

2018

Welcome to Annual Training!

August 7, 2018



FRESH
CONVERSATIONS

Public Communication

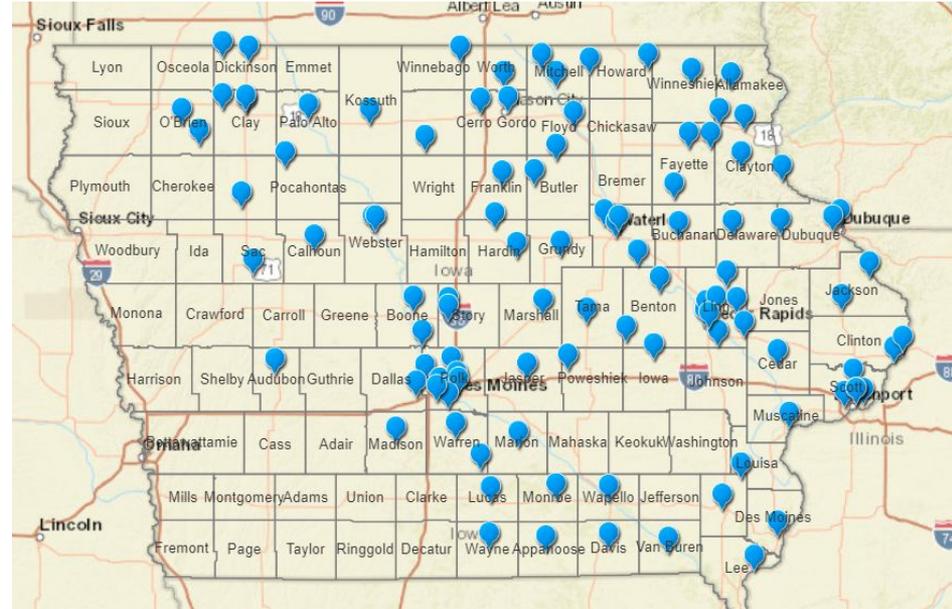
Fresh Conversations - Coordinators & Facilitators



[Training Materials](#) : Helpful documents and videos for the training

[Resources](#) : External websites for additional information

[Promotional Materials](#) : Handouts for promotions



Closed Facebook Group

Why Post?

- Shared ideas and creativity
- Generate excitement
- Relevant information and resources
- Network with colleagues

Posting is Easy as 1, 2, 3...

- <https://www.facebook.com/groups/323066574483699/>
- How to Post
 - Write something
 - Add photos
 - Click “post”



End of Month Survey

We need five minutes

- ☐ Share ideas
- ☐ Influence future newsletters
- ☐ Help coordinators provide you with assistance

Important Feedback

- ☐ https://www.surveymonkey.com/r/NEIA_2018

2018_Fresh Conversation Implementation NE IA AAA

4. Program Date

Date

5. Number of Participants

6. Overall engagement in the program

Not Engaged Neutral Very Engaged

7. Overall satisfaction with the program

Not Satisfied Neutral Very Satisfied

8. Participants most enjoyed the following items

Check all that apply

Healthy Hometown Story: Sioux City

Fidelity Observations

Revised Tool

- How is this working for you?
- What training needs have emerged based on outcomes?
- How can we help address these needs?

Manual

- In what ways have you used the manual?
- What sections need improvement?
- Describe the improvement needed.

Fidelity Check - Top 10 Lessons Learned

1. Slow down your speech
2. Create a learning space
 - a. Contain the room noise
 - b. Amplify your voice
 - c. Room arrangement
3. Start on time ~ end on time
4. Bulletin boards or display table
5. Have an action step at the end
6. Active exercise
7. Be excited - tone, volume, smile
8. Cover 3 key components - nutrition, sample, activity
9. Ask, don't tell
10. Don't read the leader guide - notecards, etc.

