Learning Conversation Notes	
Name of Partner: UCCE Nutrition BEST	**Date:** October 10, 2006
All Methods:	
Total # Children Served – 1154 Age Ranges 0 year 124 1 year 115 2 years 183 3 years 278 4 years 300 5 years 144 Gender Males 535 Females 587 Ethnicity Caucasian 862 African Amer 29 Amer Indian 15 Hispanic 45 Asian 45 Unknown 83	Total # Parents Served – 782 Gender Males 190 Females 582 Ethnicity Caucasian 641 African Amer 26 Amer Indian 11 Hispanic 60 Asian 37 Unknown 7
Others/Community Served:	
Others/Community Served - 369 Gender Males 77 Females 292 Ethnicity Caucasian 329 African Amer. 9 Amer Indian 3 Hispanic 17 Asian 9	Total Providers Served - 161 Gender Males 35 Females 114 Ethnicity Caucasian 140 African Amer. 4 Hispanic 3 Asian 2

Kids In The Kitchen Provider/Children:	
Total # of Children Served – 250 Age Ranges 0 year 11 1 year 17 2 years 31 3 years 63 4 years 86 5 years 42 Gender Males 136 Females 114 Ethnicity Caucasian 188 African Amer. 3 Hispanic 17 Amer Indian 2 Asian 6 Unknown 34	Total # of Providers Served - 26 Gender Males 1 Females 25 Ethnicity Caucasian 24 Asian 1 Hispanic 1
Kids in the Kitchen – Parent/Children:	
Total # of Children Served – 102 Age Ranges 0 year 10 1 year 17 2 years 11 3 years 27 4 years 18 5 years 19 Gender Males 63 Females 39 Ethnicity Caucasian 92 African Amer. 2 Hispanic 2 Amer Indian 1 Asian 1 Unknown 4	Total # of Parents served - 62 Gender Males 3 Females 59 Ethnicity Caucasian 52 African Amer. 1 Hispanic 2 Amer Indian 1 Asian 1 Unknown 4

Turn Off The TV Week:

Total # of Children Served – 245

Age Ranges

0 year	23
1 year	28
2 years	60
3 years	71
4 years	41
5 years	22

Gender

Males	119
Females	126

Ethnicity

Caucasian	198
African Amer.	10
Hispanic	17
Amer Indian	4
Asian	16

Total # of Parents served - 193

Gender

Males	54
Females	139

Ethnicity

Caucasian	162
African Amer.	6
Hispanic	10
Amer Indian	3
Asian	12

Parent Workshops:

Total # of Children Served – 163

Age Ranges

0 year	38
1 year	13
2 years	17
3 years	56
4 years	36
5 years	3

Gender

Males	71
Females	92

Ethnicity

Caucasian	153
African Amer.	2
Hispanic	3
Asian	5

Total # of Parents served - 99

Gender

Males	10
Females	89

Ethnicity

Caucasian	91
African Amer.	2
Hispanic	3
Asian	5

Community Events:

Total # of Children Served – 567

Age Ranges

0 year	57
1 year	76
2 years	73
3 years	108
4 years	166
5 years	87

Gender

Males	254
Females	313

Ethnicity

Caucasian	503
African Amer.	20
Hispanic	22
Amer Indian	16
Asian	6

Total # of Parents served - 303

Gender

Males	91
Females	212

Ethnicity

Caucasian	261
African Amer.	15
Amer Ind	7
Hispanic	16
Asian	4

When Served: July 1, 2005 to June 30, 2006

Conversation Participants: Sharon Junge, Vicky Pantels, Don Ferretti, Nancy Baggett, Janice Critchlow, Janey Crider

Outcomes:

- Maintain healthy lifestyles (sound nutrition, and exercise) resulting in healthy children.
- Have on-going, easy access to up to date information and professional expertise relating to nutrition issues independent of First 5 funding.

Performance Measures:

- Demographics (number of 0-5 served by gender, age, and when services were provided).
- Pre and post workshop surveys results.
- Pictures and anecdotal stories that address the nutrition outcomes.
- A plan to sustain easy access to up to date information and professional expertise relating to nutrition issues independent of First 5 funding.

What is this data telling us about achievement of outcomes?
There are a large number of children in the target 0-5 age group that are being reached.

Easy access to information is achieved especially as demonstrated by the number of web hits.

Kids In The Kitchen (Provider workshop training)
Research shows that when kids are involved in preparing food, they make better nutrition choices in the future.

Providers implement the training and distribute four parent handouts and parent surveys which are returned to Nutrition Best.

With the knowledge change for the providers' pre/post survey, the most significant growth was around knowledge change for the MyPyramid food guidance system and ways to involve children in cooking experiences. (Complete survey attached).

Based on the data, an overwhelming majority of providers felt the information received was useful in providing nutrition information, and will help them to better support the children they serve; which speaks directly to the outcome.

After the workshop, 50% of parents (62 parents responded representing 102 children) gave a written comment that they will start involving their children in the mealtime preparation.

In the pre/post survey regarding knowledge change for parents: there was growth across all topics especially involving children in meal prep and planning (this mirrors the provider results above).

Of all the parents who returned surveys, all were likely to change their behaviors to include their children at various levels regarding meal prep and planning.

Steps are being taken to assist working parents to be successful in implementing good nutrition choices with their busy schedules.

Parent workshops:
Provided for mother support groups and preschool parents, topics were on infant and child feeding (99 parents with 163 children served)
89.7% Gained knowledge or skills
96.6% Stated Information was useful
100% Will use information to better support children/youth/families
100% Would recommend this program to others

Community events: 303 parents were served representing 567 children

One of these events was “Turn off the TV” held at the Galleria. Feedback from this event indicates that participants are using information learned and sharing this information with friends and family.

Web Based Education
http://ceplacer.ucdavis.edu
16,329 hits received in this recording period. March and April hits were higher. Tips for Feeding Kids was number one on the top ten subjects requested with 1,328 hits.

Newsletters are available online and parents are beginning to take advantage of these.

Pictures and anecdotal stories:
Pictures show that children are engaging in healthy activities and that parents are making use of the activities provided as well as learning from them.

Sustainability Plan: Was reviewed in the learning conversation. See attached.

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

It is difficult to understand the survey results regarding behavior changes. Look at revising the scale for easier parent understanding and interpretation.

When grouping anecdotal comments and using numbers, it is easier to interpret the data when the grouping is consistent throughout all the data presented.

It would be helpful to separate the workshops by date and audience and review the data which is pertinent to the specific workshop. Bring some background information for discussion in case it’s requested.

Other points that were made during the conversation:

Nutrition Best has a four-hour nutrition training scheduled for the Promotoras based out of the North Tahoe Family Resource Center. The Promotoras will take the training message into the homes of the families they serve - this will help not only serve families in the Tahoe area, but also the Spanish speaking families.

Next Steps:

Collect data for next learning conversation, date and time to be determined.