

SNAP-Ed Toolkit

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Linking Lessons for Schools

Michigan Fitness Foundation

Overview

Linking Lessons for Schools (LL-S) is a direct education resource designed to improve food behaviors with a focus on increasing fruit and vegetable consumption of youth in grades 7-12. LL-S can be delivered by classroom teachers, guest nutrition educators, or teacher/educator teams. This resource was created to meet the need for short, interactive lessons that could be integrated into core subjects (it "links" nutrition to other subjects). **Target Behavior:** Healthy Eating, Increasing Vegetables and Fruit, Other: Local Foods, Fast Food, Breakfast, Vegetarian Eating, Energy Balance **Intervention Type:** Direct Education

Intervention Reach and Adoption

Linking Lessons for Schools targets students in middle and high school. The intervention was field-tested in 278 classrooms across 14 middle and high schools in Michigan during the development phase. After revisions, the intervention was then piloted with 599 classrooms in 24 schools. LL-S has been used by several SNAP-Ed funded organizations in Michigan reaching thousands of students in hundreds of schools. NOTE: Another version of this program is currently being piloted. Linking Lessons for Communities Settings is being implemented in settings such as congregate meal sites, recreation centers, senior centers, public housing sites, and food pantries. **Setting:** School (Learn) **Target Audience:** Middle School, High School **Race/Ethnicity:** All

Intervention Components

Linking Lessons for Schools has four core components: lesson guides, posters, Ensuring Success User Guide, and a food tasting experience. These components are essential to expect the positive outcomes achieved when the evidence base was established. An important feature is that behavior change is targeted in all five sections of the lesson: Engaging Students, Talking Points, Check for Understanding, Moving Toward Behavior Change, and Healthy Homework allowing for discussion and practice. Generally, local SNAP-Ed implementing agencies

provide LL-S lessons on a weekly basis so that the series can be completed within the semester time frame. New in 2021 is a virtual edition of this program. Slide decks were developed for all ten lessons. Slides include colorful photos, graphics, and prompts to engage learners in discussions about behavior change.

Intervention Materials

The Linking Lessons for Schools materials include:

- Ensuring Success (User Guide) and Program Overview
- Posters (13): Large, appealing posters are used as a visual to engage students and reinforce the message beyond the lesson
- Lesson Guides (10): One-page, laminated lesson guides minimize prep time and make the program easy for teachers/educators to use.
- Process Evaluation to use as is or customize if desired.

Intervention Costs

The intervention is packaged to include 13 laminated posters, an overview and User Guide, process evaluation template, and 10 lesson guides that are all provided in a carry bag. The cost is \$400 plus shipping.

Evidence Summary

Use of Linking Lessons for Schools has resulted in an increase in amount of fruits (35% of participants) and vegetables (38%) which aligns with MT11 and MT1m. Behavior change was evaluated using Michigan Fitness Foundation’s pre-post Fruit and Vegetable Screener for Youth (available from MFF), derived from the valid and reliable Youth Risk Behavior Surveillance System Questionnaire. The survey asks students to self-report the number of times they consumed fruits and vegetables during the previous week. Process evaluations completed by teachers indicated that being involved in the lessons resulted in positive changes in personal food choices. Teachers also reported that the lessons prompted classroom discussions related to healthy eating and barriers faced by students to improve their food choices. **Evidence-based Approach:** Practice-tested

Evaluation Indicators

Based on the SNAP-Ed Evaluation Framework, the following outcome indicators can be used to evaluate intervention progress and success.

	Readiness and Capacity – Short Term (ST)	Changes – Medium Term (MT)	Effectiveness and Maintenance – Long Term (LT)	Population Results (R)
Individual		MT1	LT1	

Environmental Settings			
Sectors of Influence			

Evaluation Materials

A process evaluation is included in the Linking Lesson – Schools kit. The pre/post fruit and vegetable screener used to assess MT1 is available from the Michigan Fitness Foundation.

Additional Information

Website: The Michigan Fitness Foundation’s website can be found by following [this link](#). For more information about this resource, go to the [resources page](#). **Contact Person (Content):** Annie Murphy 517-908-3841 amurphy@michiganfitness.org **Contact to Order:** Sarah Trofatter – Director of Resources and Training 517-908-3840 strofatter@michiganfitness.org