

## **Nevada**

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*Nurturing Partners (NP)*

### **Key Partners and Stakeholders**

High schools (primarily alterative) in Las Vegas (including one 21<sup>st</sup> Century Teen Character Project), and community organizations

### **Background/Introduction**

Given the challenges faced by pregnant and parenting teens, **Nurturing Partners (NP)** was created to facilitate changes in knowledge, attitude, and practice of teens regarding general nutrition and health, pregnancy and breastfeeding issues, and parenting guidance.

### **Project Goals**

The *long-term* goal is to facilitate development and application of critical thinking skills regarding food, activity and parenting skills. Some *short-term* goals include appropriate choices to sustain a healthful pregnancy; initiate breastfeeding; and promote healthy infant growth and development.

### **Methods**

**NP** conducts weekly classes at schools (providing credit towards graduation) and in community settings. Schools can choose general maternal and child nutrition for all students (females and males) or separate sessions for pregnant parents. **NP** augments child development, home economics and health classes as well as independent living and senior seminars. The 23-lesson curriculum personalizes class needs. Lesson choices include healthful food and nutrition decisions; maternal health care; infant care skills; child development; personal development; and financial and home management. Formative and summative evaluations are conducted. Change in nutrition knowledge is captured with a pre-post test, administered at selected sites.

### **Results**

Since 2003, 8760 high school students and >4000 community agency male and female teens have been reached. In 2010, a sample of students (n=92) significantly increased their nutrition scores (pre=60%; post=88%; p>.000).

### **Summary/Discussion**

Over the past 12 years, there has been consistent improvement in students' knowledge, attitude and intentions regarding their own nutritional health, nutrition during pregnancy and support for breastfeeding. Finally, the 21<sup>st</sup> Century Teen Character Project continually cites **NP's** 6-year partnership as a critical component to its success.