HEALTHY PARENTING WORKSHOPS
A NOVEL APPROACH TO NUTRITION AND PARENTING EDUCATION

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**Learning Objectives**

- **IDENTIFY** the critical need for nutrition interventions to include actionable nutrition education and parent skill-building activities within programming that is culturally appropriate and community specific in order to prevent early childhood obesity and build lifelong healthful habits.

- **DESCRIBE** a novel approach to community-based public health education that combines actionable parenting skills with nutrition education using a social learning theory framework.

- **DEMONSTRATE** the effectiveness of the *Healthy Parenting Workshops* curriculum in engaging diverse populations through a social learning framework and providing accessible and tailorable education on chronic disease prevention to vulnerable populations.
Presentation Roadmap

- Background & Evidence Base
- Curriculum Overview & Implementation
- Evaluation Results
- Tools & Resources
Choose Health LA Kids Program

Early Childhood Obesity Prevention Initiative

SEM LEVEL 1: Individual/Interpersonal
- Curriculum
- Food Demonstrations
- Grocery Store Tours

SEM LEVEL 2: Organizational/Institutional
- Restaurant Program
- DPH-DCFS Obesity Workgroup
- Clinical Settings Program

SEM LEVEL 3: Community
- Community Assistance Program Promotion

SEM LEVEL 4: Systems & Structures
- White Paper Policy Work
- Public Education Campaigns
Healthy Parenting Workshops
Overview
Evidence Base

Why focus on parents?

- Parents have a profound influence on the eating and physical activity habits of preschool-age children.

- Parents play a key role in molding their children’s physical activity and eating behaviors.

Evidence Base

Why intervene early?

Obesity prevalence among 2-3 year olds, nationally

- **African American**: 21.9%
- **Mexican American**: 29.8%
- **Caucasian**: 20.9%

References: Ogden et al JAMA 2010; 303: 242-249.
Evidence Base

What do the experts recommend?

- The Institute of Medicine recommends policies that alter the environment and nutrition of a 0-5 year olds to promote healthy weight.

- Recommendations focus on:
  - Assessment
  - Healthy eating (including breastfeeding)
  - Marketing
  - Screen time
  - Physical activity
  - Sleep

References:

Strong evidence for the effectiveness of...

- Minimizing sugar-sweetened beverages with a goal of 0.
- Increasing meals prepared at home.
- Educating on and modifying of portion sizes.
- Reducing inactive screen time to < 2 hours/day and if less than 2 years old to 0 time.
- Increasing active time for children and families to >=1 hour each day.

References: American Academy of Pediatrics
Weaker evidence* for the effectiveness of...

- Increasing to 5 fruit & vegetable servings or more per day.
- Reduction of 100% fruit juices.
- Consume a healthy breakfast.
- Reduce foods that are high in energy density.
- Meal frequency and snacking.

* May be important for some individuals.

References: American Academy of Pediatrics
Evidence Base
Importance of Routines

- Children in childcare were protected from obesity compared to those children cared for by parents or relatives.

- 40% lower prevalence of obesity among children exposed to 3 house-hold routines (of regularly eating the evening meal as a family, obtaining adequate nighttime sleep, and having limited screen-viewing time) compared to those not exposed.

- Routines help:
  - Build regular schedules
  - Reduce stress
  - Increase family time

References:
### Curriculum Overview

<table>
<thead>
<tr>
<th>6 Workshops</th>
<th>90 Minutes Each</th>
<th>Social Learning Theory Base</th>
<th>Parenting Skills + Nutrition Education</th>
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Social Learning Theory Framework

- Encourage Group Sharing
- Emphasize Behavioral Rehearsal and Modeling
- Promote Generalization & Self-Efficacy
General Workshop Structure

1. Welcome, Introductions, & Snack
2. Nutrition Reflection Session
3. Nutrition Topic
4. Nutrition Healthy Family Challenge
5. Physical Activity Break
6. Parenting Reflection Session
7. Parenting Topic
8. Parenting Healthy Family Challenge
# Workshops At-A-Glance

<table>
<thead>
<tr>
<th>Workshop</th>
<th>Nutrition Topic</th>
<th>Parenting Topic</th>
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<tr>
<td>1</td>
<td>Changing How We Serve Food</td>
<td>The Power of Praise</td>
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<tr>
<td>2</td>
<td>How Eating for Your Child</td>
<td>Giving Commands that Work</td>
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<td>3</td>
<td>Reading Food Labels</td>
<td>Daily Routines</td>
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<tr>
<td>4</td>
<td>Strategies for Healthy eating and Shopping</td>
<td>Weekly Routines</td>
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<td>5</td>
<td>Sugar Sweetened Beverages and Physical Activity</td>
<td>Ignoring Unwanted Behavior</td>
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<td>6</td>
<td>Healthy Snacks and Enforcing Rules</td>
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Facilitation Tools

- Facilitator Guide
- Charts
- Parent Handouts
- Supplemental Materials
Curriculum Components

Healthy Family Challenge

- Key component of Social Learning Theory
  - Ownership
  - Goal setting
  - Translation to the home

- 2 Types
  - Nutrition
  - Parenting

- Important
  - Small changes or even effort is great
Curriculum Components

Healthy Family Challenge

Focus on what you can do, not what you can't. Small steps turn into miles......

