



Stanford
MEDICINE

2022 20th Annual Community Health Symposium

AUTHORS

Ashini Srivastava MBBS MPH, Liana Gefter MD MPH, Nancy Morioka-Douglas MD MPH, Can Angela Jiang MD, Eunice Rodriguez DrPH

TITLE

Enhancing healthy behaviors with in-person, remote and hybrid versions of the Stanford Youth Diabetes Coaches Program (SYDCP)

ABSTRACT

Background Underserved, vulnerable youth were offered the Stanford Youth Diabetes Coaches Program (SYDCP) through in-person, remote or hybrid approaches at partnering high schools offering the health promotion program during the pandemic.

Objectives To assess impact of SYDCP using different delivery modes: in-person, remote or hybrid on health behaviors during the pandemic.

Methods Health profession trainees taught healthy high school students to become coaches for family members with diabetes through 8 weekly hour-long classes using the validated SYDCP curriculum. Classes were taught either in person, remotely or in hybrid mode (students accessing classes online while attending school in person) in 2020 and 2021. A total of 115 participants completed the program remotely, 39 completed the program in-person, and 25 in hybrid mode. All pre and post surveys included questions on eating habits and physical activity. Questions on eating habits (adapted from YRBS) and physical activity questions from PROMIS youth surveys were added in 2021 (N=79). We assessed self-reported changes on health using paired t tests and regression analysis.

Results Of 179 participants with complete pre- and post-surveys, average age 15.9 years, 80.4% were female, 39.7% Hispanic or Latino and 8.4% African American. We found significant improvements in consumption of cups of fruits and vegetables ($p < .001$) and daily physical activity ($p = .001$). Other measures were also statistically significant, and regression analysis confirmed that there was no difference by mode of delivery.

Conclusions School-based health promotion programs delivered by in-person, remote or hybrid modes can significantly increase adoption of healthy behaviors among underserved youth.

Preliminary results: All 179 participants demonstrated significant improvements in daily consumption of cups of fruits and vegetables ($p < .001$) and frequency of exercising for 60 minutes over a period of seven days ($p = .001$). Additionally, participants in the sub-cohort of Fall 2021 (N=79) demonstrated significant improvement in consumption of fruits ($p = .001$), green salads ($p = .007$) and other vegetables ($p < .001$). Participants in this cohort also significantly improved two additional physical activity behaviors as assessed by the PROMIS youth survey; exercised or played so hard that body got tired ($p = .01$) and exercised really hard for 10 minutes or more ($p < .001$). Regression analysis confirmed that there was no difference by mode of delivery.

FUNDER: This work was supported by funding provided by The Bohen Stanford Youth Diabetes Coaching Program Grant, R Martin Chavez, and anonymous donors, and Center for Advancing Translational Sciences of the National Institutes of Health under Award Number KL2 TR002346

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