Inputs	Outputs		Outcomes – Impact		
	Activities	Outputs	Short-term	Medium-term	Long-term
<ul style="list-style-type: none"> Funding/Grant Dollars Staff Equipment Materials (newsletters, Facilitator guides, supplies) Volunteers Community Partners Existing Resources Facilitators Older Adults Congregate meal sites Area Agencies on Aging Retirement communities Senior apartments FC Program Coordinator Iowa Department on Aging Iowa Department of Public Health Iowa State University Extension and Outreach Education materials 	<p><u>Fresh Conversations</u></p> <ul style="list-style-type: none"> Monthly Newsletter In-Person Sessions Monthly 30 minute lessons <ul style="list-style-type: none"> Taste-testing Group discussion on barriers Address Individual action steps Goal setting Program promotion, participant recruitment training curriculum developed <p><u>Evaluation</u></p> <ul style="list-style-type: none"> Measures <ul style="list-style-type: none"> NSE¹ DST²⁻³ MOST⁴ Program Evaluation <p><u>Environmental Change</u></p> <ul style="list-style-type: none"> Produce box plan development Identify barriers/opportunities for produce boxes Identify produce sources, distribution systems Physical activity action plan development <p><u>Systems Change</u></p> <ul style="list-style-type: none"> Iowa Senior Hunger Partnership Campaign (ISHPC) implementation and expansion 	<p><u>Fresh Conversations</u></p> <ul style="list-style-type: none"> # of Older Iowans reached # of facilitators recruited and trained Fresh Conversations implemented Additional sites recruited to implement Fresh Conversations Fresh Conversations fidelity <p><u>Environmental Change</u></p> <ul style="list-style-type: none"> # Meal site facilitators complete training # Action plans developed # Meal sites participate in produce box pilot # Partners who participate in produce box pilot <p><u>Systems Change</u></p> <ul style="list-style-type: none"> # of partners # of older Iowans reached ISHPC promotional materials 	<p><u>Fresh Conversations</u></p> <ul style="list-style-type: none"> Improved self-efficacy in ability to maintain a healthful eating pattern (NSE) Maintained or improved nutritional risk score (DST) Identify physical activity preferences, needs, and current opportunities 90% of Facilitators score 21 or higher on Fidelity Checklist <p><u>Environmental Change</u></p> <ul style="list-style-type: none"> Increase in accessibility local produce Increase in AAA produce box participation Physical activity action plan implemented <p><u>Systems Change</u></p> <ul style="list-style-type: none"> Increase awareness of ISHPC 	<p><u>Fresh Conversations</u></p> <ul style="list-style-type: none"> Maintenance of NSE and/or further improvement Improved nutritional risk (DST) category Increased dietary intake frequency for at least two food group categories (DST) Improved food selection practices Reduced sedentary time (MOST) <p><u>Environmental Change</u></p> <ul style="list-style-type: none"> Increase in produce box participation Increased capacity interagency collaboration (state, regional, local levels) Physical activity action plan fidelity assessment completed <p><u>Systems Change</u></p> <ul style="list-style-type: none"> Increase in ISHPC partners Increase number of SNAP partners using ISHPC promotional materials 	<p><u>Overall</u></p> <ul style="list-style-type: none"> Improved health outcomes Maintenance of independence of older adults Decreased health care costs Support local produce

Program Evaluation

Efforts to date:

- Program satisfaction evaluation
 - July-August 2018

What's ahead:

- Statewide program evaluation:
 - Nutritional risk
 - Self-efficacy
 - Food selection
 - Sedentary time

Physical Activity Focus Groups

- **Purpose:** assess *Fresh Conversations* participant physical activity needs and preferences
- August-September
- Coordinators and facilitators need to:
 - ID meeting time and location (Mon, Wed, Fri preferred)
 - Recruit participants
 - Email Sarah with information, slfranci@iastate.edu

Civil Rights Training Reminder

- ❏ Complete annually
- ❏ Will send link and signature sheet in September

