

Community Engagement Conference

Partnering to Advance Health and Wellness



IGNITE

January 24 and 25, 2018

A Roadmap to Success:

Ohio EFNEP's Journey to Implement
the New Eating Smart Being Active Curriculum

- **Presenters: Zoe Fawcett** – EFNEP research associate, OSU Extension;
- **Amy Habig** – EFNEP program specialist, OSU Extension;
- **Yvette Graham** – EFNEP program specialist, OSU Extension



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A Roadmap to Success: Ohio EFNEP's Journey to Implement the New Eating Smart Being Active Curriculum

Zoe Fawcett, MA, EFNEP Research Associate

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Yvette Graham, MSW, LISW-S, EFNEP Program Specialist





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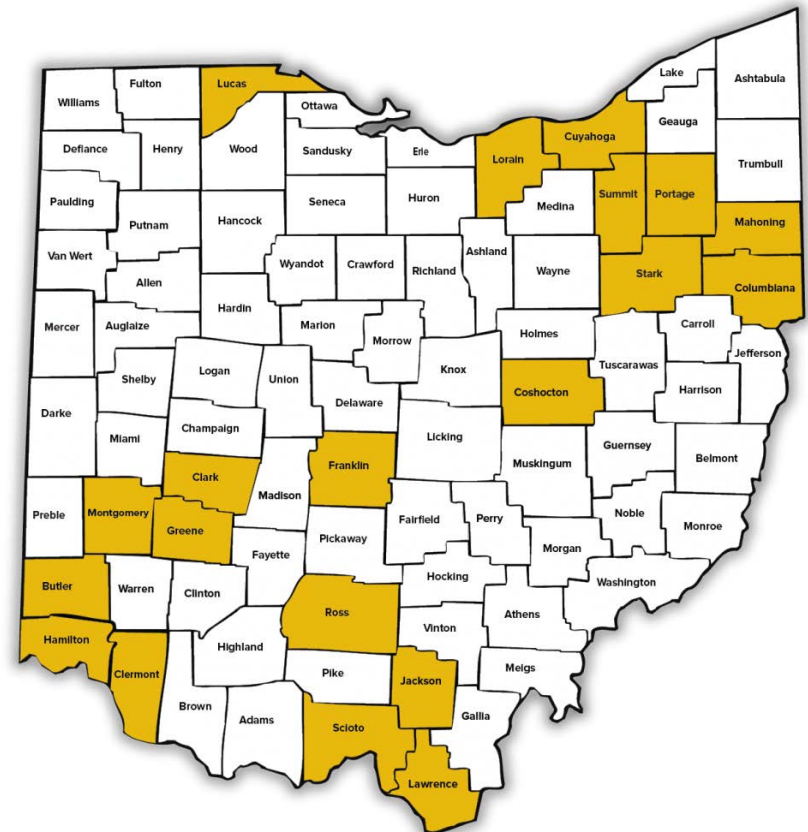
Expanded Food & Nutrition Education Program

Target Population

- Families with children
- Up to 185% FPG

4 Core Messages

- Diet quality & physical activity
- Food resource management
- Food safety
- Food security



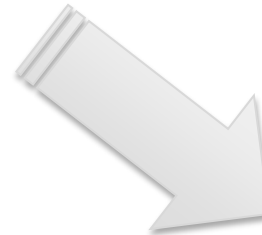
 Ohio EFNEP program



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1969 – Focus on rural one-on-one visits.

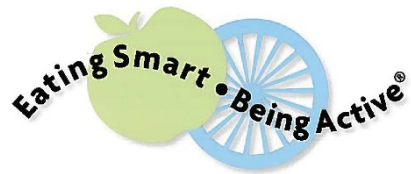


2017 – Focus on community-based small groups.



