

Introduction

Between January and May of 2018, students at Give Every Child A Chance (GECAC) received a total of 18 nutrition education lessons, trained staff during the After School Advantage Program (ASAP), and the Healthy Lifestyles Coordinator (HLC) conducted four health and wellness presentations. Students at eleven sites (11) were given a pre/post survey that was administered at the end the semester to measure the extent to which students engaged in healthy behavior regarding food.

Overall Demographics

Third grade through eighth grade students were surveyed, and 381 responded to all five questions on both the pre and post-tests.

Table 1 shows the distribution of fully completed pre and post-tests by school. The sample sizes from each school ranged from 16 to 62 students.

Table 2 lists the grades the respondents were in at the time of the survey. Just over half (51.2%) of the respondents were in either the third or fourth grade.

Overall Results

Table 3 shows the percentages of responses for all of the schools combined. The largest increases were found in the questions 'I eat healthy foods' and 'I choose water and other healthy drinks'. There was a 45.9% increase of students answering 'most of the time' for eating healthy foods and a 40.2% increase in students answering 'most of the time' for choosing water and healthy drinks. In addition, there were significant increases in students for all of the five questions ($p < .000$).

One of the goals of the health education program is that 25% of students will report an increase in the consumption of fruits and vegetables, trying new foods, and consciously

Table 1. Respondents by School

School	Count	Percentage
August Knodt	62	16.3%
Banta	30	7.9%
French Camp	43	11.3%
George Komure	31	8.1%
Golden West	30	7.9%
Great Valley	54	14.2%
Lathrop	37	9.7%
Lincoln	16	4.2%
Nile Garden	32	8.4%
Ripon	19	5.0%
Sequoia	27	7.1%
Total	381	100.0%

Table 2. Respondents by Grade

Grade	Count	Percentage
3	94	24.7%
4	101	26.5%
5	59	15.5%
6	60	15.7%
7	36	9.4%
8	7	1.8%
Not listed	24	6.3%
Total	381	100.0%

My Health and Choices Survey

Spring 2018

Table 3. My Health and Choices Survey Responses
N = 381

	Pre-Test			Post -test		
	Most of the Time	Some of the time	A little or none of the time	Most of the Time	Some of the time	A little or none of the time
I eat healthy foods.	39.4%	53.3%	7.3%	57.5%	41.2%	1.3%
I wash my hands before I eat.	61.2%	29.4%	9.4%	69.6%	29.1%	1.3%
I eat many different kinds of food.	43.0%	46.2%	10.8%	55.9%	41.7%	2.4%
I choose water and other healthy drinks.	43.8%	47.8%	8.4%	61.4%	37.8%	0.8%
I eat fruit.	53.5%	41.2%	5.2%	68.0%	31.5%	0.5%

eating healthier foods. The responses for the questions: “I eat healthy foods,” “I eat many different kinds of food,” and “I eat fruit” were analyzed to capture the success of that goal. Of the 381 students analyzed, 44.6% saw an increase in one or more of these questions.

Conclusion

The health activities and lessons presented at the ASAP sites and through the curriculum of the HLC has had a substantial and positive impact on students in regards to healthy food consumption. More specifically, over four in ten students saw an increase in eating healthy foods, different kinds of foods, and fruit.