

Intervention Project Evaluation Notes

(Instrument used was the Folic Acid Pre Test / Post Test for specific grade levels)

Challenges:

Some students were not consistent in all three surveys

Most students did not accurately answer the questions regarding taking folic acid in a multi vitamin. Many of them indicated they did not take a multi vitamin, but then checked yes that it contained folic acid. The data on this question was probably invalid.

The facilitators for the implementation were not all consistent in their record keeping and reporting; a professional researcher would obtain more accurate information.

In looking at the content questions from the student survey, those questions which showed the most increase in student knowledge at all age levels were

- what folic acid is
- folic acid should be taken early to help prevent birth defects
- the effects of smoking and alcohol on the level of folic acid intake

The question the students seemed to gain the least knowledge of was that folic acid found in vitamins is absorbed better by the body than folic acid found in foods.

In surveys 1 and 2, the students in the fifth and sixth grade levels showed less increase in knowledge, with most going from 0=never heard about this to 2=heard about it and have some idea what it is, than did the seventh and eighth through the twelfth grade students.

The younger students did however show a greater retention of their level of learning at the end of the six month follow up period, than did the older students.

The questions regarding the use of multi vitamins everyday, and being knowledgeable about the folic acid content were not, in this writer's opinion accurately answered. Because of the erratic nature of the answers reported, it is likely that the students did not respond to this question as it was intended. The survey instrument may have been unclear to the students in this respect.

Overall, the student scores indicate that 100% of those participating did increase their awareness of what folic acid is, and that there is a relationship to one's health. In looking at the average scores of the students, their knowledge level falls at about 2.5, which translates to somewhere between having heard about it and having some idea of what it is to knowing information about it.

One conclusion that can be made from this study is that the younger students in the study were developmentally appropriate in their responses to the questions regarding long term health. Adolescents in generally, and pre adolescents especially, have difficulty personalizing long term health issues. It is worthwhile, however, to introduce the concepts related to folic acid as a beginning point from which to build as students progress through their education.