

NUTRITION EDUCATION & COMMUNITY TRAINING

Jessica Gadomski
University of Illinois Extension-
SNAP-Education

CONNECTING DIET, DISEASE & FOOD SECURITY

What impacts choice

- ❖ Culture & Traditions
- ❖ Surroundings (Environment)
- ❖ Budget
- ❖ Availability & Access
- ❖ Preferences
- ❖ Emotions
- ❖ Knowledge



Impacts of diet on health

- ❖ Obesity
- ❖ Heart Disease
- ❖ Certain Cancers
- ❖ Type 2 Diabetes
- ❖ Stroke
- ❖ Osteoporosis

Food insecurity impacts choices & increases risk for chronic diseases



THE CHARGE:

Goal

Identify opportunities for clients and community partners to access nutrition education throughout DuPage County that is:

- ❖ Broad
- ❖ Realistic
- ❖ Grounded in science

to assist in leading a healthy lifestyle throughout the life cycle

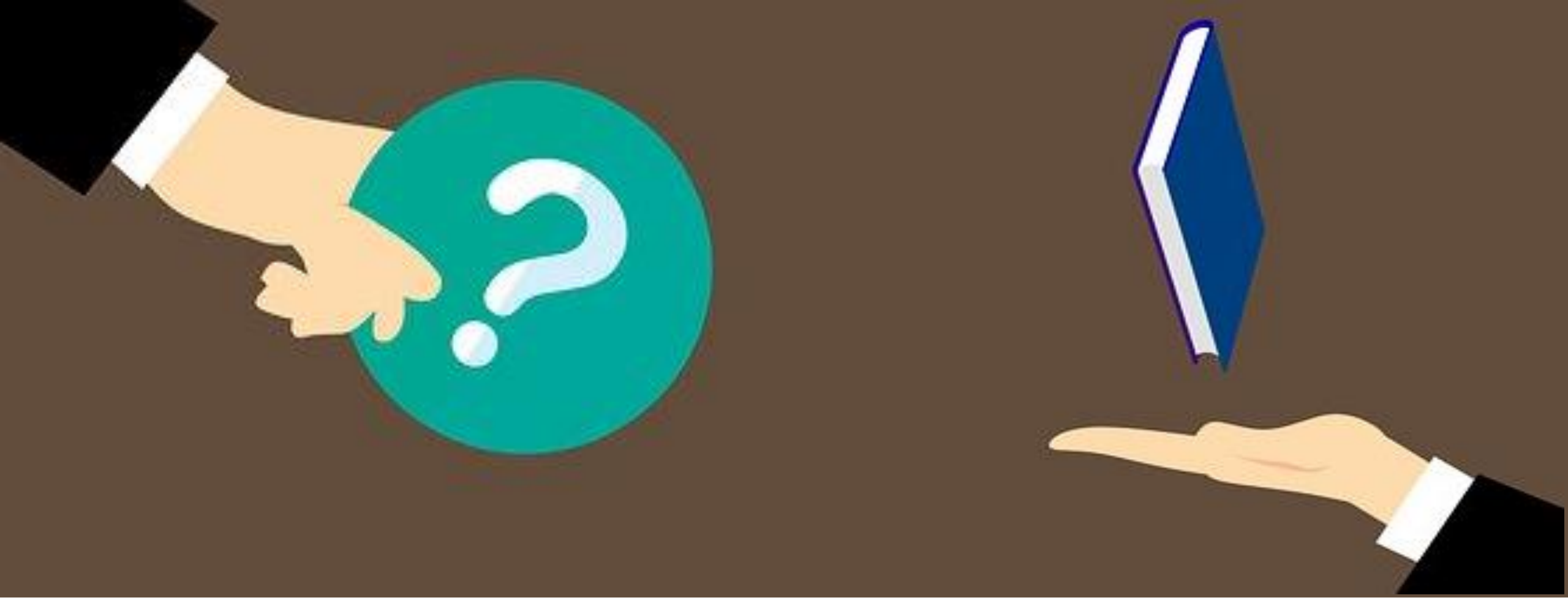
Tasks/Recommendations

Level 1:

