Journey With Cooperative Extension Services

Rhoda Z. Castillo
Marywood University
Distance Dietetic Internship
Community Nutrition Rotation
7/18/11 - 9/14/11
Overview

- SMOG Analysis
- EFNEP Tier Data
- The Giving Tree Food Pantry
- Shadowing at Honolulu WIC
- EFNEP & SNAP-Ed Classes
- HDA Involvement
- LIFE-II Team Meetings
- Health Promotion & Wellness Program
SMOG Analysis

• Lesson Package 1: Food and Money Basics
  • A Food Guide
  • Safe Food Handling
  • Spending Less, Eating Better
  • Mirrors: Who Am I?
  • Goal Setting
  • Balancing Act
SMOG Analysis Results

• Lesson Package 1: Food and Money Basics
  • A Food Guide – 9th grade
  • Safe Food Handling – 8th grade
  • Spending Less, Eating Better – 9th grade
  • Mirrors: Who Am I? – 9th grade
  • Goal Setting – 7th grade
  • Balancing Act – 10th grade
EFNEP Tier Data Analysis

- Adult Checklist Data
  - Food Resource Management
  - Nutrition Practice
  - Food Safety Practice

- Adult Recall Data
  - Grain
  - Fruit
  - Vegetable
  - Milk
  - Meat & Beans

- FY 2009
  - UHM
  - Tier 6
  - NIFA National

- FY 2010
  - UHM
  - Tier 6
  - NIFA National
EFNEP Tier Data Analysis

Adult Checklist Data Charts

Percent Checklists

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Pct Improv NP 1 or More

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EFNEP Tier Data Analysis

Adult Recall Data Charts

Percent Recalls

Fruit Change

Grain Change

Vegetable Change
EFNEP Tier Data Analysis

Adult Recall Data Charts

Milk Change

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UHM
"Tier 6"
"NIFA-National"

Meat Change

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UHM
"Tier 6"
"NIFA-National"
The Giving Tree Food Pantry

- Hawaii’s largest
- Distributes perishable & non-perishable food
- Unique in its form (i.e. walk through grocery style pantry allows people to shop the shelves)
- Food Pantry Recipes Book
Shadowing at Honolulu WIC

- Client intake
- Orientation video
  - WIC food packages
- Pt-centered Counseling
- Focus DAR

Miriam Hernando-Ocampo
SNAP-Ed & EFNEP Classes

Casey Shimokawa
• Artesian Vista – elderly

Karen Wold
• Salvation Army’s Ke Ola Pono – women in transition
HDA involvement

- Board Meetings
- HDA Licensure
  - Gary Slovin - lobbyist
- Public Policy Panel
  - White Paper
LIFE-II Team Meetings

- EFNEP Interview Panel
- August
- September
  - Health Promotion & Wellness Program presentation
  - Food Demonstration
Health Promotion & Wellness Program:

Health Kids Club
Research Findings

• Hawaii ranked 22 on overall child well being (The Annie E. Casey Foundation, 2010)

• Over ¼ children overweight or obese (Nigg, Shor, Tanaka, and Hayes, 2011)

• Youth (82.8%) consume fruits and vegetables less than five times per day (CDC, 2009)

• Need to integrate parents to overcome barriers (Helfrich, 2011)

• Curriculum-based nutrition education lessons using hands-on, experiential learning can have immediate effect on youth’s nutrition knowledge and behaviors (Kemirembre et al., 2011)
Key Collaborators

• UHM Cooperative Extension Services
  • Naomi Kanehiro
  • Kim Kanechika

• East Honolulu Public Health Nursing
  • Malachy Grange

• Waikiki Elementary
  • Principle – Bonnie Tabor
  • PCNC – Dolly Bahn
About the program

• Goal
  – Improve child health utilizing a multi-component, school-based nutrition education curriculum

• Objectives
  – To focus on providing the necessary knowledge and skills to increase fruit, vegetable and whole grain consumption
  – Within eight weeks, children will be able to identify and demonstrate MyPlate

• Target Audience
  – 5th grade youth
Project Description

- Program length – 8 weeks (Thursdays)
  - Recruitment
  - Curriculum
    - Food Safety
    - Fruits & Vegetables
    - Prepare/Eat More Meals at Home
    - Portions
    - Move More
    - Rethink Your Drink
  - Recap
Prepare/Eat More Meals at Home

• Main Objectives:
  • Identify basic kitchen tools
  • Demonstrate how dry & liquid ingredients are measured
Identify Basic Kitchen Tools
How Dry & Liquid Ingredients Are Measured
Assessment

<table>
<thead>
<tr>
<th>Statement</th>
<th>Pre-Assessment</th>
<th>Post-Assessment</th>
<th>Conclusion</th>
</tr>
</thead>
<tbody>
<tr>
<td>We use vegetable peelers to peel the skin or outer layer or foods like potatoes.</td>
<td>69%</td>
<td>93%</td>
<td>Improved</td>
</tr>
<tr>
<td>We can use a 1 cup dry measuring cup to measure 1 cup of water.</td>
<td>69%</td>
<td>47%</td>
<td>Improved</td>
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Portions

Main Objectives:
- Identify MyPlate proportions
- Demonstrate MyPlate
Identify MyPlate
Produce A Plate with Fruits & Veggies

Choose MyPlate.gov
## Assessment

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<tbody>
<tr>
<td>We should fill half our plate with meat/protein.</td>
<td>43%</td>
<td>9%</td>
<td>Improved</td>
</tr>
<tr>
<td>We should pile our plate high with fruits and vegetables.</td>
<td>86%</td>
<td>82%</td>
<td>Did not improve</td>
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Waikiki Elementary Walk a Mile Map

Start at Office, go past the Library, past Bldg B and Bldg C, → then turn left at the Playcourt and go around the perimeter of the Playcourt twice, → then go back past Bldg C, Bldg B, and past the Cafeteria to End.

1X Around = .26 mile
4X Around = 1.03 mile

*map not drawn to scale

9/9/11
References


Photo Credits

- http://www.ctahr.hawaii.edu/new/resources.htm
- http://www.eatrighthawaii.org/index/officers
- http://www.waikikischool.org/WaikikiSchool/Waikiki_Staff.html#0
- http://www.waikikischool.org/WaikikiSchool/Waikiki_Staff.html#8
- http://www.choosemyplate.gov/
Questions?
THANK YOU!