

UP4it – Level One

(Emerging)

Summary of Evaluation Methods

UP4it was developed by University of California academics and staff. UP4it targets four key areas correlated to weight gain in youth: sleep, foods, beverages, and physical activity. The UP4it activity guides utilize youth development principles that engage youth in learning through problem-solving, teamwork, and 21st century skills (such as critical thinking, initiative, and social skills). The UP4it Level One intervention and evaluation occurred from February 2018 through June 2018 in two counties (Alameda and Yuba). Each intervention group began by implementing Activity 1 of the curriculum, and subsequent selected activities were completed in any order decided on by the youth and/or teacher with a minimum of 5 activities completed over 6 hours. A total of 16 activities from UP4it were included in the FFY 2018 evaluation. The Expanded Food and Nutrition Education Program (EFNEP) pre/post 3rd-5th Grade Youth assessment tool was used to evaluate outcomes in youth participants. The EFNEP tool includes self-reported behavior questions about food choices and physical activity on a 4-point Likert scale; enjoyment of physical activity on a 3-point Likert scale; knowledge of food safety; and intent to ask family for healthy foods. The Teacher Observation Tool (TOT) was completed by a teacher after facilitating UP4it to indicate observations about changes in youth health-related behaviors and their own health-related behaviors from pre-participation to post-participation in UP4it in their classroom.

Evaluation Audience

UP4it was evaluated with a sample of 122 fourth grade youth from two SNAP-Ed- and EFNEP-qualifying low-resource elementary schools in two counties. Youth completed pre/post assessments before and after participating in UP4it using the EFNEP 3rd-5th Grade Youth tool. Two classrooms in Yuba and three in Alameda County were included. Butte and Yolo County also participated, but they did not collect post-test evaluations, so they were not included in analysis.

Curriculum Audience

UP4it Level One was designed and written for fourth and fifth grade youth. UP4it was designed for classroom implementation with youth in the school setting. Materials align with Common Core State Standards.

Summary of Evaluation Results

When comparing pre-test to post-test results, youth (n=122) who engaged in UP4it activities reported improvements in food choices, physical activity, and food safety. Specifically, 72% improved their ability to choose foods according to Federal Dietary Recommendations; 27% improved their physical activity practices and/or knowledge; and 31% improved safe food handling practices and/or knowledge. Additionally, one teacher out of five indicated through the TOT that youth showed improvements in nine out of ten of the areas assessed, including bringing fruits and vegetables for snacks, identifying healthy food choices, trying new foods, offering and choosing healthy foods in the cafeteria and classroom, and encouraging breakfast consumption and physical activity.

References

Horowitz, M., and Hedrick, C. (2019). UP4it Obesity Prevention Intervention for 4th-5th Graders. California SNAP-Ed LIA Forum, Sacramento, CA.



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