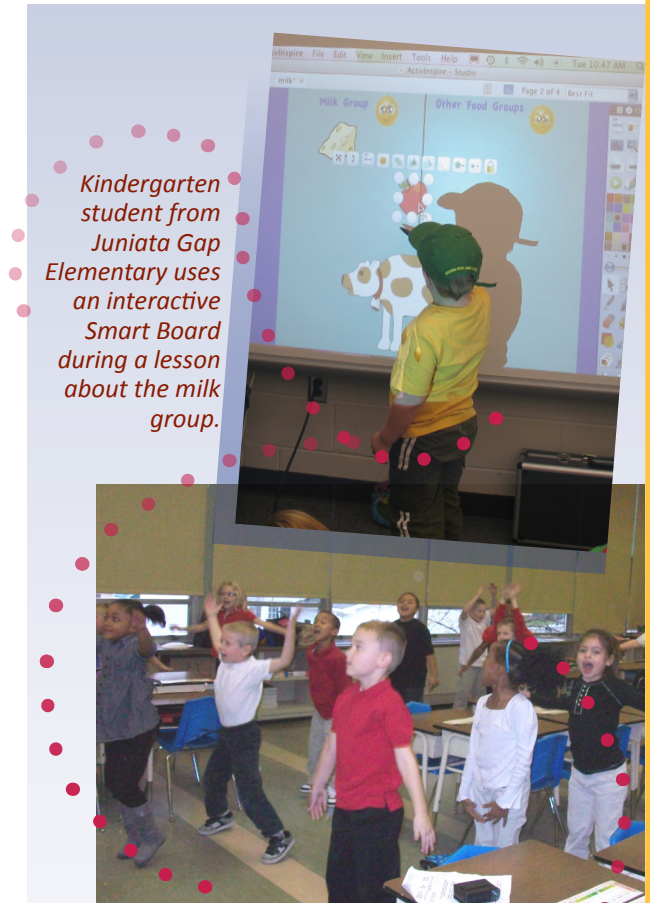
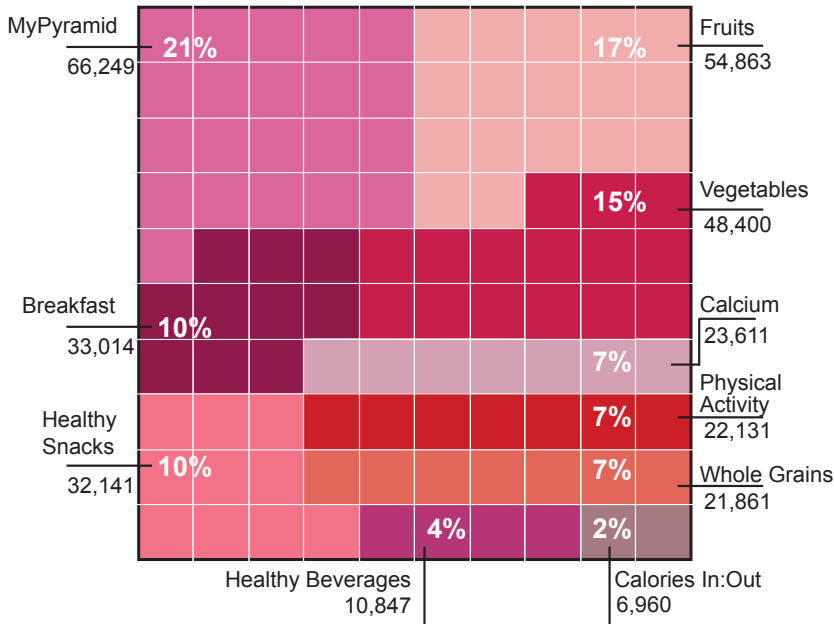


School-Age TRACKS Report

In the 2010-11 school year TRACKS:

- Reached **194,979** children and **688** caregivers
- Provided more than **6.8 million** education contacts
- Funded over **321,000** education sessions on nutrition topics as shown below



Kindergarten student from Juniata Gap Elementary uses an interactive Smart Board during a lesson about the milk group.

First graders at Thaddeus Stevens Elementary School participate in physical activity demonstrations.

