Abstract 042
Category: Nursing knowledge

TITLE: Helping Predominately Hispanic Children from Underserved Schools Learn About Healthy Eating: Study II


Introduction with problem statement:
Although children residing in impoverished rural communities along the Texas-Mexico border are at a disproportionately high risk for unhealthy eating and obesity, limited resources may preclude devoting sufficient attention to school-based nutrition education. The purposes of this quasi-experimental study were (a) to examine the teaching effectiveness of graduate nursing students on fourth-grade student learning about healthy eating; (b) to determine the practicality of a partnership between the University School of Nursing and key community stakeholders; (c) to compare findings with Study I.

Methods:
Purposive sampling was used to select 212 predominately Hispanic fourth-grade students enrolled in one of three underserved elementary schools located along the Texas-Mexico border. The Check nutrition curriculum was implemented by 10 graduate nursing students to approximately 40 children per group who attended weekly 45-minute sessions for six weeks. The MyPlate standardized tests were administered prior to and following the intervention.

Results and discussion:
Consistent with Study I, results showed a significant improvement in the four learning curriculum modules for children in each school. These findings support the value of a strategic partnership between the University School of Nursing and key community stakeholders as a practical way of bridging the nutrition educational gaps in underserved elementary schools.

Impact on discipline:
While this study focused on the effectiveness of graduate nursing students in delivering nutrition education on healthy eating to fourth-grade students residing in underserved areas along the Texas-Mexico border, these findings can serve as a guide for future research and the development of strategic partnerships with other underserved communities for promoting healthy lifestyle practices.