

INDIANA CoIN

Innovative Nutrition Workstream

GOAL:

Conduct a needs assessment to determine the nutrition work needed to address health inequities, and identify gaps in nutrition messaging within perinatal home visiting programs to improve health outcomes.



The Indiana Children's Healthy Weight CoIN team developed a two-pronged approach within their innovative nutrition project. They recognized the importance of integrating nutrition-related questions into their needs assessment of MCH populations in order to help inform the work they would be undertaking statewide over the next five years. They also sought to identify gaps occurring in nutrition messaging within perinatal home visiting programs in an effort to improve health outcomes.

PARTICIPANTS & PARTNERS

- Indiana Division of Nutrition and Physical Activity
- Indiana Maternal and Child Health
- Indiana SNAP-Ed

TITLE V PROGRAM CONNECTION

- Title V Director and Title V Coordinator closely involved
- Five Title V staff engaged
- One Title V staff trained



“Nutrition is a right, not a privilege.”

METHODOLOGY

- Leveraged **strong working relationship** between the state's departments of nutrition and MCH to forge stronger work integration
- Identified the need to **incorporate nutrition questions** into state's needs assessment in order to determine key nutrition work within the five year plan
- Worked closely with **Title V Steering Committee** to ensure **nutrition data collection** was incorporated into needs assessment
- Recognized the **perinatal period** as one where nutrition integration needed strengthening
- Pinpointed **perinatal home visits** as an important touchpoint for **identifying gaps in nutrition messaging**

ACCOMPLISHMENTS

- Conducted **statewide needs assessment** through online survey and focus groups
- Used **results from needs assessment** to **inform nutrition-related work** for the maternal and child health population
- Compiled **database** of home visiting services and nutrition curricula being used
- **Surveyed home visiting services** to determine gaps in nutrition materials and messages
- Created **print and electronic bilingual nutritional materials** for home visitors to provide consistent nutrition messaging across the state
- Continue to **expand internal and external relationships** and partnerships to address health inequities arising from nutrition

