

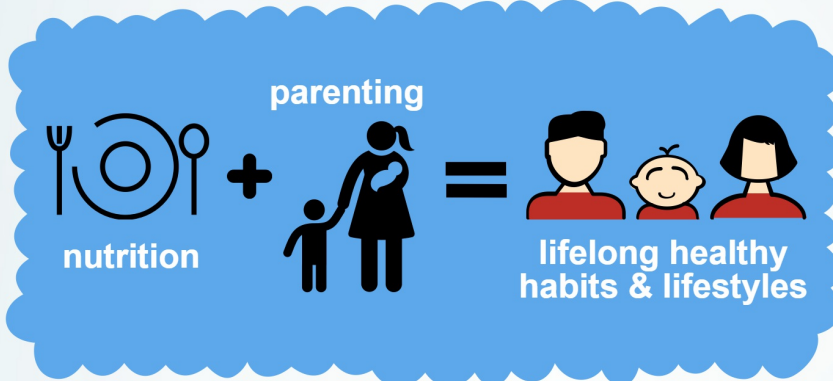
An open-source curriculum linking actionable nutrition education with parent skill-building

Healthy Parenting Workshops Curriculum

FREE

Toolkit available in English & Spanish!

Healthy Parenting Workshops is a series of six, 90-minute workshops that engages parents of children ages 2-5 in a social learning environment designed to foster effective parenting skills & implement healthful parenting, sleep, nutrition, and physical activity routines into their lives.



Unlike traditional nutrition & physical activity education programs, this curriculum focuses on the "how to" of creating healthy lifestyle changes & overcoming barriers to such change. Each workshop couples behavior-based, parent skill-building with nutrition & physical activity education, emphasizing key concepts to try at home.

The workshop series is designed using the **Social Learning Theory** framework, an evidence-based approach with demonstrated effectiveness in enhancing parenting skills.

Train-the-Trainer Tools

Several tools have been developed to train new facilitators on implementing workshops, including a template agenda, presentations & practice-based learning activities.



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What do participants say?...

"I have learned to lead by example. I have turned the TV off during meal time and allowed my children to tell me how much they want to eat."

"I took a 360 degree change. I was not eating healthy [and] not feeding healthy foods to my family. Now, I read all food labels ...and use MyPlate."



Download all curriculum components & evaluation results:
<https://www.choosehealthla.com/kids-partners/>

For more info. contact:
choosehealthla@ph.lacounty.gov



Healthy Parenting Workshops Evaluation Results

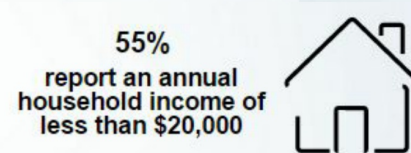
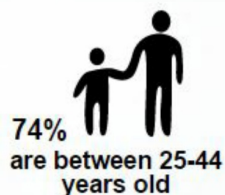
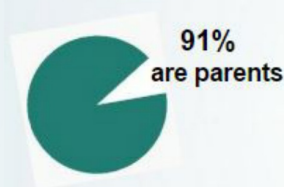
Background:

The following data highlight results from the *Healthy Parenting Workshops* curriculum, which was implemented as part of the Early Childhood Obesity Prevention Initiative's Choose Health LA Kids Program in Los Angeles County, CA. Twenty agencies implemented workshops from July 2015 to December 2016, reaching over 2,200 low-income caregivers of children ages 0-5. Results highlight key findings among participants. These results extend original pilot research, which showed a 9% reduction in overweight and obese children whose parents attended the workshops after 1 year follow-up.

Evaluation Design

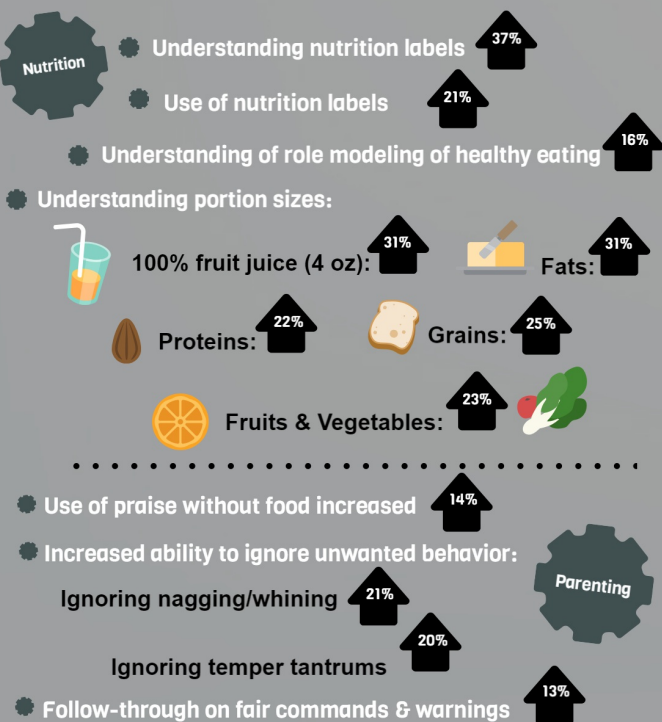
- ★ **Process Evaluation:** Fidelity surveys, key informant interviews, observational assessments
- ★ **Outcome Evaluation:** Pre/Mid/Post surveys among workshop participants

Program Participants' Profile



★ Key Findings

Knowledge & Behavior Change Outcomes*



Best Practices

- **Location Matters**
 - Schools → Higher Attendance
 - Head Starts → Higher Knowledge Gains (Pre to Post)
- **Value in Repetition**
 - Participants who attended 4+ workshops showed higher knowledge gain
 - Value in workshops conducted as a series
- **Tailorability is Key**
 - The social learning foundation of the workshops allows for cultural tailorability
- **Facilitator > Lecturer:**
 - Focus on facilitation vs. lecturing improved engagement & relatability among participants
- **Broad Reach**
 - Improved parenting skills reach beyond children ages 0-5
 - The concepts in the *Healthy Parenting Workshops* are universal & can be taught by anyone - community members, promotoras, nurses, physicians, registered dieticians, etc.

*Items reported showed relatively higher than average % change from baseline to follow-up among participants with pre/post surveys. However, many other constructs showed improvement.