



## Implementation of a Childhood Obesity Prevention Program in an Afterschool Setting by Nursing, Pre-Med and Public Health College Students

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## SCHOOL OF PUBLIC HEALTH

INDIANA UNIVERSITY

Bloomington



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## Importance of G.O.A.L. University

- High burden of childhood overweight and obesity in **Indiana**
- In 2011\*
  - 17.1% overweight
  - 14.3% obese
- **34.32%** of children from **Monroe Co.** that visited the physician were overweight or obese
- Socioeconomic disparity-those of low income are more likely to become overweight or obese and lack access to services
- Children that are privately insured are more likely to be at a healthy weight than those insured under Medicare or Medicaid
- School based programs help to eliminate the disparity

Sources: Data Resource Center for Child and Adolescent Health, a project of the Child and Adolescent Health Measurement Initiative (CAHMI). State Obesity Profiles, 2011.  
Reducing Health Disparities. Among Children: Strategies and Programs for Health Plans. Issue Paper □ February 2007  
2013 Study of Southern Indiana Physicians Pediatric patients' BMI



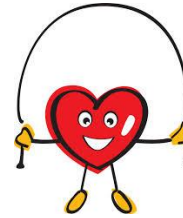


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## What is G.O.A.L. University?



Purcell, 2015



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## Stakeholder Description

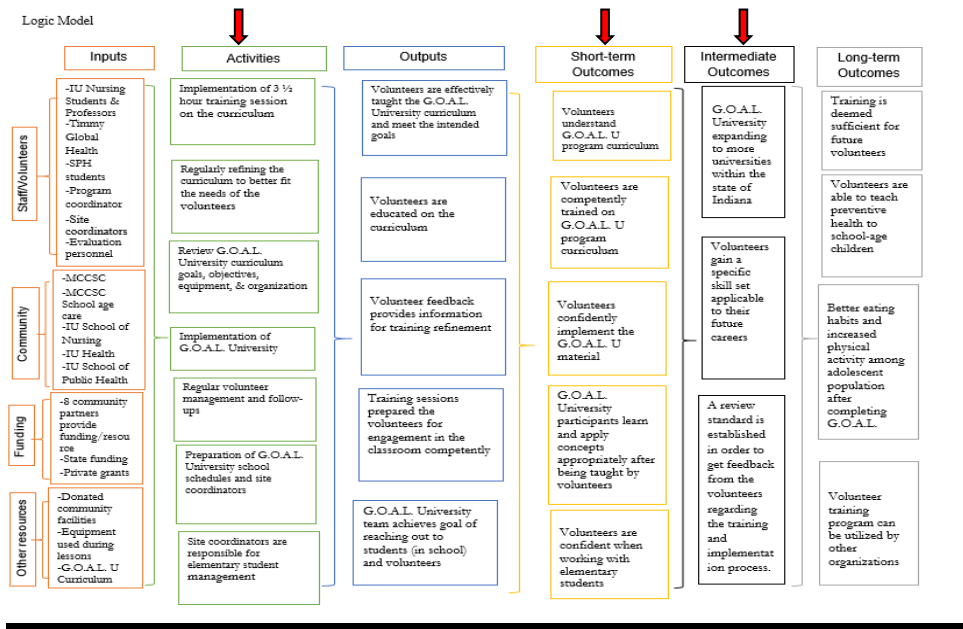
- The success of G.O.A.L University is dependent on various stakeholders. They include but are not limited to:
  - Alex Purcell
  - Various community Partners (e.g. IU Health)
  - Program Participants and Parents
  - Volunteers (e.g. Indiana University Nursing & Indiana University School of Public Health Students, and Timmy Global Health)





# Evaluation Questions

1. Are volunteers confident in teaching the curriculum after G.O.A.L. University training?
2. Are volunteers competent in teaching the curriculum after the G.O.A.L. University training?





