It Works!

Group Nutrition Education for Non-English Speaking WIC Families
Aliya Haq, MS, RD, CD - Harborview Medical Center, WIC Program, Seattle, Washington

Abstract

Group meetings for WIC families who speak Somali, Spanish and English were started. Each group consisted of 10-15 caregivers of preschool age children. Aliya Haq, MS, RD, CD, established and amends the WIC Nutrition Education Curriculum, and group sessions were integrated into the WIC Family Literacy Program and the WIC Program Family Health Education Program. The “group nutrition education” plan was developed for multi-group meeting sessions. Topics were based on health needs. WIC Program Subject Report, and group training. Culturally appropriate nutrition education, and health education was provided by the nutrition education coordinator. A Somali WIC Nutrition Education Coordinator was specifically assigned. An interpreter was always present. A higher number of caregivers showed up for their second sessions. (100% of visits were attended for the group nutrition education) The group nutrition education facilitated improved health knowledge and a change in patients' perceptions. (To date, >325 patients visits.)

Target Audience:
Parents of preschool children;
Children welcome;
Taught in English, Spanish & Somali

When taught:
Twice a month;
1:30-2:30 (time varies each month)
Started September 1999 to present

Where:
Harborview Patient & Family Resource Center Classroom

Register:
Via WIC Clinic or Resource Center (or walk-in)

Why group is held:
Improve health of young children

What is Taught:
- Basic nutrition education
- Childhood obesity
- Dietary treatment of nutritional anemias
- Snacking and dental health
- Diet and exercise
- Preparing healthy snacks
- Introducing veggies to preschool children
- Bean cookery & cross-cultural diets
- Breastfeeding Education

Advantages of Nutrition Education in Groups:
- Quality Nutrition/ Breastfeeding Education offered
- Documented patient education
- Group sharing
- Interaction, discussion
- Improved learning
- Community linkages via guest speakers & SNAC program
- Walk-in Access
- Cultural Competency Training for Students
- Time saving
- For patients, clerks, interpreters, RD
- Walk-in patients get nutrition education
- Increased visit slots for Healthy Kids billable visits
- More time available for high-risk WIC patients
- Literacy Education
  - Provision of Books from HMC Literacy Program

Outcomes:

What Parents Said:

- What did you learn today? (topic choices given)
  97% understood topic
  3% no response

- What would you prefer?
  70% liked group
  30% preferred 1:1

- Would you attend nutrition group in future?
  95% yes
  5% no response

- Did you enjoy the group interaction?
  90% yes
  10% no response