

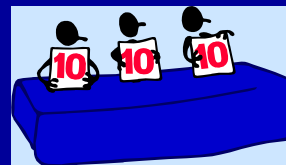
# Promoting Understanding of Nutrition Education in the Hispanic Population

University of Missouri Extension



## Presenters

- Candance Gabel, MS, RD, LD
- Guadalupe Hernandez
- Juana Lopez
- Sandra Zapata



## What is EFNEP?



## Expanded Food and Nutrition Education Program

- Target audience
  - Income within 185% of poverty
  - Children in home under 19
- Series of 12-18 lessons



## Agencies Served

- WIC
- Head Start
- Churches
- Teen Pregnancy Centers
- Food Pantries
- Shelters
- YMCA After School Programs
- Salvation Army
- 4-H
- Day Care Centers

## EFNEP Facts at a Glance

- Reached 2,458 families
- 40% minority
- 5,023 youth
- Served 49 of the 85 (58%) WIC offices
- Served 13 of the 46 (28%) Food Stamp offices
- Partnered with 227 agencies



## National EFNEP Impact

- For every \$1 spent to implement EFNEP, \$2.48 is saved on food expenditures, reducing the need for emergency food assistance



## National EFNEP Impact

The Produce for Better Health Foundation identified EFNEP as the best federal program for increasing fruit and vegetable intake.

- 2002



## National EFNEP Impact

- Overall diet improvement in all food groups
- Improved food safety practices, preventing food-borne illness
- Collaboration with other agencies reinforces common nutrition message



## Food Safety

48% of participants more often practiced not thawing their foods at room temperature



## Managing Food Dollars

- 50% more often planned meals in advance
- 44% more often compared food prices
- 48% more often used a grocery list for shopping
- 34% less often ran out of food before the end of the month



## Healthy Food Choices


- 49% more often thought about healthy food choices when deciding what to feed their families
- 38% more often prepared foods without adding salt
- 61% more often used the food label to make food choices

## Healthy Food Choices

41% of participants reported that their children ate breakfast more often



## Hispanic Population Demographics

	2000	2004	Change
Missouri	118,617	148,201	24.9%
Central Region	7,648	9,706	26.9%
West Central Region	48,474	60,359	24.5%

Source: USDC, Bureau of the Census, 2006.

## Barriers to Nutrition Education

- Transportation
- Safety
- Language
- Literacy
  - May not be literate in native language



## Recruiting Our Audience

- Health fairs
- Mexican Consulate
- Libraries
- Puertas a la Salud project at Columbia/ Boone County Health Department
  - Comenzando Bien meeting
- Stay Strong, Stay Healthy program
  - Special grant to focus on Latino women
- Referrals from enrolled families

## Urban Audiences

- WIC
- Community centers
- Churches
- Shelters
- Kansas City-Samuel Rogers Health Center
  - Teen Parents curriculum

## Rural Audiences

- Columbia-Comenzando Bien meeting
- Home visits
- WIC



## WIC

- Lessons align with WIC topics
- Adapt to fit time
  - 5 minutes-1 hour
- Do classes in both English and Spanish jointly at Crescent Clinic



## Community Centers



## Home Visits

- Done more in less urban areas
- Higher crime incidence in the urban areas
  - Risk to carry computer, projector
- Clients in less urban areas more willing to have home visits



## Home Visits

- Preferred by families
  - Due to limited transportation, time, childcare
- Focus in Columbia area
  - Crime incidence has not been an issue

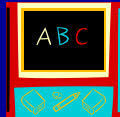


## Nutrition Education



## Multiple Teaching Approaches

- PowerPoint slide presentations
- Flipcharts
- Handouts
- Food demonstrations
- Food preparation and sampling
- Displays



## Teaching Approaches

- Videos (5 to 20 minutes)
- Food models
- Hands-on activities
- Food visuals
  - Examples- flour/calcium, beans/bacteria
- Reinforcements



## Slide Presentations

- **Steps to a Healthier You** PowerPoints
- Can adapt to time needed
  - 15 minutes -1 hour



## Slide Presentations



## Steps to a Healthier You PowerPoints



## Steps to a Healthier You PowerPoints



## Flipcharts



## Handouts

- Translated into Spanish
- Support curriculum



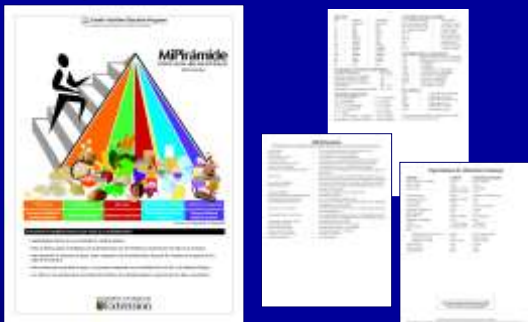
## MyPyramid



## MyPyramid for Pregnancy



## Steps to Healthier You Folder



## Food Demonstrations

- Modify cultural foods
- Try unfamiliar foods
- Share recipes
- Modify to be healthier recipe



## Encouraging Families to Try Unfamiliar Foods

- Family chooses a new recipe from upcoming lesson that will be prepared
- Bring food to sample
  - Examples- high fiber crackers, fruits



## Recipes



## Reinforcements

- Reinforce topics taught
- Tie in with lesson content
- Graduation certificates



## Reinforcements



## Graduation

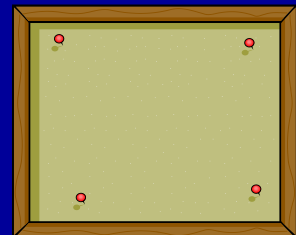


- Receive graduation certificate
- Proof of completion of program
- May use for legal purposes
  - Better eating habits with less money
  - Shopping smart and budgeting
  - Improve health of children
  - Custody of children



## Displays

- Health fairs
- WIC
- Schools



## MyPyramid



## Displays



## Other Teaching Methods

- Hands-on activities
  - Bingo
  - MyPyramid Pockets



## Show Me Nutrition Curricula

- Youth curricula Pre-K to 8<sup>th</sup> grade
- Meet grade level expectations and Show Me Standards
- Family newsletters Pre-K to 5<sup>th</sup> grade in Spanish



## Translation

- Translation Team
  - Guadalupe Hernandez
  - Juana Lopez
  - Catherine Estrada Lopez



## The Translation Process

- More than literal translation
- Focus on content/meaning
- Words with multiple meanings
  - Best word for the meaning in the context





## The Translation Process

- Consider literacy level of audience
- Visual appeal for low literacy
  - Use of graphics
  - Translate words on graphics
- Recognized by many dialects and literacy levels



## The Translation Process

- Watch “double meaning” words
  - May be offensive or inappropriate
- Formal versus informal/cultural respect



## Materials Translated

- *Steps to a Healthier You* (adult curriculum)
  - PowerPoints
  - Handouts
  - Recipes
- MyPyramid handout and poster
- MyPyramid for Pregnancy
- *Show Me Nutrition* Family Newsletters
- Forms-Food recalls, behavior surveys

## Future Translation

- Needs assessment
- New materials developed in English



## Why We Do It

*“Working with Hispanics gives me the satisfaction of delivering a positive message and answering someone’s question, but mainly sharing some of my knowledge that can give someone the chance of changing their lifestyle.”*

-Juana Lopez  
Nutrition Program  
Assistant



## Success Stories



## Making a Difference

- We believe we are making a difference in the lives of the Hispanic population in Missouri
  - Improving the lives of Hispanics in Missouri through our program
    - Spanish speaking nutrition educators
    - Translation of materials



## Questions & Answers