- Identify current nutrition education access points in DuPage
- Identify agencies willing to collaborate in providing nutrition education at their sites
- Identify nutrition topics of interest to clients

Level 2:

- Collaborate with DuPage agencies to ensure common messaging surrounding healthy lifestyle is shared with DuPage residents (example: toolkit outlining content & community examples)
- Identify a “hub” or mechanism for housing/transmitting information on accessing nutrition education and training opportunities throughout DuPage County



IDENTIFYING CURRENT NUTRITION EDUCATION ACCESS POINTS

- ❖ Connected with partners known to collect this
- ❖ Committee knowledge

HUNGER IN AMERICA- DUPAGE

All of the data on agencies and clients in DuPage County described in this report underscore a need for additional nutrition education initiatives page 40

Agency Nutrition and Health Services

Agencies that provide any type of nutrition services	22	35.6%	9.6%
Fliers or written materials	21	33.9%	9.5%
Cooking classes or demonstrations	12	20.3%	8.1%
Nutrition workshops or classes or meetings with dietitians	11	18.6%	7.8%
Referrals	15	23.7%	8.6%
Other	6	10.2%	6.1%
Agencies that do not provide any type of nutrition services	39	64.4%	9.6%



Hunger in America 2014

Special Report for DuPage County, Illinois
Prepared for Northern Illinois Food Bank



Funded by: The DuPage Community Foundation and the Wheaton Bank & Trust Fund of The DuPage Community Foundation



NECT EF Agency Survey

Introduction

Greetings

You have been identified as an agency partner serving DuPage residents in need and are receiving this brief, five-question survey to assist in gathering information on where and by whom DuPage residents are receiving nutrition education.

Your participation is appreciated and we thank you for your time!

0 of 5 answered

1. What is the name of your agency?

2. Are you currently providing nutrition education at your site?

Yes

No

3. If yes, to which of the following groups does your agency provide nutrition education. (select all that apply)

0-5 years

6-17 years

18-59 years

60+ years

4. If no, would your agency be interested in providing nutrition education at your site?

Yes

No

5. Would your agency be interested in hosting nutrition education for individuals from the surrounding area?

Yes

No

SURVEY: EMERGENCY FOOD AGENCIES

- ❖ Starting point for gathering more information
- ❖ Quick
- ❖ Community Hunger Network



Community Hunger Network/NIFB Partnering Agencies



Agency Locations Participating in Survey



SURVEY CLIENT NUTRITION EDUCATION NEEDS

- ❖ Connect with agencies that completed the agency survey
- ❖ Visit during a distribution day
- ❖ Client focused

Would you go to these while you are already at the pantry for food?

What is the *TOP THING* you want to learn about?

If offered at no cost, would you go to classes at the food pantry about healthy eating?

