of 50% participation in free and reduced school lunch program*

The Obesity Society 2014
Fuel for Fun improved self-efficacy, attitude and preference for fruits and vegetables in impact assessment using cohort delayed intervention design

Accepted Abstracts
World Social Marketing Conference 2015
The Primary Barriers and Motivators to more Healthful Eating at Home: Formative Research to Inform the Fuel for Fun Intervention

American College of Sports Medicine 2015
Exploring the Relationship Between Parent and Child Physical Activity*

International Society of Behavioral Nutrition and Physical Activity 2015

Vegetable preference in 4th grade children is coupled with cooking and food related attitudes and behaviors but not vegetable availability in the home

Society of Nutrition Education and Behavior 2015
Fuel for Fun impact assessment affirmed positive effect on self-efficacy for and attitude toward cooking in school age youth

Interviews Inform Translation of In-School Intervention for Out-of-School Settings: Staff, Student and Curricular Challenges

Measuring Recess Activity Using SOLPR Revealed Sex and Seasonal Differences; Challenges in Fuel for Fun Impact Assessment*

Process Evaluation Measures Effectively Assess Fidelity of Fuel for Fun Classroom Lessons

Fruit and Vegetable Weights or Pan Weights are Valid Methods to Estimate Elementary Self-Service Salad Bar Portion*

Fuel for Fun: 4th Grade Parent Involvement: Public Demand, Barriers and Facilitators

Next Steps

- Add cohort 4 to replicate cohort 3 as a control group for students and parents with half of parents assigned to About Eating
- Continue data analysis, interpretation, and dissemination through publications and presentations
- Explore opportunities for program sustainability locally
- Develop and pilot versions for Youth EFNEP and out-of-school audiences
- Assess Community Readiness to adopt Fuel for Fun in other Colorado communities

Cohort 2 (2013-2014)

- Eight schools (20-70%) of students eligible for free or reduced-priced school meals, four from each district. Approximately 440 4th and 440 5th grade students will participate each year.
- Data Collection and Analysis
- Parent Surveys & Diet Assessments
- Parent Surveys & Diet Assessments
- Cohort 3 (2014-2015)

- Thompson School District
- Poudre School District
- Students Surveys & Diet Assessments
- Students Surveys & Diet Assessments
- Education
- Conducted trainings for 4 graduate student Food Educators and 18 undergraduate students on FFF program implementation
- Enrolled 18 undergraduate Food Science and Human Nutrition students in FFF practicum, gained experience in program implementation, process and outcome evaluation, and data entry
- Trained 13 Health and Exercise undergraduate students to implement SPARK games and conduct SOPLAY observation
- Completed 5 graduate student projects
- Development and Administration of a Survey to Measure Elementary School Teachers’ Nutrition Beliefs and Practices in the School Environment
- Validating Portion Size Assessment Methods in Elementary Schools with Self-Serve Salad Bars
- Fuel for Fun Spring Family Night Technical Report
- The Development, Implementation and Evaluation of Fuel for Fun Action Packs
- The Development, Implementation and Evaluation of a Blog Tailored to Parents of Children Participating in the Fuel for Fun Program

Extension
- Conducted 11 interviews with potential adopters of FFF to identify barriers and facilitators for statewide dissemination
- Began piloting and determining changes necessary for after-school and Youth EFNEP adoption

Acknowledgements

- This project is supported by Agriculture and Food Research Initiative Grant no. 2015-68005-23603 from the USDA National Institute of Food and Agriculture, Childhood Obesity Prevention: Integrated Research, Education, and Extension for Relevant Childhood Obesity -.43519. We also would like to acknowledge Thompson School District, Poudre School District, Project Sharing Committee, Project Advisory Committee, Undergraduate and Graduate Students.

* Student-led abstract/presentation; " Student participated in abstract/presentation development

= Intervention completed for all intervention components