

## Steps for Moving Forward With CCNE

**\*Follow steps A, B, and C to help evaluate local agency readiness to adopt client centered nutrition education (CCNE).**

### Step A: Evaluate your local agency resources and staff capabilities.

- What are the **strengths** of your staff?
  - Who is motivated and capable to help plan and organize client centered nutrition education efforts? Who among your teaching staff could facilitate client centered classes? Who would be interested and able to develop client centered lessons?
- What types of additional, ongoing **training** do you feel your staff would need to feel confident providing client centered nutrition to clients?
  - Who would be responsible for providing and tracking this training?
- What other **resources** does your agency have to support client centered education efforts?
- Who will ultimately be **responsible** for CCNE at your agency?
  - What types of things can you do to ensure quality control?

### Step B: Choose a level of CCNE that best fits your local agency (both now and in the future).

#### Level 1

- Consider the clinic environment and classroom set up.
  - Evaluate how you can make the clinic more welcoming to clients
  - Consider rearranging the classroom chairs into a circle instead of lecture style seating to encourage more client interaction
  - Offer quiet activities for children
- Offer clients a choice of class topic and time.
- Offer clients alternatives to traditional class/teacher nutrition education
  - web lessons
  - take home lessons
  - bulletin board lessons
- Try organizing a nutrition education fair or carnival (if desired).

- Consider your current nutrition education plan. Are you offering state agency developed classes that involve discussion and activities in addition to video based ones? Consider trying some new ones that get clients more engaged.
- Consider working with community partners to provide new and interesting nutrition education opportunities for clients.
- Offer continued training for staff on adult learning principles and classroom management techniques. Get feedback from staff on what is working well, what could be improved, and other ways to make nutrition education more client centered.

## **Level 2**

- Implement a CCNE pilot in at least one clinic. Choose a clinic with a least one staff member who is excited about CCNE and possesses the necessary skills.
- Adopt new state agency developed CCNE lessons as they become available.
- Adapt existing state agency lessons to better meet your local agency needs and client preferences. This could involve, for example, adding discussion questions or activities (such as a taste tests, food demos, interactive games, etc) to make a lesson more engaging and meaningful to your clients. You will need to communicate with your NE liaison to update your NE plan and ensure you have appropriate nutrition education codes.
- Plan for continued training and quality assessment, perhaps peer review or peer mentoring. If possible, allow staff from other clinics to observe or co-facilitate with a highly motivated staff member. Consider allowing that person share their excitement for CCNE by facilitating a “mock” session with the other educators during a monthly/bi-monthly meeting.

## **Level 3**

- Develop your own client centered nutrition education lessons and activities.
- Plan for continued training and quality control, perhaps peer review.

**Step C: Talk to your NE liaison about what you learned at the CCNE training. Discuss your local agency's CCNE level & what actions you can do to move forward.**