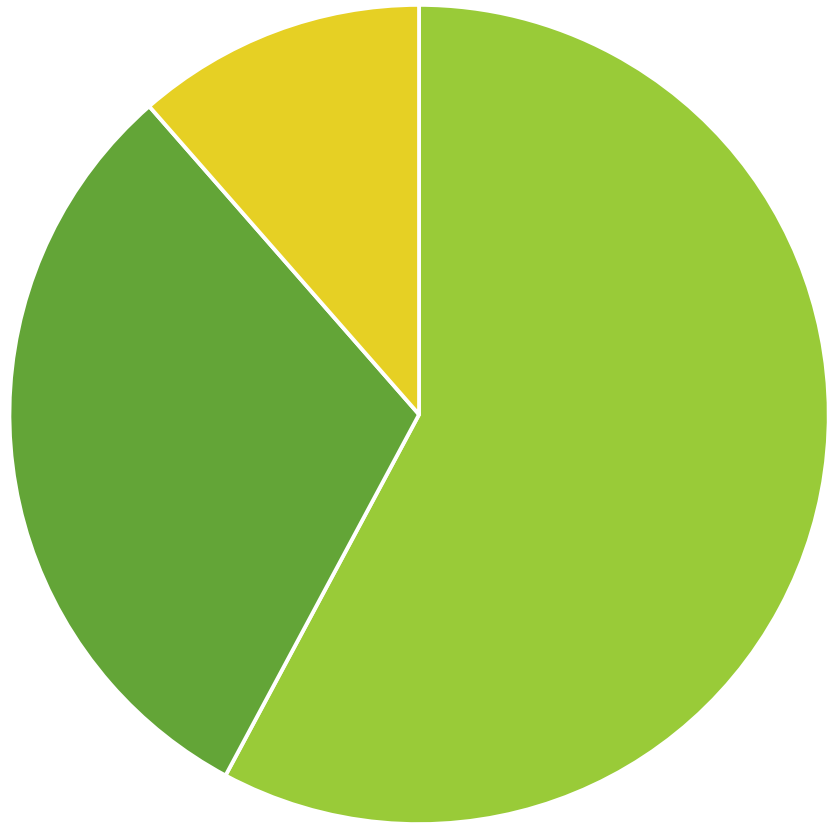
If NO, when would you come to classes about healthy eating?

How helpful have the food pantry workers been in helping you make food choices in the pantry?

