

2012 WIC Obesity Prevention Mini Grant Project Summary

Local Agency Number and Name:

LA 48-Harris County WIC

Title of OPMG Project:

Role Model in Training: Parents Wanted

Contact Person:

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Project Overview

List target audience and number of participants seen:

Parent/guardians of child participants and have been assigned risk codes 113, 114, and or 470 (inappropriate nutrition practices that can lead to obesity); 23 sessions in 11 locations with a total of 197 parents who participated

List type of activities for this project (a group class, cooking class, physical activity, gardening, breastfeeding, other):

Group class led by staff from: Collaborative for Children - an agency that provides parenting classes.

Overall goal for this project:

Have WIC parents make a connection or acknowledge how their parenting can directly affect family food choices and thus reduce causes leading to obesity.

Objectives for this project:

Participants will be able to identify the definition of Division of Responsibility between parents and children

Participants will be able to name two ways to respond to a child exhibiting negative behavior regarding the parents' food choices/decisions

Project description:

A facilitative group class led by a Collaborative for Children staff member and a LA 48 RD available for nutrition-related questions that come up in the session.

List results and objectives met:

The pre and post-test evaluations compiled by HCPHES WIC did not illustrate a significant change in answers. However, “91.14% of the parents answered all of the content-based questions correctly on the Collaborative for Children post-session evaluation, demonstrating new knowledge as parents in the areas of parent-child communication, skills for establishing their role as the authority in the home with their children, and for setting age-appropriate limits and boundaries with them.” (Results from Collaborative for Children)

“A satisfaction rate of 97% was recorded by the parents for the topic content, professionalism, and preparedness of the parent educator. “ (Results from Collaborative for Children)

“99.14% of the parents stated they learned at least one important skill in the WIC session.” (Results from Collaborative for Children)

List curricula, kits or other educational materials used:

n/a

List other resources used, if applicable:

n/a

List collaborating agencies or individuals, if applicable:

Collaborative for Children

List the type of incentives that were given:

Parenting information, DVD and book with nutrition information provided by Collaborative for Children agency

Tips for Other Agencies

What worked well for this project?

Using an outside agency that provided their expertise in parenting and can effectively correlate the relationship between proper parenting skills and positive family food choices.

What were the challenges?

The agency did not fully understand the concept of CCNE and how to implement a class of this format.

What changes would be made for next time, if any?

Conduct a practice-run class before implementing at all 11 clinics, thereby assessing and resolving any concerns or issues before implementation.