..............................................
The curriculum was designed so that each workshop builds upon the previous workshop.

Concepts from the previous workshop in subsequent workshops.
Evaluation Results
Evaluation Design

- Quasi-Experimental Design
  - Mixed-Methods
    - Process Indicators
    - Outcome Indicators
  - Limitations
    - No BMI Data
    - No Independent Control Group
    - No Long-term Follow-up
Evaluation Measures & Tools

Process Evaluation Measures:
- Contact Form, Intake Form, Tracking Log
- Fidelity Surveys
- Key Informant Interviews
- Observational Assessments

Outcome Evaluation Measures:
- Pre/Mid/Post Survey
Participant Demographics

### Race/Ethnicity*
- Hispanic/Latino: 6.4%
- White/Caucasian: 74.5%
- Black/African American: 17.6%
- Asian: 1.5%
- American Indian/Alaskan: [small portion]
- Pacific Islander: [small portion]

### Gender
- Female: 95.5%
- Male: 4.5%

### Age
- 18-24 years: 6.4%
- 25-44 years: 74.5%
- 45-64 years: 17.6%
- 65 years and over: 1.5%
Participant Demographics

### Income Level

- Less than $20,000: 55%
- $20,000-$39,999: 34%
- $40,000-$59,999: 8%
- $60,000-$99,999: 3%
- More than $100,000: 0%

### Attendance

- All 6 Workshops: 46%
- 5 Workshops: 23%
- 4 Workshops: 11%
- 3 Workshops: 7%
- 2 Workshops: 4%
- 1 Workshop: 10%
Process Outcomes

**Site Type**
- Schools: Higher Attendance
- Head Starts: Higher Knowledge Gain

**Number of Workshops**
- 4+: Higher Knowledge Gain
- Validates workshops series approach

**Tailorability through Social Learning**
- Cultural relatability
- Relevant beyond LA County
- Support group environment (facilitator>lecturer)

**Intended Audience Reached**
- Low-income, minority families and caregivers

**Broad Reach**
- Beyond ages 0-5
- Beyond one’s own children
Knowledge & Behavior Change Outcomes

NUTRITION

Understanding and use of nutrition labels

Role modeling of healthy eating

Understanding of portion size

- 100% juice (4 oz.)
- Fats
- Proteins
- Grains
- Fruits & Vegetables
What do parents say?

“In the past, it has been difficult for me to read a food label, but after your class I feel more confident that I can make healthier choices for my children and my family!”
Knowledge & Behavior Change Outcomes

PARENTING

**Praise!**
- Increased use of **praise** without food

**Ignore Mode**
- Increased ability to **ignore** unwanted behavior
  - Temper tantrums
  - Nagging
  - Whining

**Keep Calm and Follow Through**
- Improved follow-through on **commands** and **warnings**

**Improvements to routines**
- Less TV during mealtimes (daily)
- More time for physical activity (weekly)
What do parents say?

“I’m glad that I’m here because now I can tell my grandson ‘good job’ with love [not food]. I didn’t have this before.”

“I made oatmeal in the morning and was surprised that all my kids ate it...[making breakfast] is now in the routine.”
Tools & Resources

® Open-access curriculum
  § Tailorable to other jurisdictions and populations

® Train-the-trainer materials
  § Webinar, slide decks, online toolkit and training materials

® Final Evaluation Report
Learning Objectives

- Identify the critical need for nutrition interventions to include actionable nutrition education and parent skill-building activities within programming that is culturally appropriate and community specific in order to prevent early childhood obesity and build lifelong healthful habits.

- Describe a novel approach to community-based public health education that combines actionable parenting skills with nutrition education using a social learning theory framework.

- Demonstrate the effectiveness of the Healthy Parenting Workshops curriculum in engaging diverse populations through a social learning framework and providing accessible and tailorable education on chronic disease prevention to vulnerable populations.

Want More?! Join us at our roundtable on Friday, June 2 at 8:00AM!
Thank You & Contact Information

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