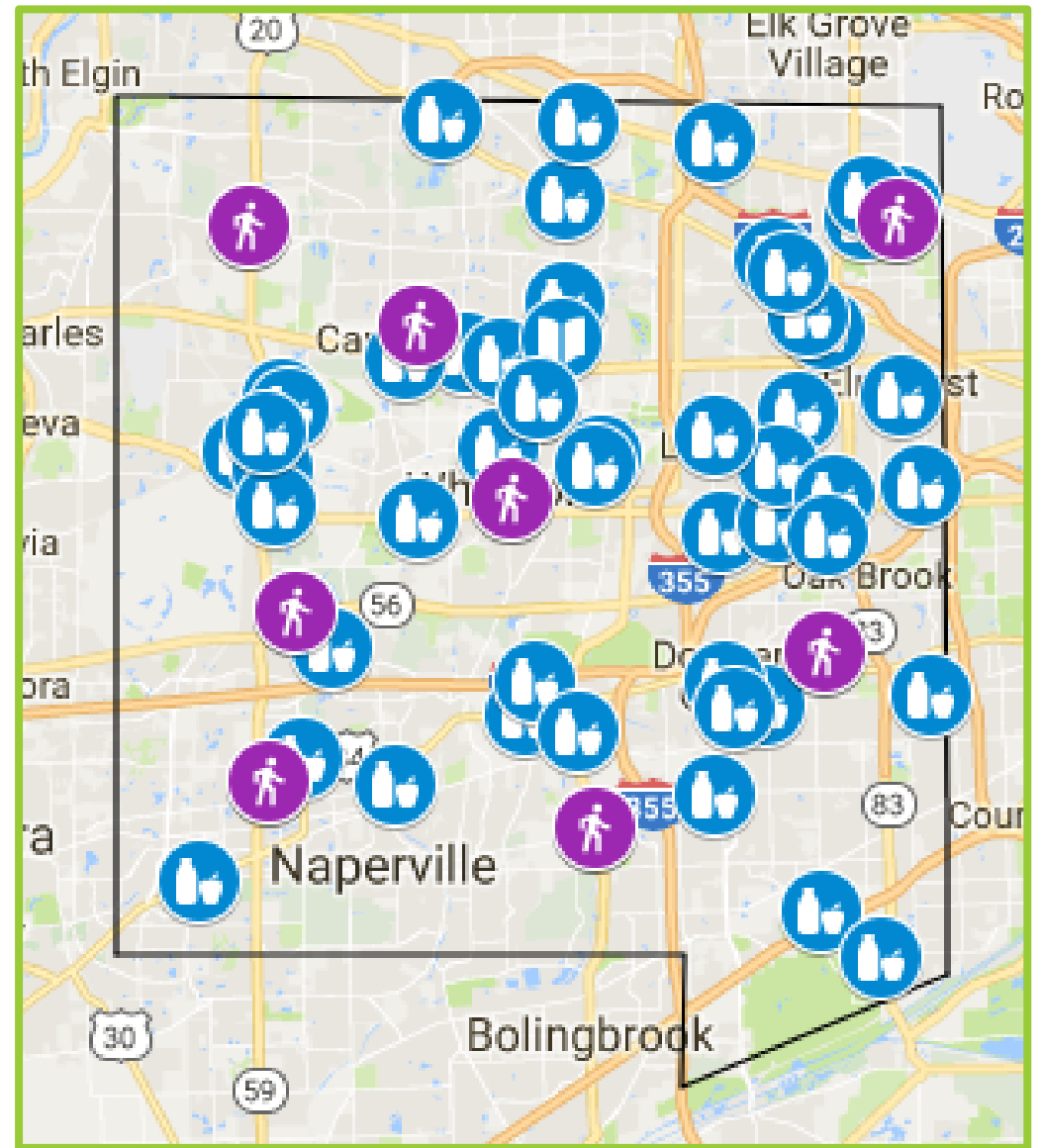
SURVEY: CLIENTS

- ❖ Nutrition related topics
- ❖ Best location & time
- ❖ Relationship with Emergency Food staff

Would You Attend Healthy Eating Classes?



