OVERVIEW

Comprehensive nutrition programs offer the opportunity to impact healthy eating and related outcomes on multiple levels. Such programs include components targeting knowledge, attitudes, and/or skills at the individual level, while other components focus on improving supports for healthy eating at the interpersonal and organizational levels.

Comprehensive nutrition programs focus on a single setting, distinguishing them from community-wide campaigns for healthy eating which are multi-sectoral in nature.

Supported by:

- Convergence Partnership’s *Promising Strategies for Creating Healthy Eating & Active Living*
- *The Community Guide* by the Community Prevention Services Task Force

Settings:

Childcare, Community (including faith-based community), School (including University), Worksite

EXAMPLES

A comprehensive **worksite-based** program to improve healthy eating included motivational/promotional components (e.g., giveaway buttons and recipe contests), educational components (e.g., self-help guides and cooking demonstrations), policy/environmental components (e.g., labeling healthy food choices in cafeterias and vending machines), and maintenance components (e.g., identifying community resources).

A comprehensive **school-based** program to improve fruit and vegetable consumption included a 14-week curriculum delivered in the classroom, homework assignments for kids to complete with their parents, and training for food service staff on the purchasing, preparation, and promotion of fruits and vegetables.

Research-Tested Intervention Programs (RTIPs)

**Eating for a Healthy Life** is a dietary change intervention administered by a faith-based organization to promote healthier eating choices for individuals and families. EHL includes a comprehensive manual and a step-by-step training guide to be implemented over an approximately nine month period.

**Body and Soul** is a faith-based program that aims to increase fruit and vegetable consumption through community events and church policy changes.

**Coordinated Approach to Child Health** addresses eating habits, physical activity, and cigarette smoking among 3rd to 5th graders in diverse communities. The program is comprised of family-based and school-based curricula, implemented by classroom teachers.
TRT REVIEWED INTERVENTIONS

- **ABC Grow Healthy (South Carolina)** for child care centers
- **Color Me Healthy** for childcare and preschool settings
- **Head Start Central Kitchen Initiative**
- **Nutrition and Physical Activity Self-Assessment for Child Care** (NAP SACC)
- **Riverside Unified School District (RUSD) Farmers’ Market Salad Bar Program** for elementary schools
- **The Kindergarten Initiative** for kindergarten students and their parents

RESOURCES AND TOOLS

COMMUNITY

- **Tools for Planning Nutrition and Physical Activity Programs** (Moving to the Future, Association of State and Territorial Public Health Nutrition Directors)
  This resource is a web-based, step-by-step guide to developing successful community programs that promote healthy eating and physical activity. The toolkit addresses assessment, setting goals and objectives, program planning, implementation, and evaluation. Additional resources include tools and materials, success stories, and discussion forums.

SCHOOL

- **Resources to Improve Schools** (Action for Healthy Kids)
  This is a collection of resources and tools designed to help schools encourage healthy eating. It includes a database searchable by topic, audience, material type, target age, partner, and/or state. Information is provided on vending/snacks, a la carte foods, wellness policies, coordinated school health policies, marketing, and nutrition education under the “food at school” topic.

- **Healthy Schools Program Resources and Tools** (Alliance for a Healthier Generation)
  This web-based resource provides support, toolkits, an extensive resource database, including a product navigator, and web-based training for schools interested in implementing programs and policies to encourage healthy eating.

REFERENCES
