

## SECTION F: LOCAL EVALUATION

### Executive Summary

**Grant Awarded to:** California State University, Chico Research Foundation  
**Program Name:** OPT for Fit Kids II  
**Funded By:** Butte County Children and Families Commission  
**Report Date:** September 12, 2005

#### Program Components

*LEAP* for Childcare Home Providers

Nutrition Counseling

Train Home Visitors

Nutrition Classes

*LEAP* Physical Activity Component

#### Desired Results

- ' Children are born and will remain healthy and well nourished by providing a curriculum to county child care home providers that promotes fruit and vegetable knowledge and behavior change among children and their parents.
- ' Children are ready to enter school and progress successfully because they and their parents will have learned better eating habits and behavior change regarding diet and exercise.
- ' Children are born and will remain healthy and well nourished by providing nutrition counseling to families at additional WIC sites and preschool children at school sites.
- ' Children are ready to enter school and progress successfully through a better diet and more exercise and, thus, a decrease in the rate of overweight children.
- ' Families are nurturing and supportive of their children's social and emotional needs by obtaining nutritional counseling services and gaining knowledge in better eating habits and behavior change.
- ' Children are born and will remain healthy and well nourished by training home visitors to screen young children for nutritional risk, particularly overweight, and to educate parents and children with the use of OPT materials to reduce or eliminate nutritional risk and/or being overweight.
- ' Children are ready to enter school and progress successfully because they will be screened for nutritional risk and their parents will be provided materials and strategies to correct any deficiencies and promote physical fitness before the child enters school.
- ' Families are nurturing and supportive of their children's social and emotional needs through the knowledge provided to them by home visitors regarding nutritional risks.
- ' Children are born and will remain healthy and well nourished by providing a curriculum at parent classes and staff trainings that promotes fruit and vegetable knowledge and behavior change among children and their parents.
- ' Children are ready to enter school and progress successfully through their parents' knowledge in nutrition and behavior change.

- ' Families are nurturing and supportive of their children's social and emotional needs through the knowledge gained at parent nutrition classes.
- ' Children are born and will remain healthy and well nourished by providing physical exercise to the *LEAP for Preschoolers* curriculum. This physical activity will promote the burning of calories; contribute to overall fitness, and model lifelong strategies to reduce weight.
- ' Children are ready to enter school and progress successfully because they will be more physically fit.

### Evaluation Results

All workshops and meetings conducted by OPT were rated high by participants in regard to meeting expectations, learning at least one strategy to promote physical activity in the work setting, the value of the information presented, and the comfort level in making referrals for *OPT for Fit Kids* services.

Excluding one outlier, there was an overall decrease in BMI of .6 units for the nine children with more than one BMI value. OPT staff consider this decrease a reasonable expectation. Overall, six (60 percent) showed a decrease in their BMI while 4 (40 percent) showed an increase. Those who decreased their BMI did so, on average, 1.2 units. Even including the outlier, BMI decreased overall by .1 unit, on average, for the ten children with more than one BMI value. Increases or decreases in BMI were not limited to children of a certain age.

Two groups of meetings (four meetings for each group) took place at Skyway House for TRACK clients from April through June. Because of the type of service that is provided at TRACK, the same women were not in the groups each time. Some clients were present for all sessions in each of the groups, but others may have only been there for a couple of the sessions. The women in both of the groups were provided with a lot of knowledge about strategies for raising healthy active children.

Plans to implement the physical exercise component to the *LEAP for Preschoolers* curriculum will be carried out in year 2.