Using Community-Based Participatory Research to create a complementary parent component to an existing nutrition education program for elementary-aged children

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Background

- Midwest Food Connection (MFC), a food education non-profit organization, has a nutrition education program popular with K-8 students in the Twin Cities area.
- Parent involvement in school-based nutrition education is critical to help children practice at home what they learn in school.

Methods

- MFC and UMN researchers partnered with Oak Ridge Elementary to develop a parent curriculum
- Consistent with community-based participatory research (CBPR) approaches, 2 virtual meetings were held to gather parent input
- Consensus was reached following facilitated discussion using a democratic procedure.
- A supplemental survey solicited input from parents who were unable to attend meetings

Discussion

- CBPR was used to create genuine partnerships resulting in the development of a program designed to meet the expressed needs of families and align with each the mission of each partner organization.
- Future research will evaluate the feasibility and efficacy of the program at meeting community goals identified in this study.

Acknowledgements

This project was funded by the RSA/MCHB Public Health Nutrition Training Grant 6 T79MC00007-32-01 and Healthy Food Healthy Lives Institute Planning Grant 21FCUP-6M010KA