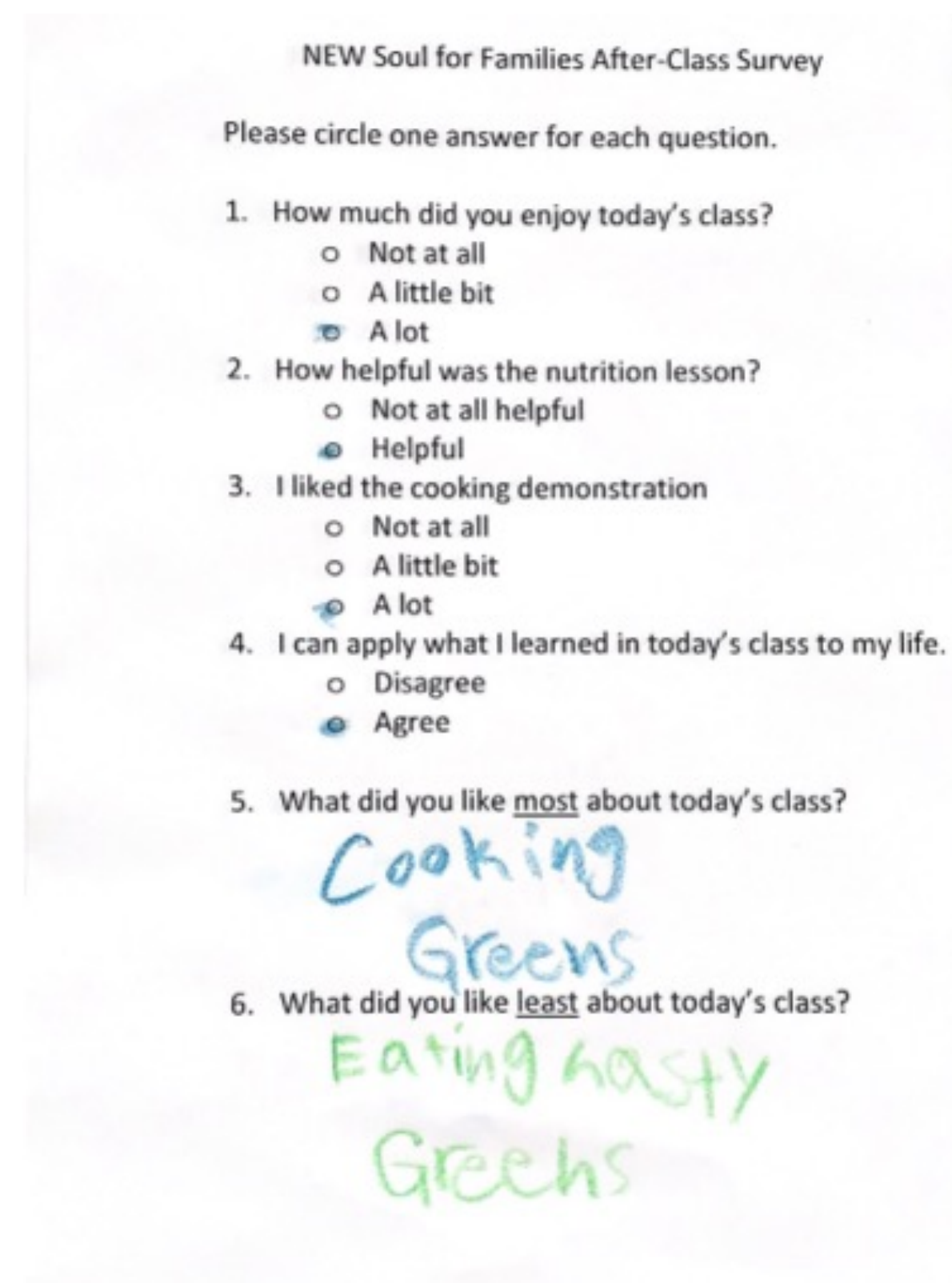
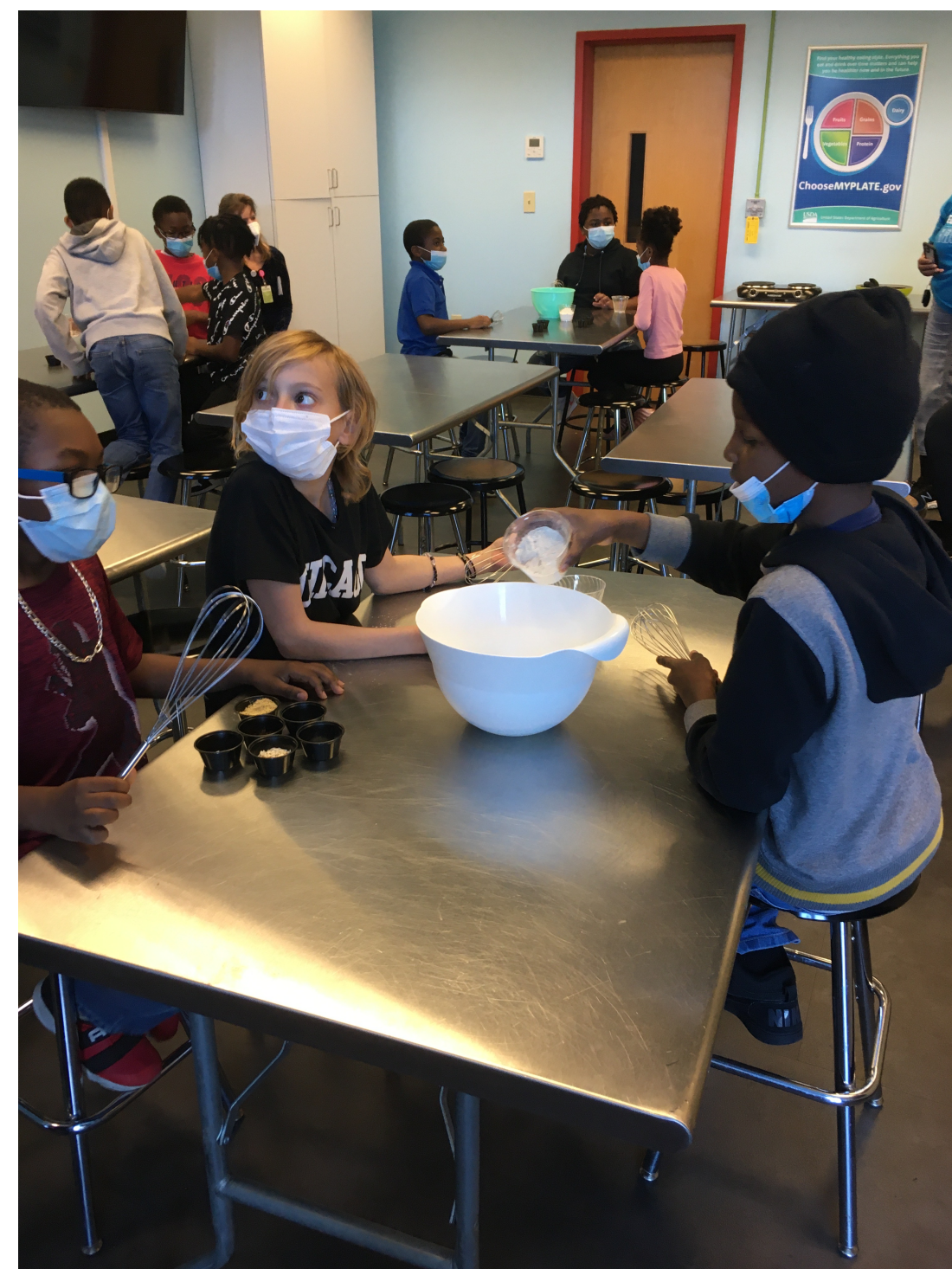


