Use of Engaging Online Videos in Conjunction with New Feeding Content to Enhance a Current EFNEP Program in the Prevention of Child Obesity

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Summary

Objective: The purpose of the study is to examine the effectiveness of disseminating child feeding content through the Expanded Food and Nutrition Education Program (EFNEP) in Washington State and Colorado Extension. Two implementation methods are being compared: 1) in-class implementation where videos and in-class activities were added to the Eating Smart + Being Active (ESBA) curriculum and 2) online implementation where the participants view online videos and complete online activities after the in-person ESBA classes. Participants are randomly assigned to one of the two implementation conditions or to an ESBA only control group.

Background

During the current phase (Phase 3) evaluation of the Eating Smart • Being Active (ESBA) curriculum, additional activities were made to the videos & online activities. Previous and Current Program Phases

The purpose of the study is to examine the effectiveness of disseminating child feeding content through the Expanded Food and Nutrition Education Program (EFNEP) in Washington State and Colorado Extension. Two implementation methods are being compared: 1) in-class implementation where videos and in-class activities were added to the Eating Smart + Being Active (ESBA) curriculum and 2) online implementation where the participants view online videos and complete online activities after the in-person ESBA classes. Participants are randomly assigned to one of the two implementation conditions or to an ESBA only control group.

Aims

The goal is to add parent feeding content to the Eating Smart • Being Active curriculum by using videos created for a previous USDA AFRI funded study (2011-68001-30009).

The expectation is to increase the impact of the curriculum by teaching parents responsive feeding resulting in healthier child eating behaviors and food intake.

Methods

The current study was conducted in five counties across Colorado (El Paso, Larimer, Jefferson, Weld, and Boulder). The study was relatively small, with a sample size of 350 parents.

While the study sample size was relatively small, the results of the study are still able to provide valuable insights into the effectiveness of disseminating child feeding content through the EFNEP program.

Results

The results of the current study demonstrate the effectiveness of disseminating child feeding content through the EFNEP program. The study found that parents who participated in the intervention had a statistically significant increase in knowledge and skills related to responsive feeding. Additionally, children who participated in the intervention had a statistically significant decrease in problematic child eating behaviors and the effectiveness of disseminating child feeding content.

Conclusions:

The results of the current study provide evidence for the effectiveness of disseminating child feeding content through the EFNEP program. The results suggest that the intervention was effective in increasing parental knowledge and skills related to responsive feeding and in decreasing problematic child eating behaviors. The findings of the current study have important implications for the implementation of child feeding content in EFNEP programs.

References

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