

Efficacy of Student-Led Health Initiatives at Riverview East Academy

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Learning Community 10

Introduction

Riverview East Academy is a K-12 school in the Cincinnati Public Schools System in the East End neighborhood. The school has a graduation rate of 67%, and the area is considered a food desert. These are major concerns for the school's administrators and healthcare providers at Riverview East's school-based health clinic. Additional barriers to healthy living include an epidemic of obesity and unhealthy lifestyle habits,¹ problems surrounding relationships and self-esteem,² and a lack of effective education addressing these issues.³

Research has shown the value of implementing student-led, collaborative initiatives to foster positive health habits among students.⁴ This project aims to utilize student-led and adult-led interventions to increase students' health knowledge in an effort to improve longitudinal health outcomes.

Goal: Educate middle school students by increasing student knowledge and interest in health topics by 25% by the end of April.



Methods

Lessons were taught to thirty-four middle school students from the Riverview East Academy Wellness Club over the course of three sessions. Students at Wellness Club sessions were split randomly into two groups. Each group was given an adult-led lesson on a health topic. Then, students taught the lesson they learned from adults to their peers in the other group. Surveys assessing knowledge and preferred teaching method were given before any teaching (pre-test), after adult-led teaching (mid-test), and after peer-led teaching (post-test).

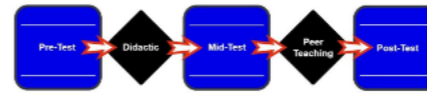


Figure 1. Flowchart for methods



Figure 2. Team member at Riverview East

Results

At the conclusion of the study, the average score change between pre- and post-session testing was an increase of 22.3%. An overall increase in score was seen in 55.9% of participants. The number of participants who chose peer-led teaching as their preferred teaching method increased from 47.1% to 64.7%. The overall average change in interest in the topic was 13.5%, which represents an upward trend in interest.

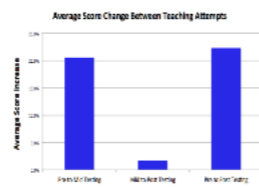


Figure 3. Average score change



Figure 4. Student preference for peer teaching

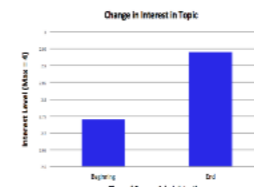


Figure 5. Increased interest in health topic

Discussion

While our goal of improving knowledge and interest by 25% was not met, our results show that both components of the sessions (adult-led and peer-led teaching) were effective in improving student knowledge and interest in health related topics. Results showed that the average student scores on the knowledge test increased from pre-test to post-test by 22.3%. Students showed an increased preference for peer teaching (+17.6% of students) after the sessions. Student interest in health-related topics increased overall by 13.5%.

Future Steps

Identify community members to assist in forming a Youth Advisory Council, so students can lead their peers in promoting healthy lifestyles.

References

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Results & Discussion	Dominic Camperchioli	Mar 21, 2018
Project Update 3	Stefany Hernandez	Mar 21, 2018
Project Update 2	Kristen Nelson	Feb 12, 2018
Project Update 1	Kristen Nelson	Jan 16, 2018
Poster shortenings	Kristen Nelson	Apr 3, 2018
Poster Outline- Information for the Introduction	Kristen Nelson	Apr 3, 2018
Poster Intro + Methods	Vanessa Wagner	Mar 21, 2018
Nutrition Lesson Plan	Kristen Nelson	Feb 6, 2018
LC Project Data.xlsx	Derrick Lin	Feb 12, 2018
LC Project Data + Stats.xlsx	Derrick Lin	Mar 21, 2018
Key Findings	Kristen Nelson	2:45 PM
Healthy Eating	Christina Lehn	Feb 13, 2018
Final Poster - LC 10.ppt	Derrick Lin	2:47 PM
Abstract	Kristen Nelson	2:34 PM