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Religiosity and Health Behavior—What Does Research Tell Us?

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This article is based on the AAHPERD Research Consortium Scholar Lecture delivered at the 2010 AAHPERD National Convention in Indianapolis, Indiana. Dr. Young's various projects are five-time winners of the U.S. Department of Health & Human Services Award for Outstanding Work in Community Health Promotion. His drug education program, Keep A Clear Mind, authored with Chudley Werch, is a winner of the Center for Substance Abuse Prevention's (CSAP) Exemplary Program Award. It has also been promoted as a Model Program by CSAP, the Substance Abuse and Mental Health Services Administration, and the Office of Juvenile Justice and Delinquency Prevention, and is on the National Registry of Effective Programs. He has received a number of other awards from professional organizations and institutions.

Pilot-testing CATCH Early Childhood: A Preschool-based Healthy Nutrition and Physical Activity Program

Shreela Sharma, Ru-Jye Chuang, and Ann Marie Hedberg

Background: The literature on theoretically-based programs targeting healthy nutrition and physical activity in preschools is scarce. **Purpose:** To pilot test CATCH Early Childhood (CEC), a preschool-based nutrition and physical activity program among children ages three to five in Head Start. **Methods:** The study was conducted in two Head Start centers (N=75 children, their parents; 9 teachers). CEC was implemented by trained teachers over six weeks in fall 2008. Qualitative data on feasibility and acceptability was collected using post-intervention parent and teacher focus groups and lesson plan evaluation forms. Pre-to-post intervention changes in children's fruit and vegetable intake and physical activity at school were evaluated. **Results:** Results showed good feasibility and acceptability for the classroom curriculum, activity box and parent tip-sheets. There was a trend towards an increase in children's fruit, 100% fruit juice and vegetable intake and mean minutes of physical activity at school pre-to-post intervention. However, this increase was not significant. **Discussion:** The CEC program showed good feasibility and acceptability in the study population. Further evaluation of behavioral outcomes using a larger sample and a prospective design is needed. **Translation to Health Education Practice:** These results provide information important for developing and implementing evidence-based programs in preschools.

A Cardiovascular Health Program for Latinos Supplemented with Pedometers

Tara Trudnak, Angela Lloyd, Wayne W. Westhoff, and Jaime Corvin

Background: Physical inactivity is an important modifiable risk factor for many chronic diseases which disproportionately affect Latinos in the U.S. Targeting at-risk Latinos for prevention and intervention programs to increase physical activity can help decrease their risk for developing these diseases. **Purpose:** The purpose of this study was to promote physical activity, while measuring and monitoring behavior change associated with pedometer use among Latinos. The study's objectives were to: (1) promote physical

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activity and increase awareness of the importance of walking and exercise through the use of pedometers, (2) calculate the amount of pedometer steps each participant takes over a period of time, and (3) determine whether the use of pedometers along with education about exercise in a cardiovascular disease program would increase participant's physical activity. Methods: Prior to starting the program, participants were given a pedometer and a journal to track their steps. Results: The average number of steps participants took from the first to the last week of data collection increased significantly [F (188)= 6.20, P=0.014]. Discussion: A pedometer may be a useful tool for health educators when combined with an evidence-based physical education program. Translation to Health Education Practice: This study is a demonstration of how health education responsibilities can be put into practice.

Recruitment of African American and Latino Adolescent Couples in Romantic Relationships: Lessons Learned

Angelica Rivera, Dana Watnick, and Laurie J. Bauman

Background: There is considerable literature on effective engagement strategies for recruiting adolescents individually for health research studies, but literature on recruiting adolescent couples is new and minimal. Purpose: This paper describes the recruitment strategies used for Teen Connections (TC), a longitudinal study that recruited 139 mainly African American and Latino adolescent couples in romantic relationships living in New York City. Methods: We collected data in Microsoft Access and documented the date each recruitment strategy was implemented, date each partner was enrolled, and amount of effort required to enroll participants. We identified individual and relationship characteristics from each partner's baseline survey. Results: We found that relationship type and characteristics, language used in printed materials, parental consent, implementing a screener questionnaire and gender of partner had implications for enrollment in TC. Discussion: Couples studies are highly demanding but achievable with dedicated staff and access to a large number of youth. Translation to Health Education Practice: Research on sexual health and risk often relies on individual reports of dyadic events. Adolescent couples' studies may not be pursued because of recruitment limitations, but they can provide invaluable insight into relationship dynamics, characteristics, etc. that may help design better health education interventions, and should be pursued nonetheless.

Student and Principal Perceptions of School Tobacco Policy

Melody Noland, Mary Kay Rayens, Richard S. Riggs, Ruth Staten, Ellen Hahn, and Carol Riker

Background: Enforcement of no-tobacco policies is critical to providing a safe, healthy environment for students. Purpose: The purposes of the study were to: (1) describe and compare student and principal perceptions of enforcement of school tobacco policy in a school district with a tobacco-free policy, and (2) explore perceived barriers to enforcement and factors related to enforcement beliefs and perception of smoking. Methods: Students (N = 774) in five high schools in a southeastern city completed a survey. Administrators from those schools were interviewed. Results: Student and

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principal perceptions varied dramatically concerning tobacco policy enforcement. Only 8% of students said students followed the rules about smoking all/most of the time. Many students reported problems with secondhand smoke. The percentage of smokers was overestimated by nearly three-quarters of students (73%). Predictors of beliefs about number of tobacco rules were: smoking status, number of places students were seen smoking and number of problems reported with smoking. Barriers identified by principals included lack of supervisory help and that tobacco is physically addicting. Discussion: Student perception of how well tobacco policies are enforced should not be ignored by administrators because it is related to smoking behavior. Teachers, students, staff, administrators and parents must be enlisted to help enforce tobacco policy. Translation to Health Education Practice: To change the culture in schools, teachers, students, staff, administrators and parents must be educated about the tobacco policy, and tobacco rules must be consistently enforced.

Examining the Breadth and Depth of Environmental Health Through a Modified Delphi Technique

Dhitinut Ratnapradipa, Stephen L. Brown, and Alicia B. Wodika

Background: Environmental health, a crucial part of our everyday lives, is a multidisciplinary field with many discrepancies as to what encompasses the core areas. Purpose: This study intended to establish core areas and corresponding topics of environmental health as a preliminary step to identifying knowledge, attitude and behavior questions for use in needs assessment and program planning. Methods: Fourteen to sixteen experts in various fields of environmental health participated in a modified three-round Delphi Technique. Results: Experts established 11 core areas and 25 corresponding topic areas, and identified 443 potential questions for environmental health survey development. Discussion: The core areas, topic areas and corresponding survey questions were produced to be applicable for people in all areas of United States. This is important for continuity within the field to have a universal tool to measure awareness across the country. Translation to Health Education Practice: Standardizing the core areas and specific topics of environmental health may assist practitioners in conducting thorough needs assessments and guide program planning and research.