Background: Head Start (HS) health/nutrition managers have identified obesity as a top health concern for their programs. However, they face limited training needs and opportunities available for HS managers around obesity and related measures.

Objective: To examine perceptions of obesity-specific PD training needs and opportunities reported by Ohio Head Start health/nutrition program managers.

Method: Researchers identified five themes. Themes around professional development opportunities included attending professional health conferences, online nutrition-focused trainings, health-related trainings through HS programs, and networking as informal education from internal staff. Participants identified a lack of knowledge specific to the understanding of BMI, BMI-for-age growth charts, and BMI measurement training.

Results: Thirteen interviews were conducted with health managers from Head Start programs across Ohio. Table 2 highlights themes, results, and sample quotes.

Thirteen interviews were conducted with health managers from Head Start programs across Ohio.

Five themes were identified. Table 2 highlights themes, results, and sample quotes.

1. Attending health conferences
2. Attending online and nutrition trainings
3. Attending health-related trainings organized by HS
4. Using networking as informal education from internal staff
5. Reading training manuals and state guidelines

Outcome Measures/Analysis: Interviews were audio-recorded and transcribed. Open coding of transcripts was conducted by qualitative researchers to create themes for statistical analysis.

Discussion: There are various resources available for professional trainings from multiple sources but there is a need identified for training to improve knowledge and skills specific to BMI.

Table 2. Themes with Definitions and Relevant Quotes on BMI Measurement Skills and Training

<table>
<thead>
<tr>
<th>Theme</th>
<th>Definition</th>
<th>Result</th>
<th>Supporting Quotes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Attending health conferences</td>
<td>HS staff attending a health conference for review of the health event organized by HS in which they recorded BMI data.</td>
<td>Eight of twelve participants reported they had knowledge of BMI</td>
<td>“We went to an oral health conference February and they walked us through how to do [BMI] calculation. We basically did everything shortly after that.” [Interview 8]</td>
</tr>
<tr>
<td>Attending online and nutrition trainings</td>
<td>Online conferences or PD workshops that participants attended to gain knowledge on nutrition or BMI.</td>
<td>Eight of twelve participants reported they had knowledge of BMI</td>
<td>“I am Learning (IMIL), pre-service training, and the mandatory PD training.” [Interview 3]</td>
</tr>
<tr>
<td>Attending health-related trainings organized by HS</td>
<td>Trainings organized by HS to improve their knowledge of BMI.</td>
<td>Eight of twelve participants reported they had knowledge of BMI</td>
<td>“We have access to our own trainings, and we’ve had a couple of different trainings that we’ve done inside.” [Interview 10]</td>
</tr>
<tr>
<td>Using networking as informal education from internal staff</td>
<td>Learning from colleagues in the same program or other health professionals.</td>
<td>Eight of twelve participants reported they had knowledge of BMI</td>
<td>“[Interview 3]”</td>
</tr>
<tr>
<td>Reading training manuals and state guidelines</td>
<td>Reading manuals or state guidelines related to BMI.</td>
<td>Eight of twelve participants reported they had knowledge of BMI</td>
<td>“I believe my school education helps me with this a little bit. I believe my school education helps me with this a little bit.” [Interview 11]</td>
</tr>
</tbody>
</table>

REFERENCES

ACKNOWLEDGEMENTS
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