FP5 (continued)

eteria coaches. We also visited schools to conduct fidelity checks. These data collections sought to determine what worked, what did not work, and what recommendations participants would have for future interventions. While all participants described the project as successful and did not state major implementation challenges, they described ways the intervention could have been improved. Project stakeholders stated that more communication and technical assistance, particularly before the project, would have been helpful. Nutrition educators stated that the lessons had too much content for the allotted time and that some activities (i.e. sing-along songs) were not age appropriate. Cafeteria coaches requested more training and technical assistance. Nutrition lessons were generally implemented as planned, but often did not include all activities, as discussed in the interviews. All schools implemented at least one of the strategies required for the cafeteria coaching component, but differences made comparisons between schools difficult.

Conclusions and Implications: The process evaluation of the HSHS intervention provides future Team Nutrition grantees and others working to improve school-based interventions with important factors to consider when planning and implementing school-based nutrition education interventions.

Grant Year: 2016

FP6 Supporting Healthy Habits in Childcare with Online Trainings for CACFP Participants

Patti Delger, BS, LD, RDN, patti.delger@iowa.gov, Iowa Department of Education, 400 E 14th St, Des Moines, IA 50319; Bryan Bauer, MA, Iowa Public Television; Tiffany Morgan, MS, Iowa Public Television

Objective: To develop interactive and engaging online trainings for CACFP (Child and Adult Care Food Program) participants, based on adult learning principles and instructional strategy, including audience analysis, and formative evaluation of knowledge gained. The modules support healthy habits in childcare homes and centers.

Description: A training needs assessment of CACFP participants, completed as part of the Iowa Team Nutrition 2017 grant, revealed menu planning and healthy food purchasing were topics of greatest interest. A Registered Dietitian Nutritionist wrote content for the modules and Iowa Public Television provided instructional design consultation on best practices for adult learners; online course template with discussion board; knowledge assessments; video production; and certification procedures. Healthy Menu Makeover and Healthy Food Purchasing modules were developed, including lesson content, assessments, graphics, links to resources, and certificates of completion. The modules were pilot tested by 10 CACFP participants who provided valuable feedback to make the modules relevant to users. The total budget for the project was \$13,500. The modules are available at no cost, can be completed at the participant's own pace and accessed anywhere with an internet connection.

Evaluation: The modules were released in April 2018 and certificates earned through December 2018 included 516 for Healthy Menu Makeover and 288 for Healthy Food Purchasing. A participant is allowed to take a final quiz up to three times to reach a passing grade of at least 80% correct. Demographic survey results report 51% of users are from centers and 38% are home providers.

Conclusions and Implications: The online modules have been a popular and effective training option to meet CACFP training requirements in Iowa. Lessons learned include the value of a needs assessment to determine training topics, implementation of an instructional design process, use of an online learning platform, and use of discussion boards to engage learners.

Grant Year: 2017

FP7 Kansas Training Grows Healthier Futures

Linnea Rieger, MS, lrieger@ksde.org, Kansas State Department of Education, 900 SW Jackson St, Ste 251, Topeka, KS 66612; Emily Brinkman, RN, LD, Kansas State Department of Education

Objective: Evaluate the impact of increased access to quality training on meeting requirements for the updated CACFP meal pattern and implementation of CACFP meal pattern best practices.

Description: As a result of the 2016 Team Nutrition Training Grant, KSDE has developed in-person and online training opportunities including "Updated CACFP Meal Pattern," "Let's Talk About It...Grains to Oz. Eq.," "Family Style Meal Service," and "Growing Healthy Futures with the CACFP." Team Up for CACFP Success workshops were held to allow CACFP sponsors to share experiences and successes in implementing the CACFP best practices.

Evaluation: A comprehensive evaluation plan, using a Child and Adult Care Food Program Survey instrument developed and validated by KSDE, is investigating the impact and project outcomes using quantitative and qualitative data collected during project implementation. Data was also collected via pre- and post-training surveys at the "Updated CACFP Meal Pattern" and "Let's Talk About It...Grains to Oz. Eq." trainings to gather evidence to evaluate program success as related to meal pattern implementation, nutrition education outcomes, and incorporation of best practices.

Conclusions and Implications: Preliminary results, for 2017 and 2018 data, showed that the summative best practices mean scores significantly increased with each additional training attended. In what may be the most important subscale measure of compliance with the CACFP standards, healthy offerings, child care providers that attend the most trainings and participate in additional interventions, offered as part of the Team Nutrition Training Grant, showed consistent and significant improvements. Data analysis between year one and year two demonstrates that feedback loops based on field surveys of best practices can provide more program and evaluation information than regular pre- and post- designs. Regular surveys can be an important part of a continuous improvement data system.

Grant Year: 2016