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FUN Fridays: Food & Nutrition Unite with Sustainability

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WINONA STATE UNIVERSITY

UNDERGRADUATE STUDENT RESEARCH & CREATIVE PROJECTS FINAL REPORT

Electronically submit complete final report ten (10) days following completion of project to Grants & Sponsored Projects (grants@winona.edu). Hover over fill-able fields for additional guideline and completion information.

Student Name: Jennifer Tuttle

Student Email: jtuttle12@winona.edu

Student Major: Cardiopulmonary Rehab

Faculty Sponsor: Janet Macon

Faculty Sponsor Email: jmacon@winona.edu

Title of Project: F.U.N. FridayS

Project Abstract: Pine Ridge Indian Reservation in southwestern South Dakota is home to almost 47,000 Oglala Lakota (Sioux) Native Americans (1). It is a rural food desert, with more than 50% food insecurity (2). Allen, the poorest Pine Ridge community, experiences 80% unemployment and a per capita annual income is \$2,600 (3,4). According to the 2010 census, 91.8% of Allen residents live in poverty (5).

Students at American Horse Elementary School (AHS) in Allen participated in the grant-funded, U.S. Department of Agriculture's Fresh Fruit and Vegetable Program (FFVP) during the 2016-17 academic year. The FFVP provides funding for schools to purchase and serve fruit and vegetable snacks during the school day separate from the school breakfast and lunch programs. AHS administrators and faculty partnered with Winona State University (WSU) faculty to support a WSU student-initiated and managed service learning project to provide physical (nutrition) and social health curriculum to enhance AHS student learning while consuming the FFVP snacks. WSU nutrition and public health students conceived and titled the project F.U.N. FridayS. (Food, Nutrition and Sustainability Unite) with two primary objectives: 1) to provide nutrition and social health lesson plans that complement the FFVP for students in 3rd, 4th and 5th grade at AHS in order to enhance their experience and acceptance of a variety of fresh fruits and vegetables, and 2) to give the team of WSU students experience researching, fundraising, promoting, planning and writing curriculum for the Oglala community, and training the faculty who would implement it in their classrooms.

Twelve lesson plans were constructed for the 6-week curriculum: six social health lessons for implementation on Tuesdays and six physical health (nutrition) lessons for implementation on Fridays. Two WSU students and two faculty advisors traveled to Allen in March 2017 to train AHS administrators and faculty in advance of the anticipated March-May implementation.

Qualitative and quantitative data was collected from the WSU students as a reflection of their experience. Surveys were sent to all students who participated in the project; 4/5 submitted usable responses. One student graduated during the project and was not able to be reached. All identifying data was removed from student data prior to analysis.

The team of WSU nutrition and public health students self-reported low knowledge of (mean score 3 on a 10-point scale) and experience with (2.5/10) Lakota culture prior to beginning this project. Following the project, the students reported an increase in both their knowledge (5.75/10) and experience (5.25/10). Students reported that they gained valuable knowledge on the health issues, nutritional risks, and socioeconomic status of American Indians. Our team represented a variety of majors within the HERS department; they valued the interprofessional collaboration experience. Students also reported that their experiences in fundraising, researching, grant writing, literature review writing, nutrition curriculum development, and hands on experience working with an at-risk population will set them apart from their peers within the public health and healthcare professions.

This project was supported in part by a Winona State University Foundation Special Projects Grant.

1. U.S. Department of the Interior/Bureau of Indian Affairs. (2016). *Pine Ridge Agency fact sheet*. Retrieved from <https://www.bia.gov/WhoWeAre/RegionalOffices/GreatPlains/WeAre/Agencies/PineRidge/index.htm>
2. Sherman, K., Jewel, B., Mizushima, B. (2009). *American Indians, Obesity and Food Insecurity (pdf PowerPoint slides)*. Lecture notes online web site: <http://nationalacademies.org/hmd/~media/Files/Activity%20Files/Nutrition/FoodInsecurityandObesity/Sherman.pdf>
3. Northern Plains Reservation Aid. (2016). *South Dakota: Pine Ridge Reservation*. Retrieved from http://www.nrcprograms.org/site/PageServer?pagename=airc_res_sd_pineridge.
4. U.S. Department of Health and Human Services/Office of the Assistant Secretary for Planning and Evaluation. (2016). *U.S. Federal Poverty Guidelines use to determine financial eligibility for certain federal programs*. Retrieved from <https://aspe.hhs.gov/poverty-guidelines>.
5. American FactFinder - Community Facts. (n.d.). Retrieved from http://factfinder.census.gov/faces/nav/jsf/pages/community_facts.xhtml

The student-authored final report **MUST** include each of the following (check boxes to verify inclusion of each component):

This report form, fully completed (page 1 of this form)

A copy of the project end product, appropriate to the standards of the discipline

Date: 10-9-17

Applicant Signature:



Date: 10-9-17

Faculty Sponsor Signature:



Submit complete reports electronically to Grants & Sponsored Projects (grants@winona.edu).

A deans' sub-committee makes decisions on Undergraduate Student Research & Creative Projects proposals.

Note that a copy of the project end product will be forwarded to Krueger Library for archival purposes.