AMERICAN ACADEMY OF FAMILY PHYSICIANS FOUNDATION

Cooking to Obliterate Obesity in Kids (COOK): Is School-Based Culinary Education Associated with Increased Nutritional Knowledge and Healthy Eating Behaviors in Adolescents? (G1503RS)

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Abstract

Background: Adolescent obesity continues to be a persistent problem in the US. Despite efforts made at both the national and state levels, obesity prevalence has risen in 12-19 year olds from 17.4% to 20.5% from 2003-2012. Prior research suggests that culinary skills education is associated with healthy changes in nutrition behavior via linking abstract nutritional concepts to concrete experiences with food.
Objective: To assess whether a culinary skills program implemented in the classroom setting of a public high school improves adolescents' dietary quality, health literacy, attitudes towards healthy food, and self-efficacy to make and eat healthy food.
Design: Pilot study that involves pre- and post-intervention survey data analysis
Setting: The 9th grade health class at Community Health Academy of the Heights (CHAH), Washington Heights, NY
Participants: ninth-grade class (n=72)
Intervention: the program will consist of six 40-minute class periods over a 1-month period. A 25-question survey will be administered to each participant before and after the program to assess for changes in dietary quality, health literacy, self-efficacy, and attitude towards healthy food.
Results: We plan to use matched-pair t-test analysis to assess for significant differences in survey data pre- and post-intervention.
Conclusions: We will present the results of this pilot program to the students and faculty at CHAH in hopes of spurring continuation and expansion of the program. We also plan to present the findings via a national conference, publication in a peer-reviewed journal, and through application for future grants that will support long-term continuation and evaluation of this program.