

# Welcome!

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## EVENT PAGE:

<https://OneOp.org/event/134982/>



**Food Security  
in Focus**

**OneOp**  
Readiness. Knowledge. Network.

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## Increasing Children's Fruit and Vegetable Exposure: Tools for Practitioners Serving Families Experiencing Limited Income

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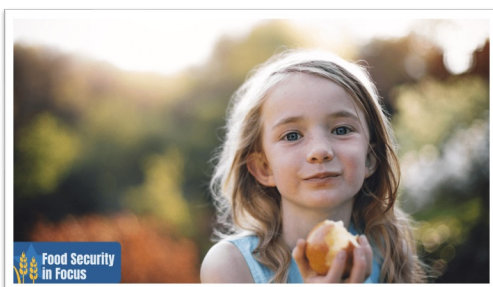


**Food Security  
in Focus**

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## Increasing Children's Fruit and Vegetable Exposure: Tools for Practitioners Serving Families Experiencing Limited Income



iStock photos



### Event Materials

Visit the **event page** to download a copy of the presentation slides and any additional resources.



### Continuing Education

This webinar has been approved to offer continuing education credit. Please stay tuned for more information!

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**Among our nation's active-duty members and their families, an estimated 24% are food insecure.**

**Food Security in Focus!**



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## Today's Presenters



**Taren Swindle, PhD**

*Associate Professor*  
College of Medicine  
University of Arkansas for Medical Sciences



**Julie M. Rutledge, PhD**

*Professor*  
School of Human Ecology  
Louisiana Tech University

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## Disclosure

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Dr. Taren Swindle and UAMS have a financial interest in the technology (WISE) discussed in this presentation. These financial interests have been reviewed and approved in accordance with the UAMS conflict of interest policies.



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## Learning Objectives

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After this presentation, attendees should be able to :

1. Summarize the states of nutrition for children in families experiencing low-income.
2. Summarize the evidence-based practices of the WISE intervention, a classroom or home-based approach to increasing children's exposure to fruits and vegetables.
3. Apply WISE's evidenced-based practices to design outreach activities to engage families in improving nutrition.



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**Before we get started,  
we want to learn more  
about you and ways you  
work with families.**

**When it comes to  
nutrition, physical  
activity, and/or health...**

What are ways you work  
with families already?

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What are your primary  
concerns you have for the  
families you serve?

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What barriers do you  
and/or the families you  
serve face in making  
changes?



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## Describe

the state of nutrition for children in families experiencing low-income



EPIC Health <https://www.epichs.org/news/obesity-in-children-and-adolescents/>  
Accessed February 8, 2023



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## What percent of today's children will experience obesity by age 35?

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- A. 27.3%
- B. 37.3%
- C. 47.3%
- D. 57.3%



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## Approximately how many children are living with obesity or overweight by age 5?

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- A. 2/10
- B. 4/10
- C. 6/10
- D. 8/10



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## Bringing it all together...

Research has shown...

- ❑ For every 1% increase in low-income, there was a 1.17% increase in overweight/obesity status (Vazquez & Cubbin, 2020).
- ❑ Family income should be considered in creating, supporting, and sustaining programs just as much as other factors that are related to obesity including race and ethnicity (Rogers et al., 2015).
- ❑ COVID exacerbated overweight/obesity rates in families with low-income (Jenssen et al., 2021).



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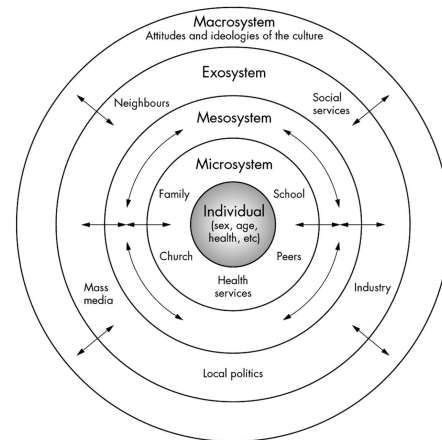
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## Theory to Practice

Bronfenbrenner → Research Study/Evidence-Based Program → The Families Your Organization Serves → The Families You Individually Serve → A Family You Serve → A Child in that Family

What is critically important is that we translate our THEORY and RESEARCH into PRACTICE

Meaning that what we “do” as professionals has an ACTUAL, tangible influence in a community, for families we serve, for individual children



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## 4 “WISE” Evidence-Based Practices

Today, we want you to take home knowledge of the 4 evidence-based practices on which our programs are based.

