



Your Healthy Heart: A Health Promotion community-based intervention, with the YMCA of Beaufort and Beaufort High School to Increase Fruit and Vegetable Intake.

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Background

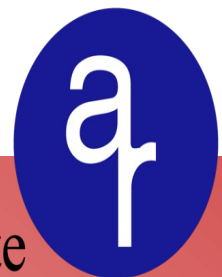
There are a variety of innovative and demonstrated ways to make the healthy choice the easy choice. This student-led intervention was developed with the intent to influence healthy nutritional intake in partnership with the American Heart Association (AHA).

Purpose

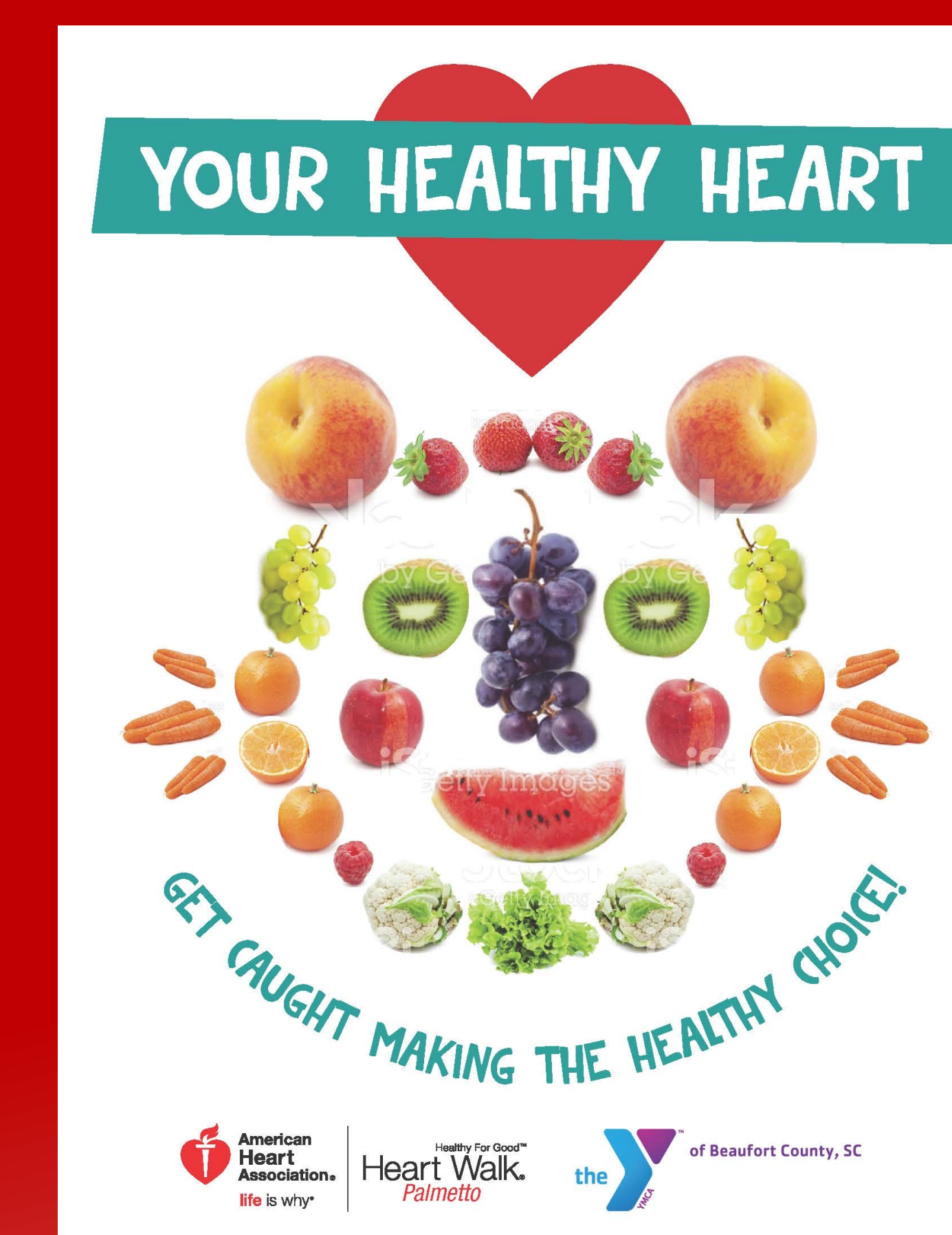
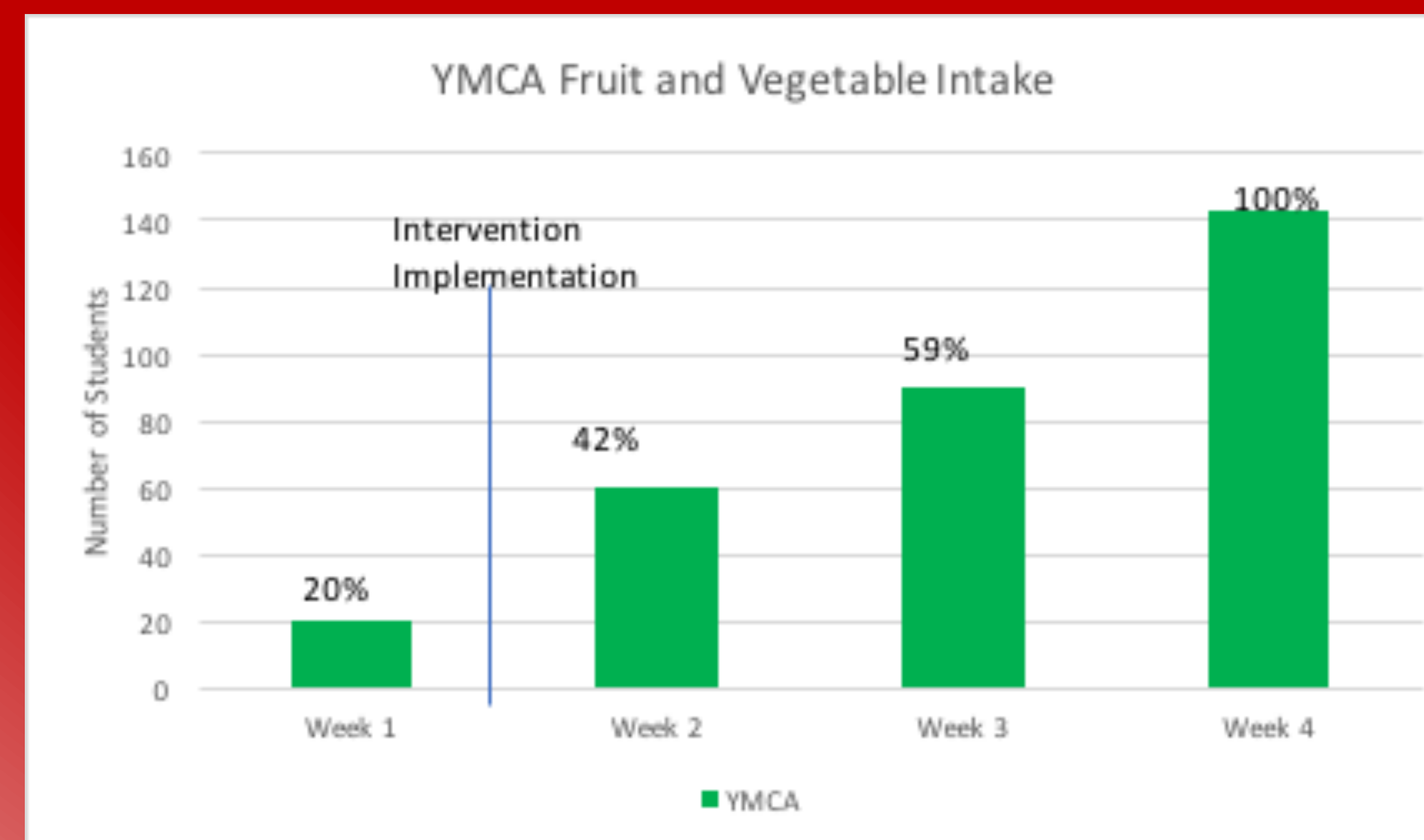
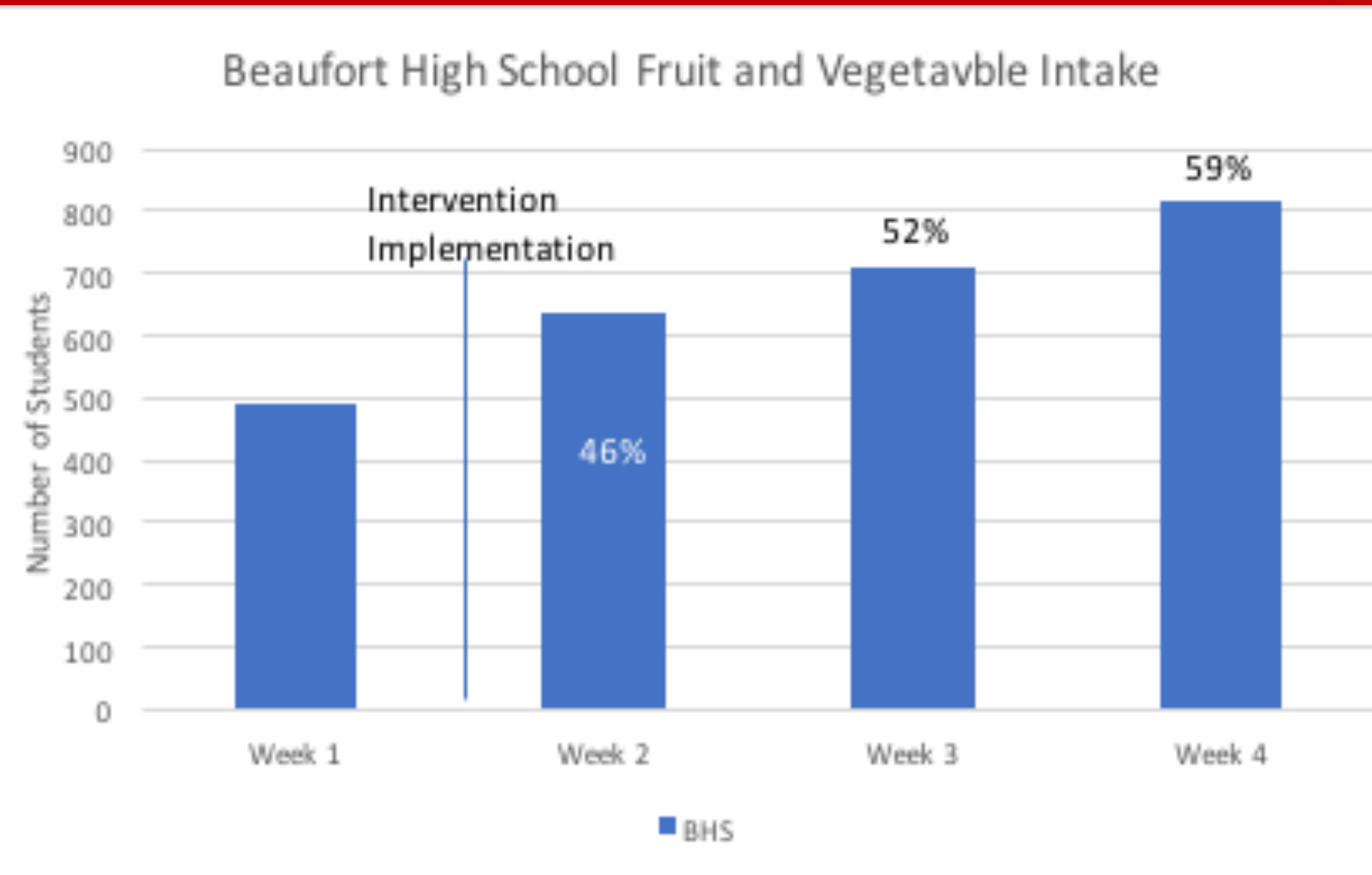
The purpose of this project was to increase fruit and vegetable (F+V) intake among 4-18 year olds at Beaufort High School (BHS) and the YMCA of Beaufort (the Y).

Methods

Two professionally designed 11 x 17 flyers were created to highlight and emphasize eating F+V in BHS and the Y. Each flyer contained a minimum six F+Vs. Descriptions highlighting the benefits of each F+V were displayed for three weeks. F+V intake was tracked by staff members at BHS and the Y. A time series, pre and post test was conducted at both locations to determine if an increase in F+V intake occurred.



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Results

There were 1,365 participants at BHS and 143 participants at the Y. BHS pretest results showed about 1 in 3 (36%) of high schoolers ate a F+V at lunch. After flyers were displayed, in week one 46% of high schoolers ate a F+V per day. During weeks two and three of the intervention, an additional increase to 52% and 59% of high schoolers eating a F+V per day occurred.

Pre-intervention results for the Y demonstrated only 1 out of 5 (20%) 4-13 year olds ate a F+V. By the end of the Y intervention, 100% of 4-13 year olds ate a F+V.

Conclusion

Students intake of healthier options can occur simply through encouragement toward the healthier choices. Students, staff and facilitators found this program both beneficial and effortless. AHA was satisfied with the measured results. Students were able to retain useful information that can be applied to their everyday lives. Future Recommendations include running the intervention longer and tracking F+V intake across the day as opposed to only at one meal time.