

**Abstract 042****Category:** Nursing knowledge**TITLE:** Helping Predominately Hispanic Children from Underserved Schools Learn About Healthy Eating: Study II**AUTHORS:** Eanes, L., Fuentes, L., Bautista, B., Garza, D., Salazar, D., Cheneke, C., & Hernandez, R.**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.