

MyPlate Education Kit Evaluation Survey Results

Introduction:

Demand is increasing for evidence of beneficial outcomes of programs implemented in the public sector. Private sector vendors are developing mechanisms to support use of their programs and materials. Testing, while expensive, is an important tool for evaluation of these programs. I'm Safe has piloted mechanisms to test and track results from the use of their MyPlate Education Kit to provide evidence of real world results from use of their products.

Methods:

Teacher Pre- and Post- Program Feedback and Student Response Pre- and Post-Tests were distributed to a self-selected convenience sample of teachers in Tulare County, California who used the I'm Safe MyPlate Education Kit with their pre-kindergarten students in spring of 2016. Student Pre- and Post-Tests were administered in small groups (n = 85, mean group size = 5).

Results:

- Of a convenience sample of 85 pre-kindergarten children whose teachers used the MyPlate Education Kit, 96% improved on at least one measure of nutrition learning, 62% improved on 2 or more measures.
- 6 in 8 pre-k teachers reported that the MyPlate Education Kit assisted them in meeting their nutrition goals for their students.
- 7 in 8 pre-k teachers reported that the MyPlate Education Kit assisted them in raising awareness with students' families about MyPlate.
- 6 in 8 pre-k teachers gave the MyPlate Education Kit an "A." 2 gave the MyPlate Education Kit a "B", commenting that the materials are age appropriate, and could include more activities on Presentation Activities for adults (families).

Discussion:

Teacher administered testing of outcomes in this size and type of sample may be subject to diverse confounders, however results suggest that teachers perceive benefits in child and family awareness of healthier eating habits, and that children's recognition of healthier foods and understanding of food groups is improved by use of the MyPlate Education Kit in pre-kindergarten classrooms.

Disclosures:

This research was undertaken privately for I'm Safe. Data was compiled and analyzed by a graduate assistant and masters candidate in Public Health at the Muskie School of Public Service at the University of Southern Maine.