# NEW Soul for Families: An Analysis of Class Satisfaction and Attendance Data in a Child-Focused Nutrition Intervention

Claudia Sentman, John Bernhart  
University of South Carolina

## Background

- The Nutritious Eating with Soul (NEW Soul) study teaches African American adults how to follow a culturally tailored plant-based diet
- NEW Soul for Families focuses this curriculum to fit the needs of children and families



## Methods

- A community partnership was established between the University of South Carolina, EdVenture Children's Museum, the Boys and Girls Club of the Midlands, and the Food Academy
- Intervention: two three-week cohorts with three classes per week
- Caregivers invited to attend class (1 class per week)
- Children filled out class satisfaction surveys at conclusion of each class

## Children had high attendance and indicated high satisfaction with the NEW Soul for Families program



Scan here to watch a short video about the NEW Soul for Families program!

## Results


Table 1. Class Satisfaction Survey Results

Question*	n =	Avg Rating
How much did you enjoy today's class?	108	2.91
How helpful was the nutrition lesson?	105	1.99
I liked the cooking demonstration	106	2.89
I can apply what I learned in today's class to my life.	104	1.98

\*Responses were on a scale of 1-3 or 1-2. There was an open-ended feedback section for participants to write what they enjoyed most and least about each class.

Table 2. Average Child Attendance

Cohort	Average Classes Attended
1	7.6/9 (84.4%)
2	8/9 (89%)
Combined	7.6/9 (84.4%)



In total, 15 children enrolled in the program. On average, children attended 84.4% of classes. On average, 1.3 parents/caregivers attended the Friday class at EdVenture Children's Museum.

## Discussion

The NEW Soul for Families program is ready for dissemination with additional community partners and participants

## Funding

This study was funded by the Office of Research at the University of South Carolina under award number 115400-21-56836.

## Community Partners



## Contact

Claudia Sentman  
csentman@email.sc.edu  
www.brie.net