"Eat Smart to Play Hard": a social marketing intervention designed to increase consumption of fruit and vegetables by 8- to 10-year olds in New Mexico

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“Eat Smart to Play Hard”: a social marketing intervention designed to increase consumption of fruit and vegetables by 8- to 10-year olds in New Mexico

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Background

Despite the many public health interventions in the past 40 years, in 2014, the United States Department of Agriculture reported that rates of obesity, overweight, and disease related to diet are high, indicating that education alone is not adequate to change behavior. Social marketers have developed a specific planning process using traditional commercial marketing techniques to create positive social behavior change. Based on these principles and other specific strategies, the UNM PRC social marketing team developed and pilot tested a campaign in Santa Fe, NM, that showed promising results (an average increase of 0.76 serving per day, from baseline to follow-up, in fruit and vegetable consumption in the intervention group). The proposed intervention builds on these findings to test the campaign in rural communities across NM.

Research Question

Does the “Eat Smart to Play Hard” Social Marketing intervention, which has shown positive outcomes in Santa Fe, produce results among 8- to 10-year old elementary school students in rural communities in New Mexico?

Promotional Materials

<table>
<thead>
<tr>
<th>Materials</th>
<th>Proposed Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Passports (booklet)</td>
<td>1,524</td>
</tr>
<tr>
<td>Posters</td>
<td>300</td>
</tr>
<tr>
<td>Banners</td>
<td>24</td>
</tr>
<tr>
<td>Branded incentives</td>
<td>7,620</td>
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<tr>
<td>Newsletters</td>
<td>9,144</td>
</tr>
<tr>
<td>Bookmarks</td>
<td>1,524</td>
</tr>
</tbody>
</table>

Implementation Plan

1. Segment audience; conduct focus groups with target and secondary audience to formulate strategies
2. Generate creative strategies based on target audience and their perceived barriers, benefits, costs, and competition with respect to healthy eating
3. Select a single behavior objective and create a marketing mix that focuses on that behavior
4. Create core and augmented products based on the 6 elements of the social marketing mix: product, price, place, promotion, policy, and partnerships
5. Develop a plan to implement campaign, including what, when, and how much
6. Create and distribute passports, newsletters, bookmarks, progress posters, and branded incentives and establish branding of product
7. Display campaign posters, banners; distribute branded incentives, student progress posters, bookmarks, and newsletters
8. Conduct evaluation using pre/post surveys and interviews regarding impact

Community Impact

- Increased consumption of fruits and vegetables by children and their families
- Social norm changes (sustainability and policy change)
- Improved quality of life
- Help bridge communication gap between school and home
- Increase awareness of the benefits of healthy eating
- Establish a recognized product to challenge the competition for the desired behavior change

References