

# BE ACTIVE KIDS®

## EVALUATION MAJOR FINDINGS

### Trainers:

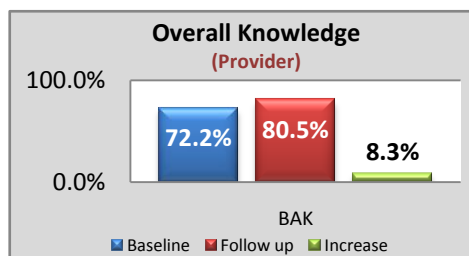
- Overall, the train-the-trainer model is effective and well-received by participants.
- Trainers' knowledge, self-efficacy, and some attitudes about PA, nutrition, and food safety increased significantly. (*Increased knowledge from 78% to 93% correct response rate*)
- Trainer knowledge, attitudes and self-efficacy scores were maintained at follow-up (after having their first provider training). (*Increased knowledge from 93% to 96% correct response rate*)

### Providers:

- Significant knowledge, self-efficacy and attitude scores after being trained on curriculum.
- Increased knowledge from 72% to 80% correct response rate.

- *Providers confidence level in teaching nutrition, physical activity and food safety to their children improved significantly.*
- *Providers perceived knowledge of nutrition, physical activity, and food safety for preschoolers increased significantly with training and program implementation.*

- No significant improvements were shown for control providers.
- Providers behaviors related to diet and physical activity were poor (throughout the evaluation).

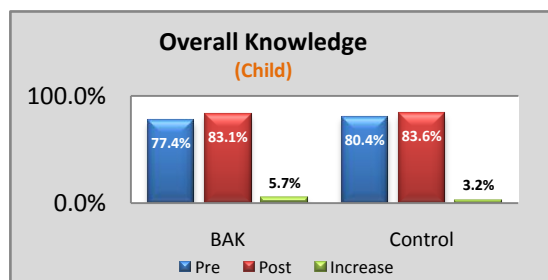


### Parents:

- BAK curriculum *may* have a positive effect on parents' knowledge and attitudes.
- Both control and BAK parents' diets were significantly correlated with their children's diets.
  - *Frequency of soda consumption, sugar sweetened beverage consumption, intake of potato chips, milk consumption, fruit serving per day and vegetable serving per day*
- **Less than half of BAK parents received the program newsletter.**

### Children:

- There is a link between BAK curriculum and improving children's knowledge scores around nutrition and PA.



- *Children were able to identify more correct "healthy" food choices in contrast to the control group.*
- *BAK children's knowledge scores increase by 5.7 percent.*

- Significant improvement in the number of BAK children who drank skim or low-fat milk (no improvement among control children).
- Significant increase of BAK children who had 3 or more serving of vegetables.
- Significant improvement for BAK children with respect to television viewing.