

Good for Me and You (GMY)

(Practice-tested)

Summary of Evaluation Methods

Good for Me and You (GMY) has five lessons focused on: eating healthy, healthy breakfast, healthy snacks/beverages, exercise, and food safety. Each lesson includes a featured book, interactive activity that builds on the book reading, classroom enhancements, a tasting activity, a family flyer, and a recipe. GMY was originally tested and refined with expert and practitioner input, as well as pilot tested in several “real world” program settings. As the curriculum was adopted by UC CalFresh and EFNEP county programs across the state, additional outcome evaluation data became available. This summary includes outcome evaluation data from UC CalFresh’s retrospective Teacher Observation Tool (TOT) and EFNEP’s Eat Well + Move student survey collected during FFY 2015 (October 1, 2014 to September 30, 2015).¹ The TOT captures teachers’ assessment of changes in their students’ behavior (5 items) and their own behaviors and practices (5 items) related to healthy food choices, trying new foods, dairy foods, fruits and vegetables, physical activity, and hand washing.² Student items use a five-point Likert scale ranging from “Strongly agree” to “Strongly disagree”; while teacher questions use a four-point Likert scale with response options for “A lot more often”, “Somewhat more often”, “About the same as before”, and “Not sure/unable to respond”. The self-administered, pre/post Eat Well + Move survey assesses students’ ability to correctly identify images of kids engaged in healthy behaviors, as well as healthy food/drinks. The survey includes six questions with four images per question targeting being active, healthy snacks, vegetables, fruits, and hand washing.

Evaluation Audience

Teacher evaluation data come from 30 teachers who completed the retrospective TOT. In total, 780 students from first to third grade were observed across seven counties (Imperial, Kings, Placer, Santa Barbara, Santa Clara, Shasta, and Trinity). Student evaluation data come from 179 matched pre/post Eat Well + Move student surveys collected from nine kindergarten to second grade classrooms in Kern County.

Curriculum Audience

GMY is a nutrition curriculum in which students explore a healthy body and lifestyle, study MyPlate, and learn about nutrients and what they do for their bodies. It was designed for use with second grade-aged students in the school setting. The GMY classroom lessons are available in English with take-home family materials available in both English and Spanish.

Summary of Evaluation Results

TOT results indicated that the majority of teachers who delivered GMY reported agreeing or strongly agreeing that compared to the beginning of the school year more students: can identify healthy food choices (100%), are willing to try new foods offered at school (87%), bring fruit and/or veggies as a snack (70%), choose fruits/veggies in the cafeteria or at class parties (73%), and wash hands before handling food (70%). In addition, over two-thirds of teachers also perceived changes in their own behaviors and practices (i.e. offer healthy food choices, remind families to bring healthy snacks, encourage students to eat breakfast/be physically active, and make healthier personal food choices) when reflecting back to the beginning of the school year. Student survey findings provide complementary evidence. Paired t-tests comparing the mean scores for correct responses on the Eat Well + Move survey showed significant improvements ($p < .001$) from pre to post in student’s ability to identify healthy snacks (3.43 to 3.63), dairy foods (2.34 to 3.31), vegetables (3.31 to 3.68), and kids who need to wash hands (2.46 to 3.21). Although identification of fruits did not significantly improve, the mean score began quite high and increased from 3.63 to 3.71.

References

1. Keihner, A. & Egelski, E. A Summary of the Evidence-Base for Five UC ANR Curricula Commonly Used by UC CalFresh: (1) Go, Glow, Grow, (2) Happy Healthy Me, (3) My Amazing Body, (4) Good for Me and You, and (5) It’s My Choice. Available online at: <http://uccalfresh.org/curriculum/uc-calfresh-curriculum/sharon-junge-curricula-evidence-report-final-8-23.pdf>
2. Kaiser, L., Schneider, C., Neelon, M., Ganthavorn, C., Roche, B., Mendoza, C., & Matthiessen, T. (2013). Evaluation of Nutrition Outcomes in Youth: Challenges and Opportunities. In Trejos-Casillo, E. (Ed.), Youth: Practices, Perspectives and Challenges (pp. 3-15). New York: Nova Science Publishers.