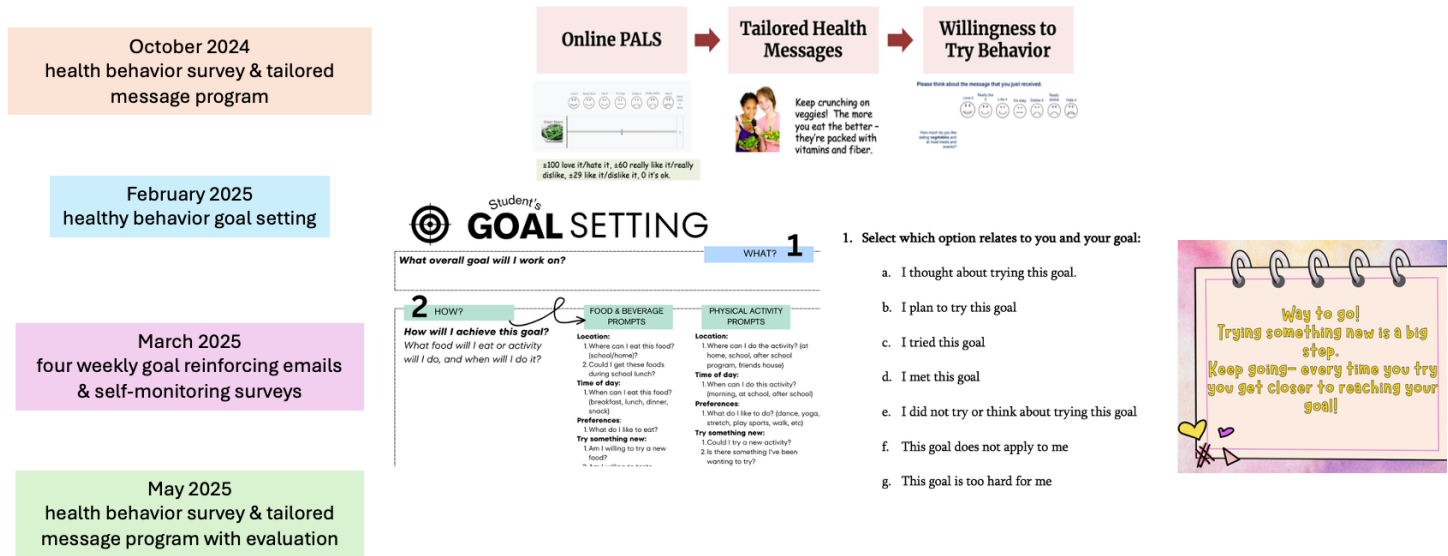


# Tailored nutrition education empowers middle schoolers to set and work on healthier diet and physical activity behaviors

Sunset Ridge Middle School, East Hartford, CT partnered with UConn Healthy Family CT SNAP-Ed to deliver a tailored nutrition education program to middle schoolers over the 2024/2025 academic year. This program reinforced healthy school meals and farm to school activities aligned with the Whole School, Whole Community, Whole Child district-wide efforts. *Students reported that the tailored digital message program and goal setting helped them eat better and be more active.*

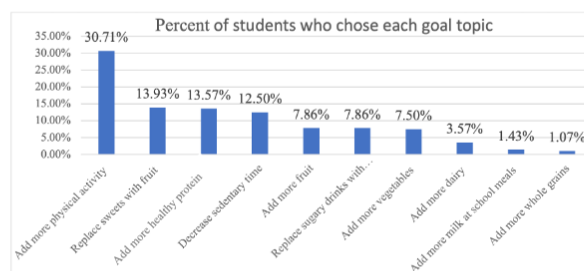
## Student-Tailored Activities



## Findings

**Message Impact** – most reported learning something new from the messages, found the messages helpful, and would like to receive similar messages again

- 92% would like to increase activity
- 84% would like to try drinking more water
- 79% interested in reducing sugary beverages
- 71% would like to waste less food



## Action on goals

- Week 1: 0% had met their goals
- Week 4: 48% made progress on their goals; 32% fully achieved their goal

**Goal Setting Impact** – most reported learning something new during the goal setting

- 75% agreed that setting a goal helped me eat better or be more active
- 75% agreed that the goal setting activity will help me set goals in the future
- 72% agreed the survey made them think about what they eat and do
- 72% agreed that the tailored messages received were helpful

For more information, please contact Carolyn Pancarowicz MS, RD, East Hartford Public Schools Registered Dietitian ([pancarowicz.ce@easthartford.org](mailto:pancarowicz.ce@easthartford.org)) or Valerie Duffy, PhD, RD, UConn ([Valerie.duffy@uconn.edu](mailto:Valerie.duffy@uconn.edu))