## Commit to Healthe A Nationwide Summer Camp Nutrition and Feeding Intervention Improves Nutrition Knowledge and Healthy Eating Behaviors of Children, Parents, and Staff



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Children were asked about their consumption of foods that were part of the Foods of the
Minth educational efforts. Statistically significant improvements in child eating behaviors were
 at dairy, and a decrease in consumption of sugary beverages.
Parents
having been campers in locations where nutrition itieracy, programming was implementect. Specifically, significantly more parents reported having heard about the educational
progras called The organwise cuys,
summer or the summer as compared to the beginning. Mor
Cas compared to the begin

| "know which foods have the most ant oxidants in them," | "know what kinds of foods are the be keeping your body healthy," |
| :---: | :---: |
| "know what foods have lots of fier in them," | - "know the difiference between nutritious |
| ok/preare heathy foods,' |  |
| "know what the large intestines do in your body," | "know how to plant a garden." (The number garden rose by the end of the summer.) |
| -know what dairy foods are low in fat |  |
| Regarding eating behaviors of parents, atho of the Month programming, it is apparent the health benefitis of nutrient-rich foods and bell peppers $(z-2.166 ; p=0.030)$, spinn |  |

Staff
Park
Staff
Park and recreation staff changed their eating and physical activity behaviors due
to learning by teaching nutrition literacy during summer camps. Staff knowiedge of
 sample size statistical
in knowledge about:


 Specifiraly, frwe thaf reoorted never cons the the were trying new foods!
the summer as compared to the beginning -thus

 simiar tor eoports by the parents, it arge number of staff reporteded at the end of summer, as
compared to the beginning, that they had planted a food garden at home.


## CONCLUSION

This study shows child and adult healthy eating behaviors can be improved
via summer camp program ming. The impressive gains in nutrition knowledge via summer camp programming. The impressive gains in nutrition knowledg
and associated Changes in healthy eating behaviors, nd their potential to
imporove the health of children and their parents throughout our nation improve the health of children and their parents throughout our nation,
give much support for expansion of similar out-of-school time efforts. give much support for expansion of similar out-of-school time efforts.
NRPA's commitment to expanding Commit to Health and its components
(oroviding of nutritious meals, ensuring healthy environment standards. NRPA's commitment to expanding Commit to Health and its components
(providing of nutritious meals, ensuring healthy environment standards,
and teaching nutrition literacy and teaching nutrition literacy) has great potential to improve obesity rates
among young children throughout our nation in a fun, engaging way that among young children throughout our nation in a fun, engag,
uses park and recreation agencies as leaders of such efforts.