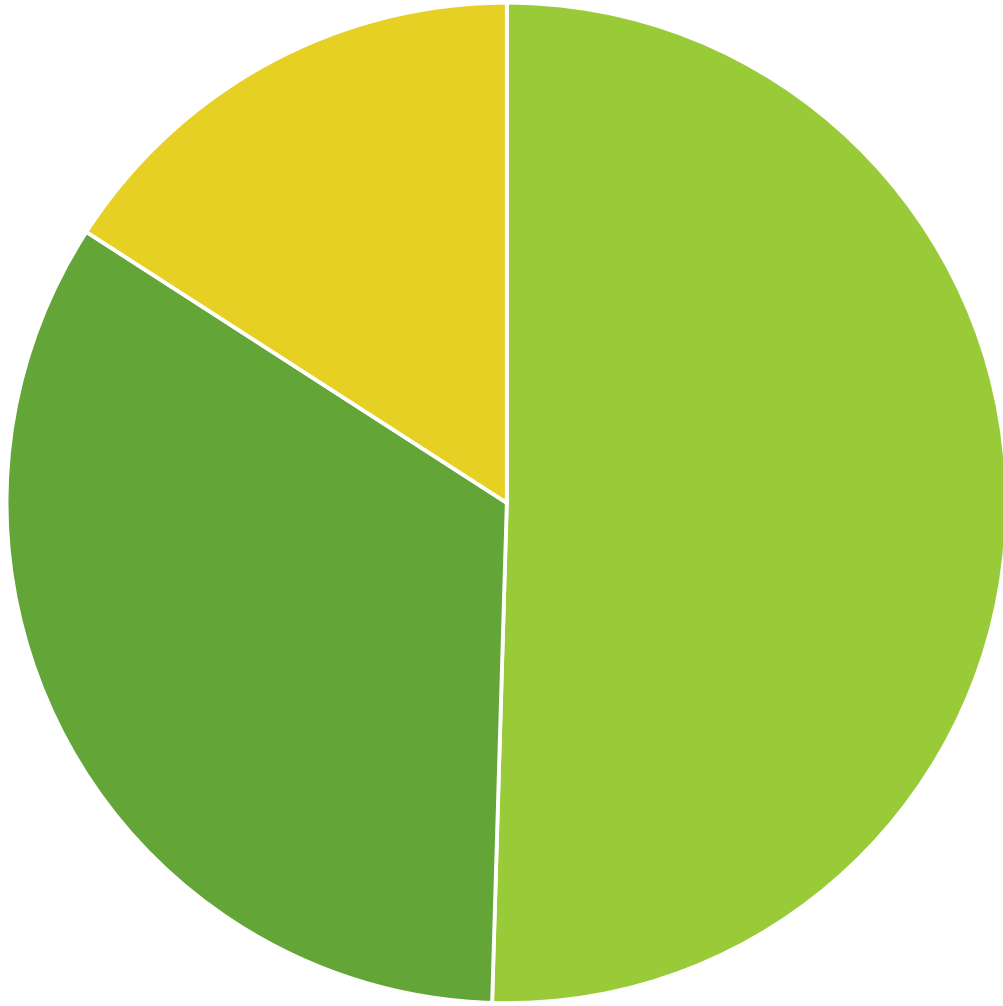
■ Yes ■ No ■ Unsure ■



Geographic Locations Where Client Feedback was Obtained

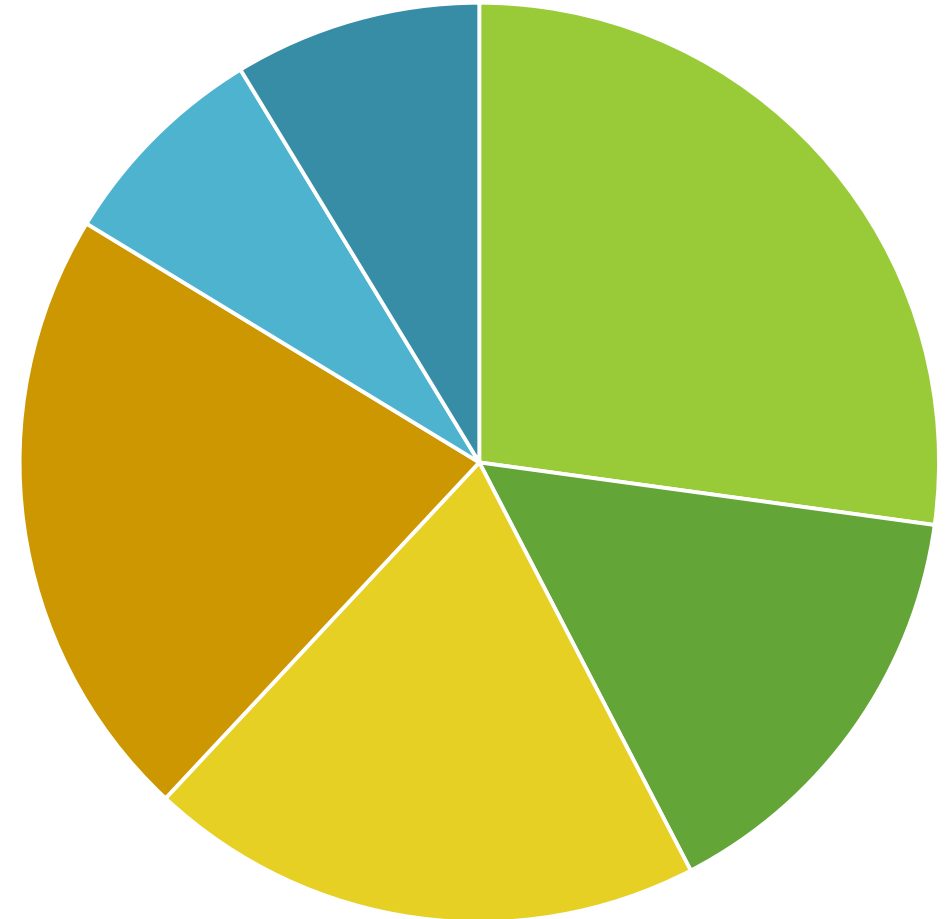
166 SURVEYS COLLECTED FROM 8 AGENCIES

Would You Attend While at the Food Pantry?