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TIME FOR CHANGE



Current

- 8 lessons
- 60 minute classes
- Food tasting
- Educational tool



EATING SMART
BEING ACTIVE

New/Upcoming

- 9 Lessons
- 90-120 minute classes
- Knife skills
- In class cooking
- In class physical activity
- Curriculum app
- Educational tools

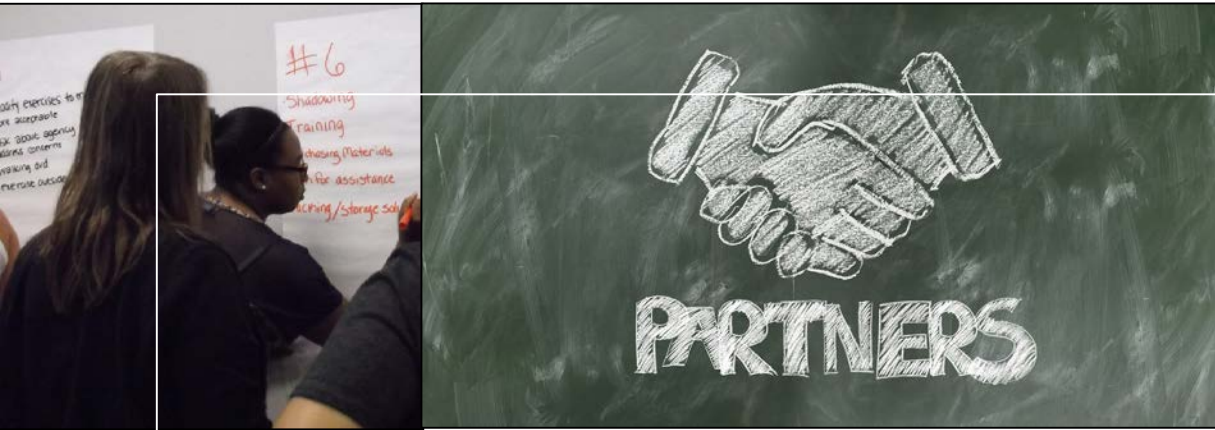
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Change is Coming Soon





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Identify & Address Potential Community Partner Concerns with the New Curriculum

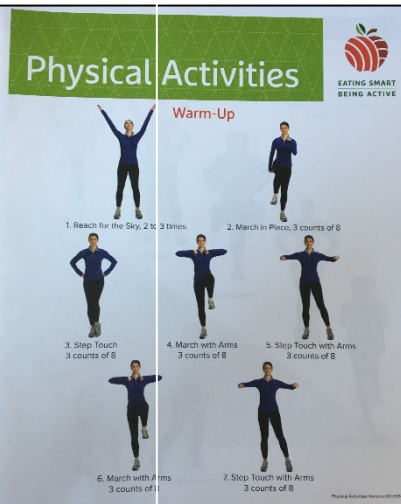
- Additional Time for Each Class
- Additional Lesson in Series
- Use of Knives in Class
- On-Site Food Preparation
- Use of Phones in Class for Mobile App
- Different Physical Activity

Preparing Staff: What Training Do We Need?

- Changes to Curriculum
- Knife Skills
- Physical Activity
- Food Preparation
- Paperwork
- Outreach
- First Aid and Blood Borne Pathogens
- ESBA App



