



# Usefulness of Four Team Nutrition Resources



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## PURPOSE

The purpose of this research was to assess the usefulness of four Team Nutrition (TN) resources by TN school leaders. The resources reviewed and evaluated were:

- *MyPyramid for Kids*
- *Nutrition Essentials*
- *Empowering Youth with Nutrition and Physical Activity*
- *Team Up At Home*

## OBJECTIVES

- Identify the perceptions of TN school leaders regarding issues influencing the curriculum assessment of the identified TN resources
- Identify the perceived usefulness of the TN resources
- Identify the personal and school characteristics of the TN leaders and schools

## METHOD

- An online survey was developed and pilot tested with input from USDA, TN representatives and TN leaders.
  - Introduction to the survey
  - 14 questions associated with *MyPyramid for Kids*
  - 14 questions associated with *Nutrition Essentials*
  - 14 questions associated with *Empowering Youth with Nutrition and Physical Activity*
  - 11 questions associated with *Team Up at Home*
  - Questions associated with barriers, ways to enhance, and general comments to TN resources
  - TN Leader and School Characteristics
- TN school leaders (6,638) received an invitation letter and follow-up post card to participate in the online survey.
- 161 invitational letters returned because of incorrect address, for potential N=6477.
- Online survey was administered by SurveyMonkey.com.
- Five hundred forty-five participants completed the online survey.

## RESULTS

### Characteristics of TN Leader Respondents

- 59% were cafeteria managers, while 25% were teachers/school administrators
- Of the 545 TN school leaders participating in the study,
  - 55% received *MyPyramid for Kids*
  - 22% received *Nutrition Essentials*
  - 15% received *Empowering Youth with Nutrition and Physical Activity*
  - 20% received *Team Up at Home*

### Characteristics of TN Schools

- 61% were Elementary Schools
- 13% were Middle/Jr. High Schools
- 6% were High Schools
- 20% were PreK/K-High Schools
- 48% had less than 500 student enrollment
- 37% had 500-999 student enrollment
- 11% had 1,000-3,000 student enrollment
- 4% had greater than 3,000 student enrollment

## Assessment of TN Resources

- *MyPyramid for Kids*
  - 73% (n=261) used the lesson plans frequently to sometimes
  - 81% (n=246) used the supplemental material
  - 66% (n=243) used the resource in the Health subject area
  - 70% (n=250) distributed the resource to teachers
  - 75% (n=248) "strongly agree" to "agree" that the lessons were well organized and easy for the teacher to follow
- *Nutrition Essentials*
  - 65% (n=103) used the lesson plans frequently to sometimes
  - 89% (n=98) used the posters as the primary material
  - 66% (n=96) used the resource in the Health subject area
  - 72% (n=96) distributed the resource to teachers
  - 73% (n=96) "strongly agree" to "agree" that the lessons were well organized and easy for the teacher to follow
- *Empowering Youth with Nutrition and Physical Activity*
  - 70% (n=71) used the lesson plans frequently to sometimes
  - 71% (n=65) used the posters as the primary material
  - 62% (n=63) used the resource in the Health subject area
  - 69% (n=64) distributed the resource to teachers
  - 69% (n=68) "strongly agree" to "agree" that the lessons were well organized and easy for the teacher to follow
- *Team Up at Home*
  - 70% (n=94) used the lesson plans frequently to sometimes
  - 78% (n=87) used the parent's pages; kid's pages; recipes
  - 66% (n=91) sent the resource home to parents to use with their child(ren)

## Barriers for using TN resources

- Not enough time
- Lack of interest or cooperation
- Not having the TN resources
- Not enough local resources such as money and support
- Resources/materials are needed in Spanish or other languages

## APPLICATION

This study shows a large proportion of TN school leaders did not receive the resources, but of those that did, 75% would use them. The large majority of users perceived that TN resources were useful. Suggestions from leaders are helpful for the future development of resources. Findings indicate an opportunity for USDA, TN to partner more closely with state agencies to encourage schools to become TN schools and therefore, use the available TN resources/materials.

