

P45 Improving Dietetic Curriculum with Latino Community Nutrition Intervention

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Objective: Our research objective was to improve the quality of dietetic instruction in our university by producing graduates with increased experience interacting with a Latino community in real life situations.

Target audience: Latina women (n=45) were recruited to participate in nutrition and cooking skills classes.

Theory, Prior Research, Rationale: According to the Academy of Nutrition and Dietetics, it is critical that registered dietitians (RDs) who work with Latinos are prepared to provide culturally and linguistically appropriate nutrition care to best serve the needs of this growing segment of the population. Additionally, the Accreditation Council for Education in Nutrition and Dietetics (ACEND) requires all dietetic students to learn recipe modification skills as a component of their curriculum.

Description: Three focus groups conducted by Spanish-speaking students in the USDA Estudiante de Dietetico program provided information regarding dietary concerns, dietary patterns, and recipes used. Dietetic students in Experimental Foods Class modified 6 traditional recipes and were instructed to make the recipes "healthier." Examples of modifications include decreasing sodium and fat, and increasing fiber. Students in the Service Learning Nutrition Education class will then provide 6 lessons on healthy cooking techniques to the Latina women and create a Spanish recipe booklet using the modified recipes.

Evaluation: Student satisfaction surveys were submitted anonymously by participating dietetics students at the end of each intervention phase. The Dietetic students report gaining valuable additional experience since their classwork involved "real" people.

Conclusions and Implications: Integrating an intervention into the Dietetics curriculum appears to be a win-win providing students with valuable real-life experience and allowing an intervention to occur.

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P46 Let's Cook Minnesota!: An Evaluation of Cooking-based Curricula

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Objective: Let's Cook Minnesota! compared the feasibility and effectiveness of cooking-based nutrition education

programs to a traditional nutrition education delivery model in rural communities. "Simply Good Cooking (SGC)" and "Cooking Matters™(CM)" were the cooking-based curricula featured in this study.

Target audience: Participants were SNAP-eligible adults with children in rural settings.

Theory, Prior Research, Rationale: Focus group interviews conducted by the University of Minnesota Extension's Simply Good Eating (SGE) program indicate that participants prefer nutrition education programs that are hands-on and include cooking. Limited research exists in comparing the effectiveness of cooking-based programs to traditional nutrition education.

Description: Participants were enrolled either in programs featuring cooking-based (SGC or CM) or knowledge-based curricula (comparison). To evaluate programs, group interviews were conducted with Community Nutrition Educators, volunteers and partner agencies. Participants were given pre-, post- and follow-up questionnaires that evaluated confidence, skills and behavior change.

Evaluation: Group interviews of staff revealed that cooking-based programs resulted in better attendance and greater enthusiasm from participants and facilitators. A community engagement strategy strengthened collaborative agency involvement. Post course evaluation results of all 3 curricula indicated increased skills and confidence in participant's ability to purchase healthy foods, plan and prepare healthy meals. Behavior change outcomes varied between curricula, but were typically consistent with the focus the curriculum placed on specific outcomes.

Conclusions and Implications: Cooking-based curricula were an effective method of conducting nutrition education. Notably cooking-based curricula offered additional behavior outcomes not observed in knowledge-based curricula. Because much enthusiasm for cooking-based curricula was reported by staff, agency partners and participants; this approach is being expanded in Minnesota SGE programs.

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P47 Increasing Fruit and Vegetable Consumption among Low Income Ethnically Diverse Students through Afterschool Cooking Clubs

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Objective: Community Kitchens Northwest hosts 8 afterschool cooking clubs with the objectives that students increase their fruit and vegetable consumption, gain basic cooking skills, and build confidence to cook balanced meals at home.

Target audience: More than 140 students in 3rd to 12th grade in schools in an ethnically diverse, low income

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