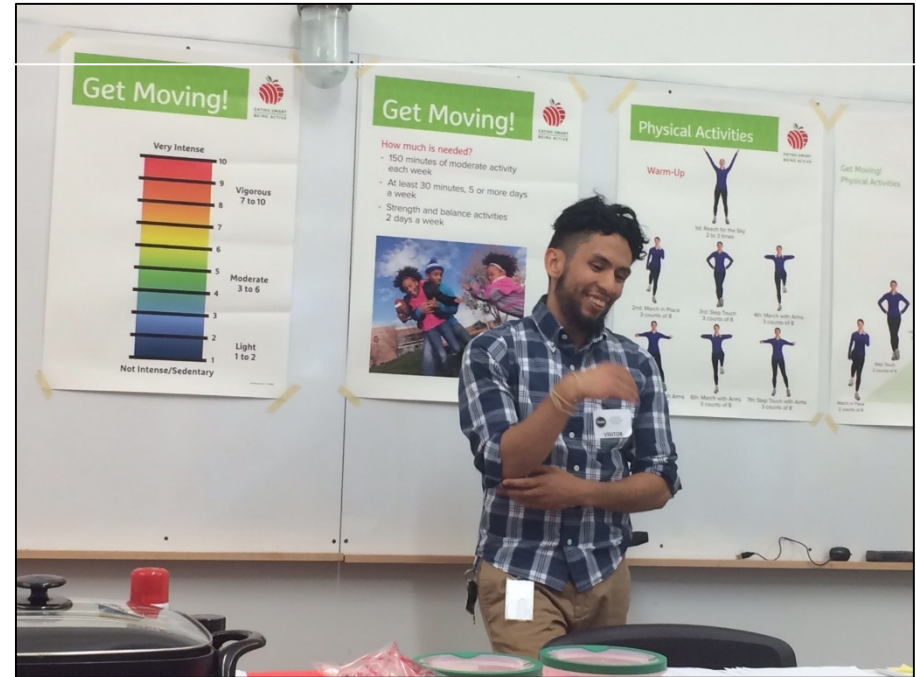
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New ESBA Curriculum Training

Curriculum Overview, Outreach, Physical Activity,
Knife Skills, & Food Preparation

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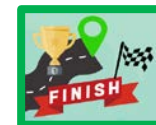


New ESBA Curriculum Training

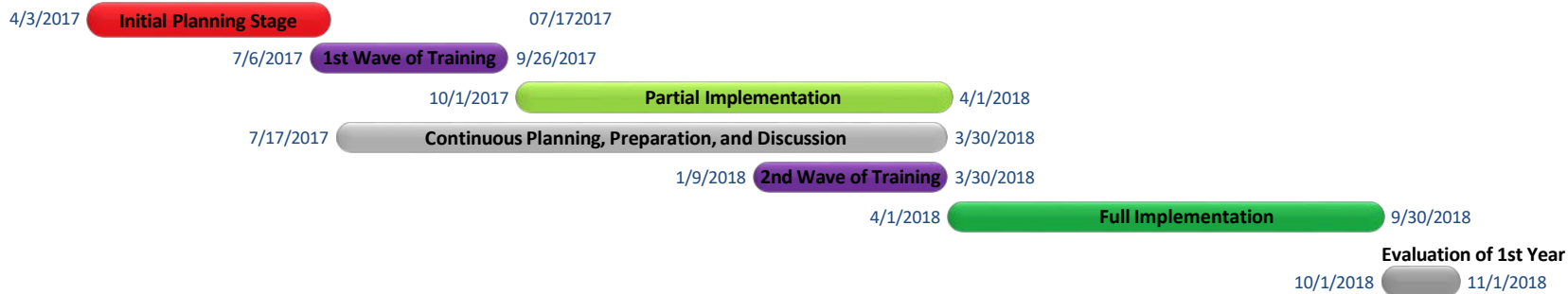
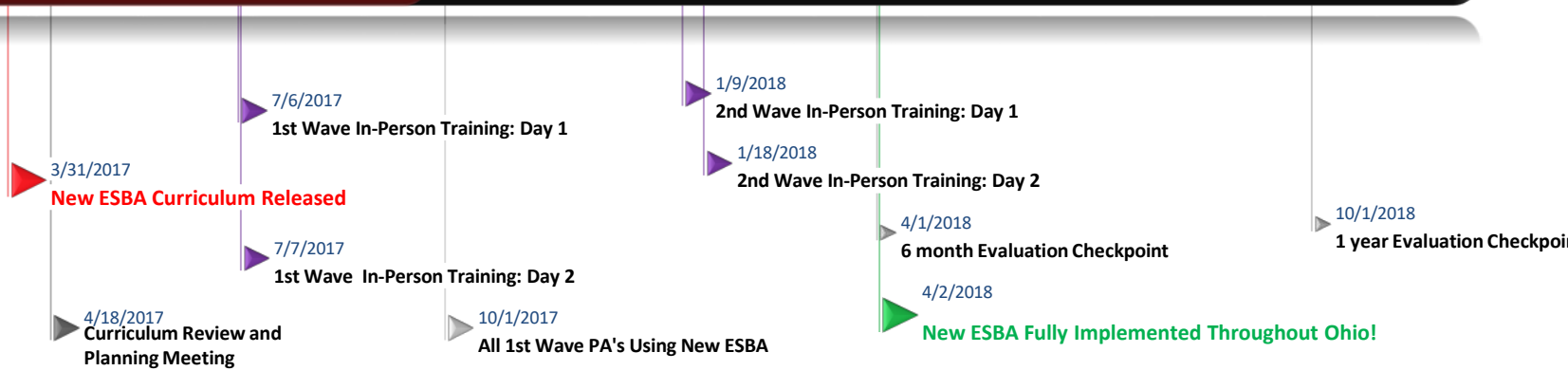
Teaching Days