1. Role Modeling

3. Positive Feeding Environment

2. Repeated Exposures

4. Mascot Use



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## Summarize

the evidence-based practices of the WISE intervention, a classroom or home-based approach to increasing children's fruits and vegetables



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## WISE

### 8 Fruit and Vegetable Units

- Simple, low-cost recipes

Implemented by Early Care and Education Teachers



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## WISE: Income Considerations

### Formative Evaluation

- 25% of Head Start children had not tasted apples at home
- Budget and food waste were major concerns.
- Teachers thought nutrition a parent job and vice versa.
- ECE teachers often mirror families they serve in income and nutrition barriers.

### Resulting Focus

- Budget conscious recipes that value fresh, frozen, and canned.
- WISE job is to prove exposures, so parents don't have to.

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# WiSE



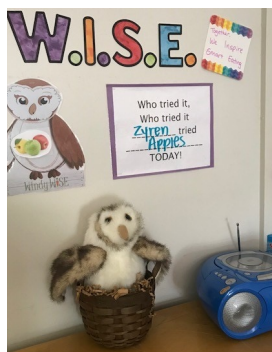
- ✓ To support families, each food can be grown locally and is readily available at local supermarkets in many forms.
- ✓ Approximately one food is emphasized per month with an introduction activity and a weekly small group food experience.



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## WISE ROUTINE



Letter from the farm.



Target food arrives!



Explore the food.



Weekly authentic food experiences.

Multiple exposures to several forms of each food



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## WISE Results

Improvements in educator knowledge which are sustained

- *Whiteside-Mansell L, Swindle, T., 2017*

Outperforms standard of care for improving child dietary intake; 8% increase in targeted carotenoid levels

- *Whiteside-Mansell L, Swindle, T., 2018*

Parent-reported increases supported by biomarker improvements

- *Whiteside-Mansell L, Swindle, T., 2019*

Children that “pester” their parents more have higher intake of WISE foods and more improvement in related parenting practices.

- *Swindle et al., 2020*



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## GOALS

**+ ROLE  
MODELING**

**USE A  
FRIENDLY  
MASCOT**

**WEEKLY  
HANDS-ON  
FOOD  
EXPERIENCE  
LESSONS**

**+FEEDING  
PRACTICES**



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EVERY DAY...in many ways-

WISE Goal #1



**MODEL, TEACH & ENCOURAGE**  
HEALTHY FOOD ATTITUDES



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## Why is Role Modeling Important?

- Children could pick up lifetime attitudes and habits by watching you!
- Children are more likely to try new foods when the teacher provides healthy role modeling.



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## WISE Goal #2



### SUPPORTIVE FEEDING PRACTICES



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## Feeding Practices

Why are teachers' feeding practices important?

- Mealtimes during the preschool years set the stage for lifelong patterns!
- What adults say and do at meals has an immediate and long-lasting effect.
- Children benefit from a pleasant environment with positive conversation.



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- ✓ Unhurried.
- ✓ Low pressure.
- ✓ Relaxed.
- ✓ Friendly.
- ✓ Connected.

## FOOD EXPERIENCES:

WISE about Feeding Children



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## Windy WISE

WISE Goal #3



USE A FRIENDLY MASCOT



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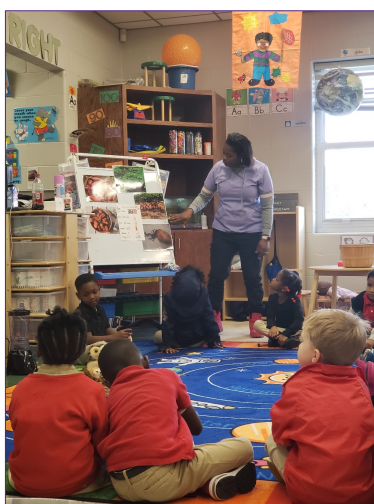
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## Why is Windy Important?



- ❑ Children are more likely to prefer foods associated with familiar characters.
- ❑ Children learn and retain more when educators use familiar characters.
- ❑ Children associate the fun of the Windy puppet with the WISE lesson.
- ❑ Children often talk about Windy with their families. This means your WISE message gets home!

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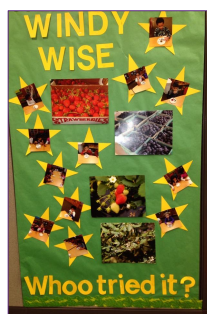


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## OFFER EXPOSURES

WISE Goal #4



TO FRUITS & VEGETABLES



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## WISE Home Visiting: Adapted Delivery Plan

1 WISE Lesson During the Home Visit

Letter from the farmer

Target food arrives—  
Hands-on explore the food!