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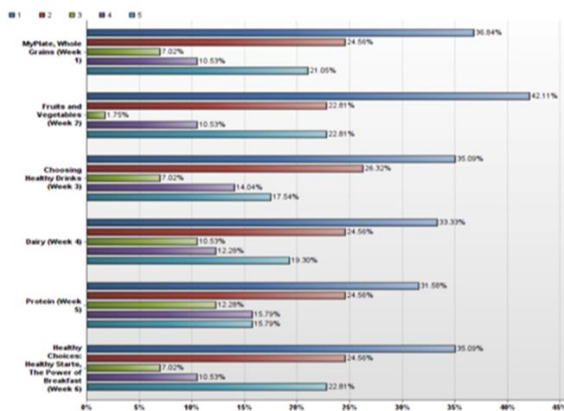
## Evaluation Description

- Blended formative and summative
- Qualtrics survey
  - Easy to collect data
  - Organization of data
  - Analysis of data
- Qualitative and Quantitative data



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## Confidence in Nutrition Lessons



Legend: 1=Most Confident; 2=Somewhat Confident; 3=Neutral; 4=Less Confident; 5=Least Confident

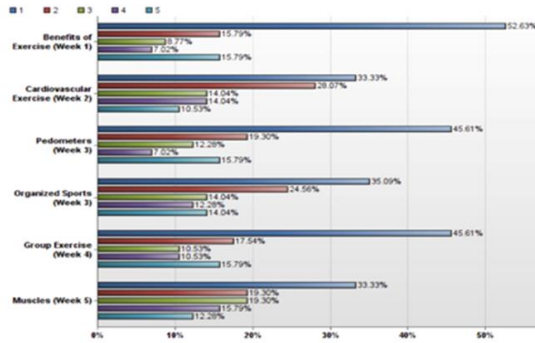
Nutrition Lesson Topics	Volunteer Confidence (Percentages)
Fruits and Vegetables	42.11%
MyPlate, Whole Grains	36.64%
Choosing Healthy Drinks	35.09%
Healthy Choices, Healthy Starts, The Power of Breakfast	35.09%
Dairy	33.33%
Protein	31.58%





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## Confidence in Exercise Lessons



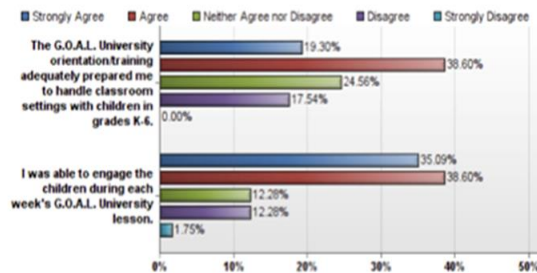
Legend: 1=Most Confident; 2=Somewhat Confident; 3=Neutral; 4=Less Confident; 5=Least Confident

Exercise Lesson Topics	Volunteer Confidence (Percentages)
Benefits of Exercise	52.63%
Pedometers	45.61%
Group Exercise	45.61%
Organized Sports	35.09%
Cardiovascular Exercise	33.33%
Muscles	33.33%



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## Student Competence



- 19.3% felt they were competent to handle classroom settings after training.
- 35.1% stated they were able to engage the children during each week's lesson.





## Evaluation Standards

1. **Utility:** Evaluation on volunteer competence and confidence
2. **Feasibility:** Qualtrics and narrowing down the evaluation subject
3. **Propriety:** Anonymous survey
4. **Accuracy:** Survey question refinement and pilot tests



## Strengths and Weaknesses

### Strengths:

- Overall confidence very high in lessons:
  - Benefits of exercise
  - Fruits and vegetables

### Weaknesses:

- Not very adequately prepared to handle classroom settings
  - Only 19% strongly agreed that they were prepared
- Volunteer competence
  - 35% strongly agree that they were able to engage program participants





## Conclusion

- The G.O.A.L. University training is a practical tool for volunteers
- Volunteers are most confident teaching a variety of nutrition and exercise lessons
- Volunteers do not feel competently trained in classroom management



## Immediate Recommendations

- 1.Change the timing of G.O.A.L. University volunteer training
  - Training should take place no more than two weeks before teaching
- 2.Need a comprehensive training component on classroom management





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## Additional Insight

- Volunteers felt that the material was not age-appropriate for all program participants

