

For the Mouths of Babes: Nutrition Literacy Outreach to a Child Care Center

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Critical Issues

- Childhood obesity
- Healthy food choices
- Food preferences established in infancy
- Physical activity level
- Early intervention: infant to Pre-K



Setting

- Georgia Regents University Child Care Center (formerly Medical College of Georgia / MCG)
- Quality Rated by the state of Georgia—highest rating for child care centers
- 12 full time teachers, 91 children

Partners

Librarian; Child Care Center Director (faculty member in GRU Institute of Public and Preventive Health); Registered dietitian

Grant

- NN/LM SE/A Health Literacy Pilot Project (\$5000)

Goal

Child Care Center workers at GRU will gain improved nutrition and health literacy, to complement current wellness initiatives at the Center. Infants and children under their care, who represent a diverse group of nationalities and ethnicities, as well as the workers and the children's families, will benefit from additional understanding in establishing healthy eating and physical activity habits.



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Outreach Sessions

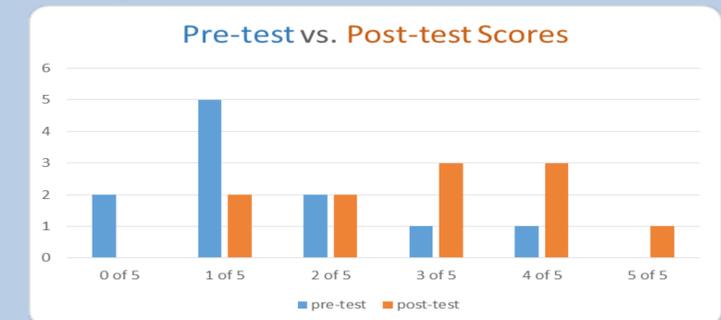
- 5 sixty-minute sessions, held after work/center hours
- Session 1: iPad setup and use; pre-test
- Session 2: Nutrition overview: Choose My Plate, activities with “fake food”; introduction to MedlinePlus on iPads
- Session 3: Adult nutrition: whole grains; learn NLM Tips for Healthy Web Surfing on iPads
- Session 4: Infant nutrition: breastfeeding, formula, whole foods
- Session 5: Nutrition Q&A; evaluating web sites exercise; post-test



Budget

- 6 Apple iPads, \$2994
- Materials for literature display \$400 (Eating healthy every day books, ChooseMyPlate.gov placemats, info on local farmers markets, etc.)
- Personnel: speakers fee for dietitian, \$400; stipends for child care teachers, \$1200 (\$100 each for attending sessions, held after normal work hours)

Learning Assessment



Based on comparison of pre- and post-test scores, we noted increases in nutrition literacy and ability to identify reliable health information among child care center workers.