

Learning Conversation Notes

Name of Partner: The Regents of the University of California Nutrition Project	Date: June 29, 2009
Conversation Participants: Janice LeRoux, Nancy Baggett, Janice Critchlow, Judy Marston, Sharon Junge, Molly Klumb	
Outcome:	
<ul style="list-style-type: none"> • Parents/caregivers and professionals who participate in the program will maintain healthy lifestyle practices so that the children in their care will have healthy diets and appropriate physical activity. 	
Performance Measures:	
<ul style="list-style-type: none"> • Demographics according to the categories mandated in the First 5 Placer Demographic Tool. In addition the following will be required; number of children served directly, the number of children served indirectly and the number of parents/caregivers served. • Pre/post and/or retrospective surveys that will measure changes in knowledge, attitudes and behaviors of the participants in maintaining healthy lifestyle practices and ensuring that children in their care have healthy diets and appropriate physical activity. • Follow up (post, post) survey to be administered 2-6 months after training to measure the sustainable healthy lifestyle practices of the participants and changes in the children's diets and physical activity. • Photos and anecdotal narratives demonstrating achievement of the outcome. 	
Number of Children Served:	410 Indirectly
When served:	1/1/2009 – 6/30/2009
Gender:	
- Male	196
- Female	208
- Unknown	6
Ages:	
- Prenatal	
- < 1 year	34
- 1 year	20
- 2 years	38
- 3 years	79
- 4 years	180
- 5 years	70
- Unknown	3
Ethnicity:	
- Alaskan Native/ American Indian	11
- Asian	21
- Black/African American	
- Hispanic/Latino	53
- Pacific Islander	
- White	74
- Multiracial	20
- Unknown	231

What is this data telling us about achievement of outcomes?

Demographics

Children

- Four hundred and ten children were served indirectly as a result of their parents, teachers and childcare providers attending educational workshops.
- Forty-nine children were served directly through community events.
- The primary language spoken in the home was English for the majority of the children in the Child Summary Table.
- There were a high number of children served indirectly living in the Western Placer Region, this is attributed to special workshop series held at First Street and Sheridan Elementary Schools.
- There were also large numbers of children served in the South Placer and Auburn Regions.

Parents

- There were 229 parents served through direct training.
- Fifteen fathers participated in the trainings.
- A large portion of the parents are in the 30-39 age group.

Providers

- There were 51 providers, all female, with the majority in the 40-49 age group.
- There is a good spread of race and ethnicity.
- The majority of the children served indirectly in the Auburn area are served through providers.

Overall

- The data shows good geographic and ethnic diversity.

Follow up Survey

- There were 15 provider follow up surveys returned from 35 participating providers.
- The surveys were mailed and a child's nutrition book was offered for returning the survey.
- The majority of the providers are using knowledge they have received through workshops when they return to their childcare setting.
- A minimum of sixty percent of the providers showed behavior change related to insuring children have appropriate nutrition and physical activity while in their care.
- Responses to the question about changes in mealtime show children in their care have access to a more healthy diet which reflects achievement of the outcome.
- It can be difficult depending on the topic to accommodate knowledge of new providers and those that have been in the business an extended period of time.
- Providers want practical information they can share with parents. For parents who have received the information their children are coming to school with healthier snacks and lunches.
- Of the childcare providers and teachers who completed the survey, the majority indicate they have increased their knowledge about what a healthy diet looks like and are using the knowledge in their practice.
- The anecdotal comments show that the providers are giving the children healthy snacks and increasing physical activity.

Newsletter Survey (Completed by parents and providers)

- There were 57 responses to the mailed and emailed survey sent to those who are newsletter subscribers.

- Fifty-one of the 57 respondents do activities from the newsletter at least occasionally.
- The majority of those responding share the newsletter with others.
- The data shows that the readers are finding the information useful.
- There were 45 responses from parents and grandparents.
- The majority of those participating in the newsletter survey indicate they are implementing better nutrition and more physical activity.

Photos & Anecdotes

- The photos showed participation by parents, providers and children in the nutrition education trainings.

Web Page Hits

- There were over 31,000 hits on the nutrition website over the last 6 months.
- The top web pages were “Reasons for the Seasons” which is about seasonal foods, and “Child Feeding Practices”.

Parent Workshop Post Survey

- There were 35 responses.
- There were large changes in increasing physical activity.
- Parents are gaining knowledge and skills that they find useful and are very likely to implement the knowledge so their children have healthy diets and needed physical activity.

In what ways will we apply what we have learned from our data?

- Continue to stress the importance of family mealtime.
- Consider offering Nutrition 101 for new providers.
- Have cutting edge activities with the “ah-ha” factor to meet the needs of the more experienced providers.
- Connect with County Maternal Child Health and Court Appointed Special Advocates for training opportunities.

Other points that were made during the conversation:

- Parents are having a difficult time due to the economy and classes have been modified to include how to cook and shop economically.
- There will be classes on growing your own produce and gardening. There will be some collaboration with the Master Gardeners.

Next Steps:

- Next Learning Conversation: Tuesday, January 5, 2010, 9:30 AM - Noon