1 WISE Parent/Family “Leave Behind” hands-on food Activity.  
\*Incentive chart for doing these.



1 WISE Activity for Parent Night

Group Activity and Additional Parenting Education (e.g., shopping on a budget, meal planning)

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## Apply

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the evidence-based practices of WISE to designing outreach activities to engage families in improving nutrition

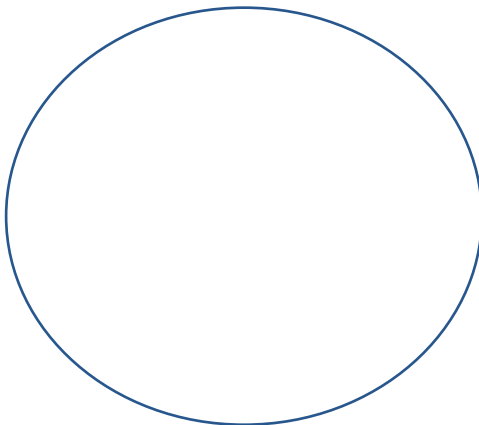


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**Circle of Concern – As humans, what things are we concerned with related to the health of families we serve?**

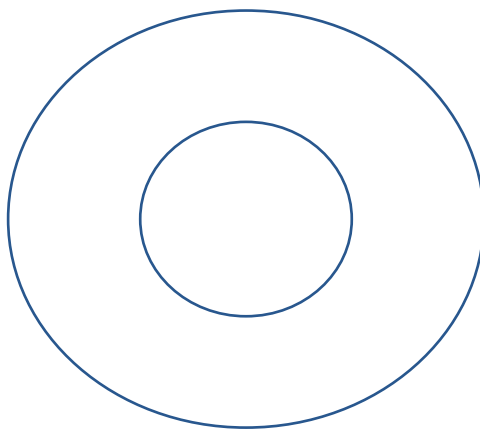
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## Circle of Influence – What can I, as an individual professional, do about my concerns? What do I have control over?



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## WISE: Evidence-Based Practices

Component	Behaviors
Use of Mascot	<ul style="list-style-type: none"> <li>- Uses mascot during activity.</li> <li>- Leads chant with mascot.</li> </ul>
Role Modeling	<ul style="list-style-type: none"> <li>- Eats food with the children.</li> <li>- Makes positive comments about the target food.</li> </ul>
Hands-On Exposure	<ul style="list-style-type: none"> <li>- Completes lesson in prescribed group size.</li> <li>- Involves children in lesson.</li> </ul>
Positive Feeding Practices	<ul style="list-style-type: none"> <li>- Cues hunger and satiety.</li> <li>- Encourages food exploration.</li> <li>- Supports without pressure.</li> </ul>



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## Let's talk about it!

### SHIFT

What is something you could change in your existing practice based on today's discussion?

### ADAPT

How could you adapt and apply the EBPs discussed today to serve families?



You're the expert in your context and families!



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## What are you going to take away from today?

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## Contact us

We would love to  
connect with you!



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## Questions



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## Continuing Education



This webinar has been approved for the following **continuing education (CE) credits**:

- 1.0 CPEU for RDNs and NDTRs from the **Commission on Dietetic Registration**.
- 1.0 CE from the **University of Texas at Austin, Steve Hicks School of Social Work (Social Work, LPC, LMFT)**.
- 1.0 CE from the **Commission for Case Manager Certification**.
- 1.0 CE from the **National Council on Family Relations** to Certified Family Life Educators.
- OneOp **certificate of attendance** available.

### Evaluation Link

Go to the event page for the evaluation and post-test link.

[Continuing Education](#)

### Questions?

Email us at:  
[OneOpNutritionWellness@gmail.com](mailto:OneOpNutritionWellness@gmail.com)

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## Upcoming Event



### Benefits of Plants for Chronic Kidney Disease

**Wednesday, March 22, 2023**

**1:00-2:00PM EDT**

This webinar provides health practitioners with a comprehensive understanding of the benefits of plant-based diets, research to support their use, and actionable advice for implementing plant-based eating for patients with non-dialysis-dependent Chronic Kidney Disease.

**Continuing education credit will be available for this session!**

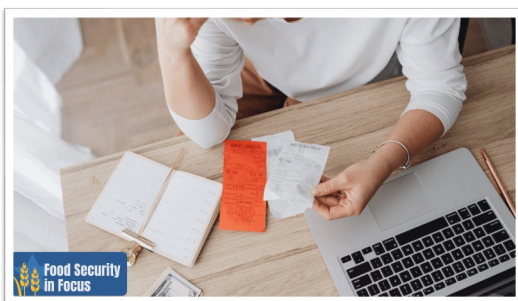


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## Upcoming Food Security in Focus Event



### Helping Clients Inflation-Proof Their Budget

April 11, 2023, 11 AM – 12:30PM ET

This webinar provides an overview of inflation and the expected and unexpected ways inflation may upset a household budget.

EVENT PAGE:  
<https://oneop.org/event/142463/>



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**Join OneOp as we focus on expanding food security for military families and mobilizing family service professionals to work together at federal, state, and local levels.**

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