

Project WebHealth



Design, Development, and Implementation of Project WebHealth

Kendra Kattelman, PhD, RD
Nutrition, Food Science & Hospitality Management
South Dakota State University

Organized by Higher Education and Weight Realities Divisions

Project WebHealth



- Multistate project supported by the National Research Initiative of the USDA Cooperative State Research, Education and Extension
- PI's from University's of Rhode Island, Maine, Wisconsin, Syracuse University, Tuskegee University, Michigan State, Penn State, and South Dakota State Universities



Project WebHealth

- Five year project
- 10-lesson, on-line nutrition and physical activity intervention for college students using the non-diet “Health at Every Size” approach
- Developed using instructional design theories with extensive input from target audience

Timeline

Spring 2005	Literature Review
Fall 2005	Focus Groups Series 1-- for interests and needs Curriculum Design Training
Spring 2006	Lesson Objectives Developed Lesson Development Peer Critique Internal Expert Review #1
Summer 2006	Focus Group Series 2—confirmation of themes identified in focus group 1 and piloting IMMS evaluation of lessons Peer Critique
Fall 2006	Focus Group Series 3—Evaluated individual lessons using IMMS Internal Expert Review #2 External Review
Spring 2007	Pilot-test Intervention (3 months)
Fall 07'-Spring 09'	Randomized treatment control intervention 3 month intervention w/ 1 year follow-up

Design, Development, and Implementation of Project WebHealth

- Overview of the next 90 minutes
 1. **Origin of this multistate process**
 2. **Curriculum design, process and tools**
 3. **Use of on-line focus groups to tailor curriculum**
 4. **On-line lessons**
 5. **Study management**
 6. **Outcomes from WebHealth**
 7. **Lessons learned**