

## It Works!

# Group Nutrition Education for Non-English Speaking WIC Families

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### 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. Appointments were made at the WIC certification visits. Walk-ins were welcome to attend. Posters and fliers were also used to advertise the group meetings. A class plan was developed for each group meeting session. Topics were based on health needs, WIC Program Indicator Report, and group interest. Culturally appropriate foods and demonstrations were a key component of the group meeting. The term "class" was specially avoided. An interpreter was always present. A higher number of caregivers showed up for their second appointments. 270 client visits were recorded for the group meetings held in the year 2000-2001. Clinic costs declined and clinic caseload increased. WIC Program Indicator Reports showed an increased intake of vegetables by the participating WIC clients. Also, the initiation and duration of Breastfeeding increased. Participants also received nutrition education materials, recipes and books provided by the Harborview Literacy Program. The groups also became a resource for training nutrition and medical students on culturally competent nutrition education. (To date, >325 patients visits.)

### Nutrition Group Background

- 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



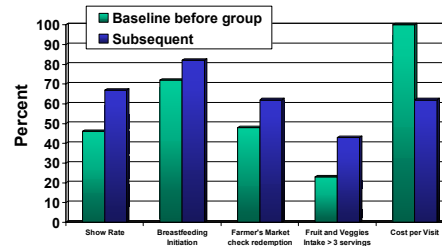
### Advantages of Nutrition Education in Groups



- Quality Nutrition/ Breastfeeding Education offered
  - For patients, clerks, interpreters, RD
- 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? Group Individual Appointment	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