

Eat Healthy–Be Active Community Workshops

Practice-Tested

Summary of Evaluation Methods

The Eat Healthy–Be Active Community Workshops were pilot tested at ten diverse locations across the eastern and Midwestern US, including participants from a range of socioeconomic and ethnic backgrounds. All lessons from the workshops were taught sequentially, and a pre-test/post-test evaluation design was used to evaluate effectiveness. Qualitative data were collected to evaluate usability and satisfaction.

Evaluation Audience

The ten pilot sites, including each site’s audience, are described in the table below.

Site	Location	Audience
Arkansas State University	Beebe, AR	University staff
Boston Organization of Nutritionists and Dietitians of Color	Boston, MA	Baptist church group
Clemson Cooperative Extension	Clemson, SC	University custodial staff, church group
Cole County Health Department	Jefferson City, MO	Church group
Health Resources Services Administration	Rockville, MD	Federal employees
Montgomery County Cooperative Extension	Collegeville, PA	Head Start parents, county employees
Naval Support Activity	Millington, TN	Spouses of military or retired military personnel
Panama City Cooperative Extension	Panama City, FL	Elementary school parents
Pulaski Cooperative Extension	Pulaski, VA	Adult education participants
Purdue Cooperative Extension	Valparaiso, IN	County employees

Curriculum Audience

These workshops are targeted for use by community leaders, health promoters, and educators for use among all adult participants.

Summary of Evaluation Results

Among workshop participants, 64% reported making changes in eating or physical activity behaviors after attending the workshops. Among those who made changes, 94% credited the workshop for the changes they made. In addition, 93% of workshop participants that attended all 6 reported intent to change eating behaviors, while 95% reported intent to be more physically active.

References

Hayes, R, Butner, K. Eat Healthy–Be Active Community Workshops: A pilot evaluation. *JNEB* 2012; 44(4): S67-S68. (Abstract)

Butner, K, McPeak, H, Polon, R, Mosher, A, Gan, J. Effective Strategies for Disseminating the Dietary Guidelines and Physical Activity Guidelines at the Community Level. 2012. Poster presentation to the Academy of Nutrition and Dietetics.