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Implementation at a Glance



We are here!



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Change?
Let's do it!

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A Shift in Perspectives

Concerns have actually been “selling points”
and/or positive features for our partners

Sometimes change is for the better!



One PA reported, regarding the new Cardio Pyramid:

“Their counselor even pointed out that she was surprised at how much they enjoy the exercise. She didn’t think they’d do it, but they all joined in and they remember it now. I got a different version of Hang On Sloopy than I’d been using and it as really fast and we were gasping when we finished!! They were laughing like crazy.”

Innovation in Action



Another PA reported:

“Participants are LOVING this new curriculum!...I worked with a couple groups last week using the cut out laminated knife and cutting board, and found it to be just as effective and well-received as I did the actual knife skills demo...They are especially excited about the cooking and recipe activity!”

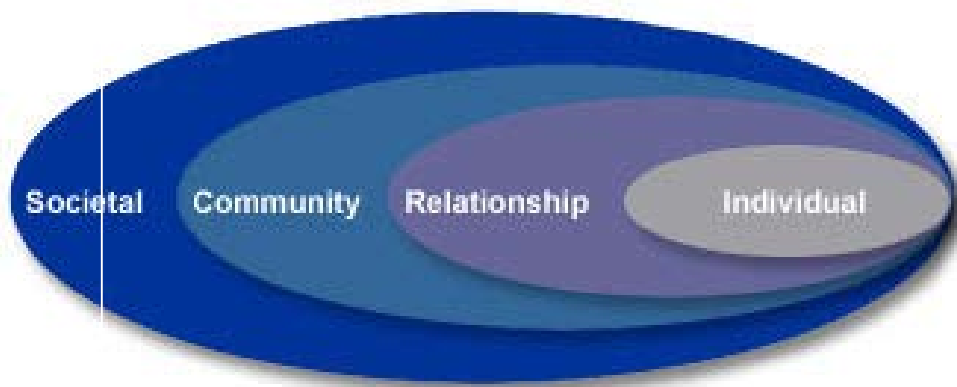
Cons Turning Into Pros



- Agencies like that participants are actively cooking;
- They actually like the longer sessions/lessons;
- Knife skills are a useful addition;
- People are more engaged in physical activity and enjoying the cardio pyramid!

EFNEP's Impact Beyond the Individual

We think implementing this new curriculum will do more than help our participants individually. In the past, EFNEP's presence and partnerships inspired institutional change. We look forward to continuing to be part of such changes with the help of our new curriculum.





Feedback



- *Continuous feedback and evaluation has helped shape this implementation and training process.*
- *This journey wouldn't have been (or continue to be) nearly as successful if it weren't for the wonderful feedback we've continuously received from our staff!*

Evaluation



- *Evaluation will be ongoing* and will take on both qualitative and quantitative forms.*
- *The evaluation(s), alongside staff and community feedback, will continue to be used to keep improving our efforts!*

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Thank You!

-Zoe, Amy, & Yvette

