Expanding Impact through Diversification: Year 6 of iCook 4-H

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ABSTRACT

Objective: The objective of year six of iCook 4-H was to expand program impact by diversifying the endeavors of the five principal investigators for the out-of-school program for youth and their adult meal preparers.

Description: Franzen-Castle led the finalization of the 8, 2-hour session curriculum, composed of skill-based family activities in cooking, eating, and playing together for health promotion. Kattelmann led development of new family play time options for the curriculum. White revised and finalized the evaluation tools. Offert evaluated the dissemination tool using survey and cognitive interviews from experts (n=38) across all states in community nutrition, public health, and dissemination research. The tool, eB4CAST, is evidenced-based for data capturing, assembling, sustainability and timeliness. Colby led community-based participatory research to adapt the curriculum for use with Sub-Saharan African refugee families. Tschakert used the eB4CAST dissemination tool was evaluated using survey and cognitive interviews. The tool was disseminated to experts (n=137) across all states in community nutrition, public health, and dissemination research.

Evaluation: The curriculum was reviewed and approved by the National 4-H Council. For eB4CAST testing, there was a 27% (n=38) response rate. Participants reported that the tool showed the impact of iCook 4-H (77% agree/strongly agree) and would be valuable to use with stakeholders (83% agree/strongly agree). Curriculum adaptation was initiated through feasibility testing to address perceived dietary acculturation barriers to food security.

Conclusions: Year six was a productive year resulting in movement of the curriculum toward access on the National 4-H Mall. iCook 4-H includes evidence-based pre/post program outcome evaluation tools, including pre/post program evaluation and fidelity instrument.

BACKGROUND

iCook 4-H is a program about cooking, eating and playing together for 9-10 year old youth and the adult who prepares their meals.

MAINE

Evaluation Tools
Objective: Revised and finalized program evaluation tools, including pre/post program evaluation and fidelity instrument.

NEBRAKSA

Curriculum Finalization
Objective: Finalize the 8, 2-hour session curriculum, composed of skill-based family activities in cooking, eating, and playing together for health promotion.

SOUTH DAKOTA

New Family Play Time Activities
Objective: Develop new family play time options with moderate to vigorous physical activities for the curriculum.

WEST VIRGINIA

Dissemination Tool Evaluation
Objective: Gain expert opinion and feedback of a tool to capture the impact and effect of evidence-based programming in implementation and dissemination.

TENNESSEE

Cultural Adaptation
Objective: Test the feasibility and acceptability of adapting, implementing, and evaluating the iCook 4-H curriculum in Sub-Saharan African refugee families.

CONCLUSIONS

• iCook 4-H includes evidence-based pre/post program outcome evaluation tools and a fidelity of implementation instrument.

• iCook 4-H includes a supplemental training course and is hosted on extension campus. The curriculum will be available for purchase on the National 4-H Mall.

• Successful use of the eB4CAST framework allows researchers, community agents, and stakeholders to promote and disseminate the iCook 4-H program at multiple levels.

• The adapted curriculum will be used to address dietary acculturation and food security issues in Sub-Saharan African refugee families and may provide a potential model for nutrition curriculum adaptation for diverse audiences.