Health Promotion in the Classroom: An Evaluation of a School-Based Obesity Prevention Lesson

**Obesity in Children:**

- Over the past few decades, rates of overweight and obesity in youth have risen substantially.
  - *Approximately 1/3 of youth are overweight or obese.*

**University of Miami ROSE program:**

- ROSE (Reducing Obesity in Students Everywhere) is committed to overweight and obesity prevention in youth.
- ROSE graduate and undergraduate health ambassadors deliver health promotion lessons at elementary, middle, and high schools.
- The lessons include material on nutrition, physical activity, screen time reduction, sleep, healthy lifestyle benefits, and approaches to encourage family and peer involvement in healthy behavior change.

**Learning Objectives of the health promotion lesson:**

1. Specify the health consequences of obesity.
2. Understand how the health choices they make during their youth can affect their future health.
3. Provide examples of foods in the MyPlate food groups.
4. Recognize that half of their plates should be filled with fruits and vegetables.
5. Read and understand a food label.
6. Describe the consequences of excessive consumption of sugar-sweetened beverages.
7. Understand how fast-food companies use various marketing techniques to sell their products.
8. Understand energy balance and describe the recommendations for physical activity and screen time.
9. Demonstrate an understanding of the material by reporting in writing three things they learned from the presentation.

**Evaluation of Lessons’ Effectiveness:**

- 98% of students reported learning something from the lesson and 84% of students reported remembering at least one thing from the lesson a month later.
- 99% of students reported intent to make a health behavior change on the day of the lesson, and 87% reported making a change one month later.
- The lesson stimulated family discussion. Furthermore, students who talked to their families about what they learned were more likely to have retained the lesson material one month later.

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Lesson resources found at:
http://www.psy.miami.edu/urose/resources.