

Falling in Love with Nutrition Education...*All Over Again*



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Session Objectives:

- Differentiate between the usual or traditional approach to nutrition education and the learner centered approach California WIC is implementing
- Consider how this approach might work in your agency

What Is It Like?



- If you had the best nutrition education program you could imagine...
- ... *what would it be like?*

How Would You??

Measure success?



What California WIC Did...

- Developed and implemented a new nutrition education program using learner-centered education principles and practices
- Designed and implemented an evaluation program to measure our impact

Finding the Teacher Within (FTW)



- California WIC's Learner Centered staff training program
- *Why FTW and not Facilitated Group Discussion?*

Finding the Teacher Within (FTW)

1 year training program

- Learner Centered Approach
- Ca WIC's adaptation of Global Learning Partners' dialogue based education
- Volunteer agencies selected by interview
- Key adult learning principles modeled throughout the agency and program
- Training and support for leaders and staff

Learner Centered Education

- Based on adult learning principles
- Redefines teacher and learner roles
- Partnership based on mutual respect
- Learners talk with one another as well as with the teacher

Learner Centered Principles

- Respectful
- Immediately Meaningful
- Safe
- Engaging
- Open Questions



LCE Principles (continued)

- Pause for Questions
- Affirm
- Work in Pairs
- Learning Styles-*Hear, See, Do*
- Provide Information



Let's Practice...



*What are the benefits of
fruits and vegetables?*

Let's Practice Again



- Look at this list of the benefits of fruits and vegetables (*or we can read these together*).
- Turn to your neighbor and talk about...
- ***“Which of these benefits is most important to you and your family?”***

The Benefits of Fruits and Vegetables

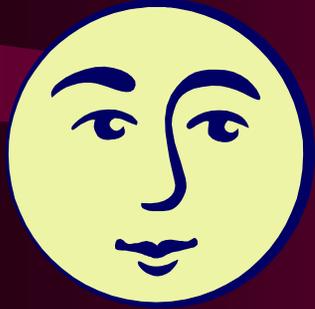
- Low in calories and fat (may help with weight loss)
- May lower chance of getting diabetes
- Lowers chance of getting heart disease and some cancers



The Benefits of Fruits and Vegetables



- Keeps gums healthy
- May help maintain bone health
- Helps maintain vision
- Good source of fiber (helps prevent constipation, lower cholesterol)



Open Questions

- Usually includes the word “you”
- Doesn't ask what the teacher already knows
- Avoids fishing for the “right” answer
- Encourages responses from the heart and reflection on personal impact

LCE Fruit and Vegetable Class



- Needs assessment-many voices
- Teacher input into design
- Used LCE principles
- Focus on ways to add fruits and vegetables with hands-on practice
- Includes affective component

Help Them Shine With Fruits and Vegetables



Class Outline:

- Introduction
- Visualizing Your Healthy Kindergartner
- Benefits of Fruits and Vegetables to You
- Ways to Increase Fruits and Vegetables
- Helping Dora (*with her diet*)
- Looking to the Future

How Is It Working?

- 25 agencies trained
- Agency-wide commitment crucial
- Lots of positive feedback
- Time for impact/outcome evaluation
- Funded by FNS as special project-partnership w/UC Berkeley



Need More Information?

Contact...

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