HOW EFFECTIVE ARE "FARM TO SCHOOL" PROGRAMS FOR IMPROVING STUDENTS' DIETARY CHOICES?

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Highlights

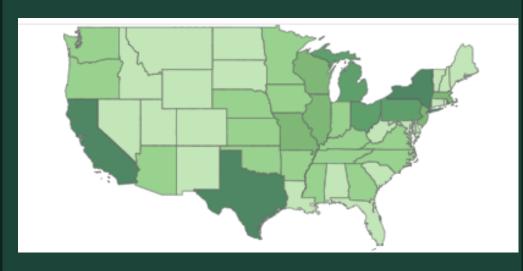
- F2S is an effective program
- Schools observed an over 50% increase in healthy food consumption in students that were taught about healthy foods and how to grow them
- Urban, Suburban, and Rural schools all benefit significantly from F2S programs regardless of student poverty status

Background

The Farm to School project teaches students about agriculture, how to grow and maintain a garden, and expands their knowledge of lesser-known foods. Growing food themselves led to an increase of vegetable consumption, thus setting them up for a healthier lifestyle for the future.

Model

We decided to focus on the farm to school programs' impact on students in comparable demographic groups across the United States.





Data

This data comes from a USDA survey of schools across the United States.

This is a qualitative data set using survey answers, we had to interpret binary data to suit our need with counts and averages.

65.4%

SY 2018 - 2019

of SFAs reported participating

students attended SFAs that participated in farm to school activities in SY 2018 -2019 67,369

schools are featuring local foods on the menu or educating students

Rename, Clean, Clean

in farm to school activities in

Create a New Codebook

Analyze and

Visualize

Data

F2S Participation

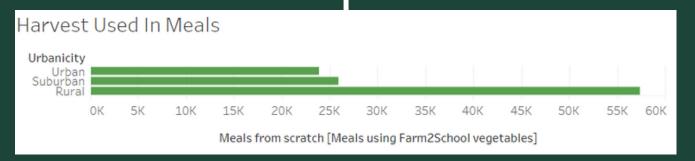
F2S Participation Groups
Did Not Participate in F2S

1874

Transform

Binary Data

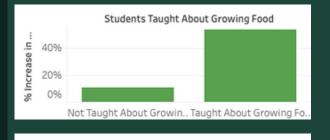
With the data being transformed from counts and averages we we're able to create data visualization based on the Participation in F2S and Harvest Used in meals in Urban, Suburban, and Rural areas in the United States

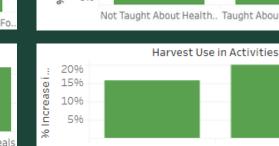


Results

Farm to School does have a significant impact on healthy food consumption. Teaching students about healthy and local foods and how to grow them had the most significant impact on healthy food consumption among students. Using the Harvest in meals and activities had a less profound but still notable effect on consumption.

% Increase in healthful food consumption.



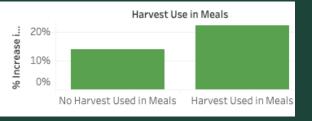


Students Taught about Healthy Foods

Urbanicity

Urban
Suburban

Rural



These findings had no significant variance between Urban, Suburban, and Rural Schools

