



Student Health and Wellness Services **Bronco Breakfast Health Hut** Assessment Report

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Choose One: Learning Outcome Assessment

Date of Assessment Implementation: March 2019

Date of Report: June 2019

Purpose of Assessment

The purpose of this assessment was to evaluate the Bronco Breakfast health hut to determine if learning outcomes were met.

Division Learning Outcome Integrative Thinkers - critical thinking

Targeted Learning Outcome

Students who participate in the Health Hut will:

- Articulate at least one thing they learned from visiting the Health Hut.
- Identify at least three benefits of having breakfast.
- Recognize recommended serving sizes.

Assessment Methodology

On March 13, 2019, students who visited the Health Hut completed a paper evaluation after they participated in activities.

Results

The Bronco Breakfast Health Hut evaluation was completed by 118 participants on March 13, 2019. Seventy-nine percent of students learned one thing from their participation in the Health Hut. Ninety percent of students learned three benefits of eating breakfast. Ninety percent of students agreed or strongly agreed that they felt confident of meeting the minimum recommended servings of each food group after visiting the Health Hut. Seventy-seven percent of students that visited the health hut agreed or strongly agreed the serving sizes they learned about were reflective of what they used as a "serving size" in the past.

Conclusion

The data collected for the Bronco Breakfast Health Hut showed that students who are visiting and participating in the Health Hut are leaving with an increase in knowledge about the importance of breakfast and their nutrition.

Implications for Practice

These results will be used to further develop and refine future Health Hut programming and learning material.

Closing the Loop

The Bronco Breakfast Health Hut was a very successful event. The target learning outcomes were met and there was a lot participation from students. For the Bronco Breakfast Health Hut in March of 2020, the Serving Size activity will be modified by having a better visual representation for students. The

activity will include a deck of cards, a tennis ball, golf ball and dice cube to demonstrate quick and approximate serving sizes that participants can use to estimate their portions.