

Improving Nutrition Education Outcomes through Use of Science-Based Approaches

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Abstract: The presenters will describe their experiences providing nutrition education to low-income audiences who participate in the WA State Basic Food Program (formerly Food Stamps). The purpose of the program is to help low people eat better and be more active while living on a limited income and to reduce incidence of obesity and risk factors for chronic diseases. The participants will first learn about best practices in nutrition education. Then they will have hands on experiences about learning styles and how to adapt most interventions to meet the unique needs of the audiences they work with. Factors considered in adapting a curriculum will include: cultural, language, age, gender, physical ability, access to both healthy foods and adequate resources for food preparation, skills in shopping and food preparation and personal preferences.