For program sustainability and longevity, this 4-H Curriculum has been implemented within the eB4CAST project, which has successfully completed intervention and dissemination to diverse populations with results presented here. The Curriculum is being finalized for launch on the 4-H Mall.

**Methods**

**Intervention Study - Researcher driven**
- Control/treatment, 220 dyads at baseline, 130 at 24 months (59% retention)
- Assessments: physical measures and surveys at 0, 4, 12, 24 months
- Curriculum: 8 bi-weekly sessions followed by boosters/newsletters

**Dissemination Study - Minimal researcher involvement**
- Control/treatment, 64 dyads
- Assessments:
  - youth, 33-item survey includes 8-item cooking skills, 2-item goal setting
  - adult, 21-item survey includes 14-item cooking, eating and playing together
- Curriculum: 8 bi-weekly sessions
- eB4CAST reports created for dissemination
  - eB4CAST is a community-based research approach designed to capture the overall impact and effect of evidence-based programs in implementation and dissemination

**Dissemination Study Results**

**Youth BMI z-scores over 24-months**
- Both treatment and control youth BMI z-scores declined, but after 12 months treatment youth maintained while control youth z scores increased (p=0.06)

**Sample eB4CAST Dissemination Reports**

- eB4CAST reports were created for iCook 4-H dissemination sites (n=11)
- Each report had four components: program overview, community profile, program impact and Ripple Effect Mapping
- Data from direct and indirect sources were graphically combined in a report to show how this innovative approach of parents and children working together toward a healthier lifestyle has impacted the community

**Contact**

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**Intervention Study Results**

**Youth Dietary Changes over 24-months**
- After adjusting for baseline levels, treatment youth had mean daily fruit/vegetable intake 0.503 cups > control youth
- Treatment youth held steady, control youth declined after intervention (p=0.04)

**Youth BMI z-scores over 24-months**
- Both treatment and control youth BMI z-scores declined, but after 12 months treatment youth maintained while control youth z scores increased (p=0.06)

**Mean Differences By Group**

<table>
<thead>
<tr>
<th>Group</th>
<th>Control Youth BMI z Scores</th>
<th>Treatment Youth BMI z Scores</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cooking Skills</td>
<td>1.74 ± 4.1* (n=39)</td>
<td>4.057 ± 5.3*** (n=35)</td>
</tr>
<tr>
<td>Goal Setting</td>
<td>-0.08 ± 2.1</td>
<td>1.1 ± 2.3**</td>
</tr>
<tr>
<td>Adult Cooking, eating and playing</td>
<td>-0.51 ± 2.8</td>
<td>2.1 ± 4.7*</td>
</tr>
</tbody>
</table>

*Treatment significantly different than control
Significance p ≤ 0.05; **Significance p ≤ 0.01;
***Significance p ≤ 0.001