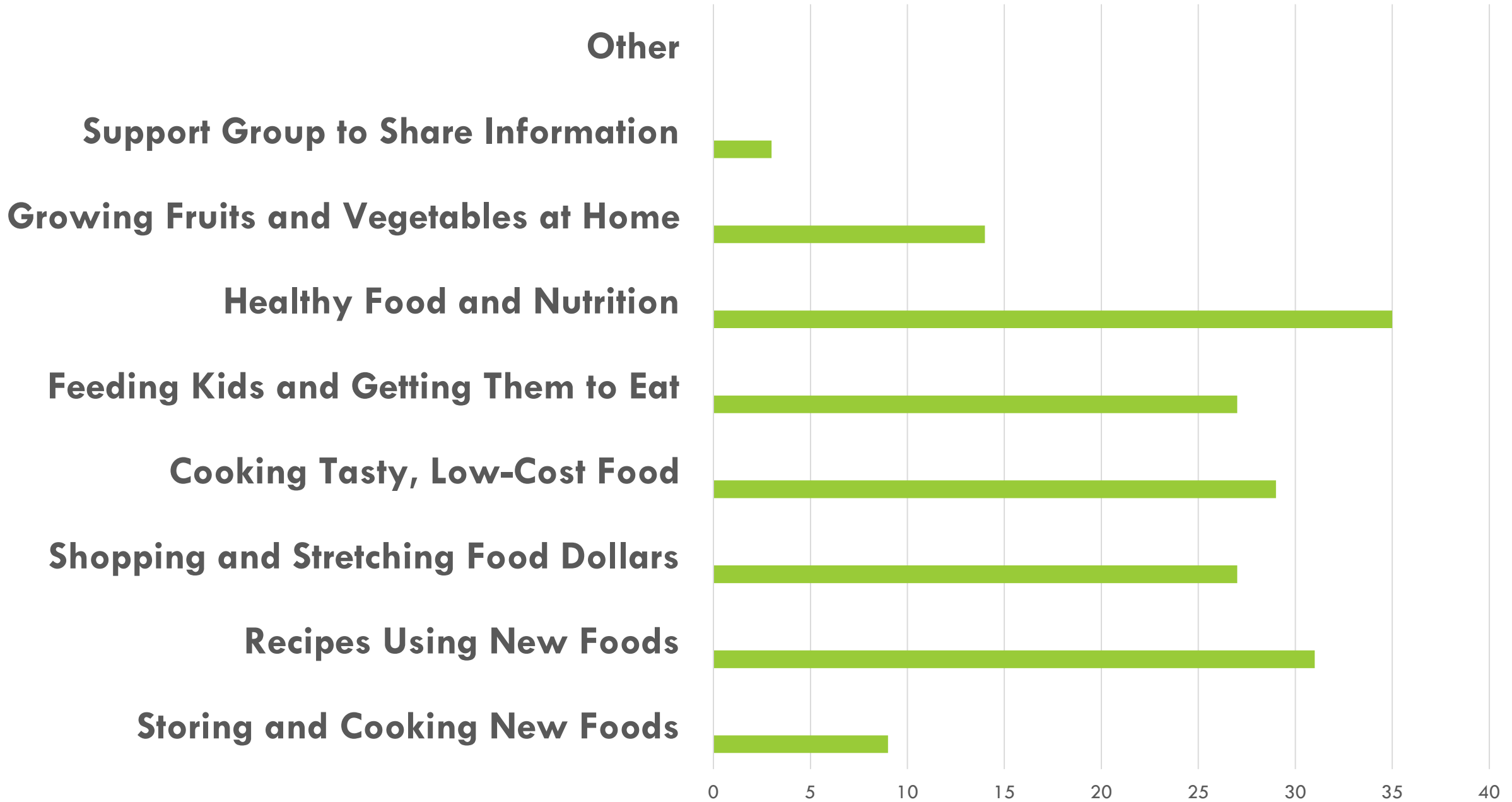
■ Yes ■ No ■ Unsure ■

If Not, When Would You Attend These Classes?