Spotlight on Caregiver Education

The Food Trust provides caregiver programming in a TRACKS-participating school that encourages healthy treats for classroom celebrations. The nutrition educator provided a handout with simple (fruit plate, popcorn) and more complicated (frozen banana pops) suggestions. In a follow-up session the educator asked if anyone had used the snack suggestions and relayed this story:

"This mom froze enough fresh bananas for her child's entire class, later dipped them in plain low-fat yogurt and topped them off with low-fat granola. She also brought a tier to arrange these bananas in a cake form and served that to the entire kindergarten class! I continue to share this story with other families and educators, as a prime example of the impact that our program, along with a supportive school environment can have on families and communities."



Ellwood breakfast workshop pumpkin pancakes

School Principal Feedback

- The TRACKS program positively impacted students at our school. As a result of the well-designed lessons, students were excited to evaluate their eating habits and encouraged to make healthy food choices. Their understanding of general nutrition significantly increased over the course of the program.
- There should be a more noticeable connection between the nutrition lessons and the cafeteria food.
- The program has introduced the students to various nutritional options they may not have tried before the program [was] implemented.

School Teacher Feedback

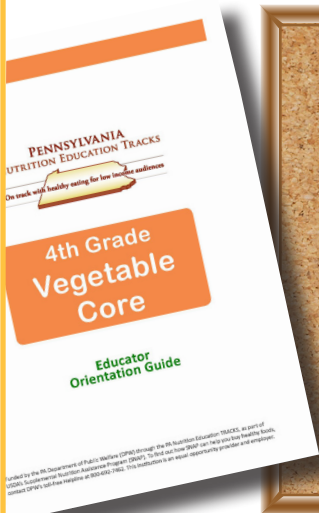
- 👍 *The food tasting definitely opened the children's minds. Seeing their friends try foods they wouldn't eat helped them to try those foods.*
- 👍 *The program activities were fabulous. The lessons were very engaging and they held the student's attention.*
- 👍 *Students enjoyed 4th Grade Vegetable Core.*
- 👍 *I hope these lessons will continue. In a country where obesity for children is on the rise we need these programs!*
- 👍 *As a parent of 2 children in the district and who have both benefited from the lessons & information I really value the program. My children make better choices and I make better choices for them!*
- 👍 *I'm sure my students will be reading nutrition labels this summer, and long after this program has ended in June. Keep it up!*



4th Grade Vegetable Core Evaluation

4th graders across the state receive a 4-lesson, evidence-based* intervention focused on vegetables. Fifty-two classrooms participated in follow up evaluation during the 2010-11 school year. Pre and post-tests were administered and students with matched surveys were included in the analyses. Post-test scores showed significant improvement ($p < 0.01$) for four constructs tested: vegetable related knowledge, preference, attitude and self-efficacy.

* Manuscript of impact study results to be published in the *Journal of School Health* (January 2012, 82:37-43).



Construct (n)	Pre-test Mean Total Score (SD)	Post Test Mean Total Score (SD)	Results show positive change!
Attitude (899)	7.84 (2.06)	8.02 (2.03)	+0.18
Self-efficacy (892)	7.59 (2.31)	8.05 (2.19)	+0.46
Preference (816)	35.97 (8.44)	37.53 (8.29)	+1.56
Knowledge (839)	2.78 (1.11)	3.89 (1.04)	+1.11

8th-12th Grade Evaluation

Students in grades 8-12 complete an annual post-intervention survey after receiving nutrition education from local TRACKS partners. The 2011 survey included nutrition items from the CDC Youth Risk Behavior Survey (YRBS), calcium intake items, and internet access/usage questions. The student sample (n=907) was 50.7% female and mean age was 14.4 years.

Some interesting findings include:

- Only 18.5% of students reported eating vegetables 3 or more times/day.
- 30.7% consumed the recommended intake of 3 or more cup equivalents of dairy foods per day.
- 78.7% used a cell phone or mobile device for internet access; 50.8% (n=355) of these students indicated interest in using an app to learn about nutrition and health.

For more details about evaluation results, visit:
<http://www.panutritiontracks.org/public/results.asp>