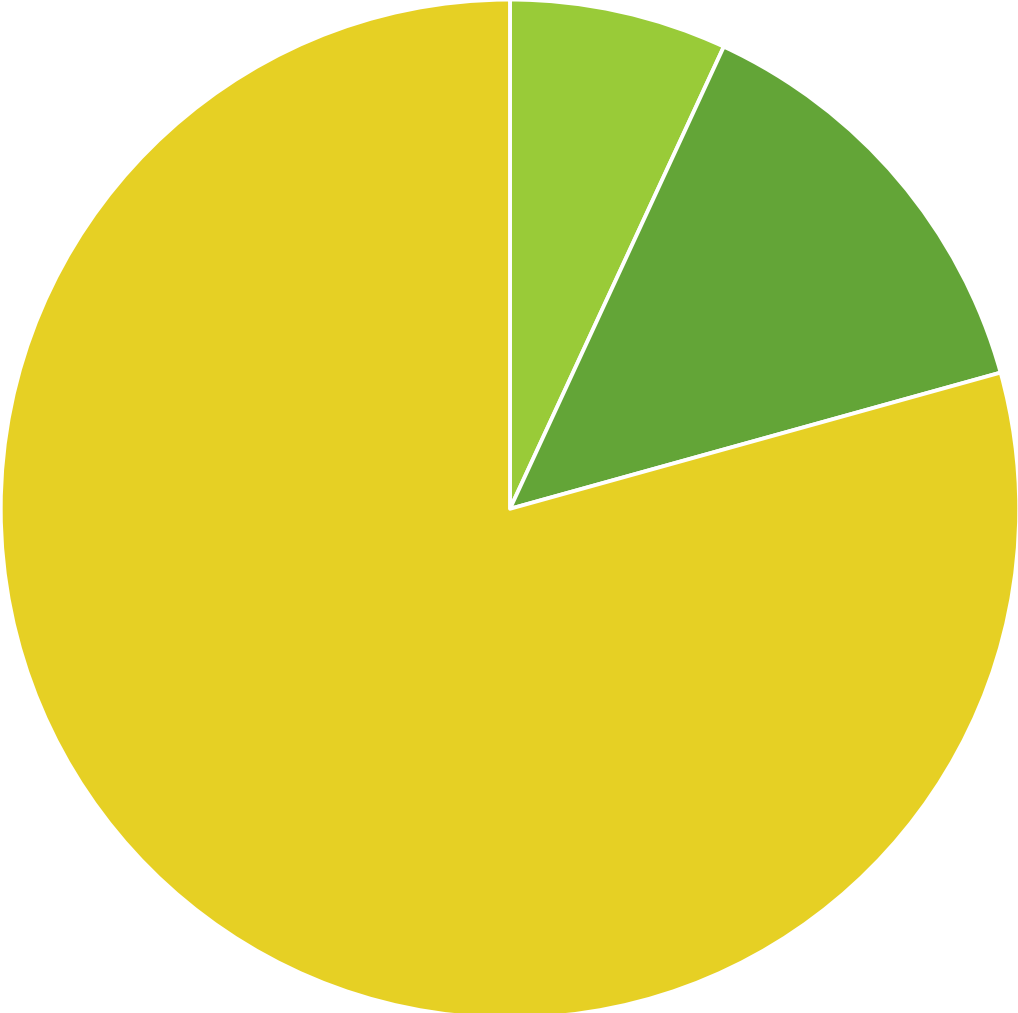


■ Morning ■ Afternoon ■ Late Afternoon
■ Early Evening ■ Would Not Go ■ Other

What is the TOP THING You Would Like to Learn About?



How Helpful are Pantry Workers in Helping You Make Food Choices in the Panty?



■ Not Helpful ■ Somewhat Helpful ■ Very Helpful

“NECT STEPS”

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(example: toolkit outlining content & community examples)
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NECT WORKGROUP:

- ❖ Shamili Aigaonkar
- ❖ Margarita Arbelaez
- ❖ Susannah Baldock
- ❖ Kelly Bodine

- ❖ Kelly Brasseur
- ❖ Julie Davis
- ❖ Jane MacDonald
- ❖ Sharon McNeil

- ❖ Cheryl Reining
- ❖ Suzanne Thibeault
- ❖ Jessica Gadomski
- ❖ **YOUR NAME HERE**