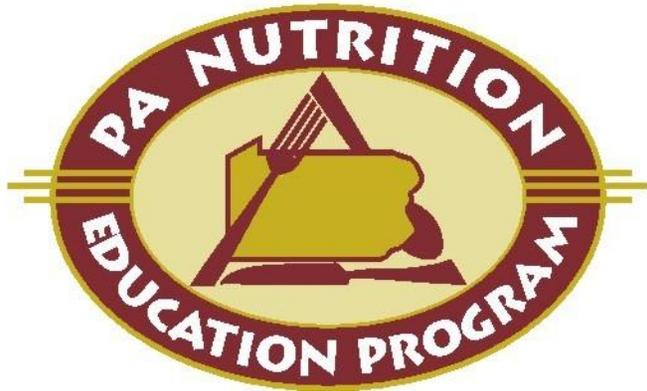

Pennsylvania Nutrition Education Program



Improving
Efficiency Via Use
of Website for
Online Data
Collection and For
Sharing Nutrition
Materials

PENNSSTATE



Presenter: Judy Gromis, MS, RD

Impetus for web-based tools

- **Rapid FSNE Program growth**
(0.5 million contacts in FY01 → ~6.5 million in FY03)
 - **Decentralized program operation**
(~21 local projects)
 - **Independent newsletter development by local project staff**
-

Web-based system has 2 components

- Resource sharing of relevant nutrition materials (public access)
 - Reporting System to collect Program data (intranet)
-



**PA NUTRITION
Education Network**



Mission | History | Staff | Partners | RFA | **Resources** | Calendar | PA

**PENNSYLVANIA NUTRITION
EDUCATION NETWORK**



- Resources are available for use both by PA NEP projects and the public by following the “Resources” link at www.panen.org

Welcome to the PA NEN Resources Web Page!

These resources are primarily intended for nutrition educators who work with limited-income clients. They can be used as an aid in developing nutrition newsletters and other educational materials. Some of the recipes on this website are related to topics covered in the nutrition newsletter articles.

Newsletter Articles

- Cover a variety of topics.
- Edited to meet low literacy guidelines.
- Can be used in your newsletters or other materials.
- Can be copied and pasted directly into your documents.

Recipes

- Incorporate foods that are low in cost or available from most food banks.
- Edited to meet low literacy guidelines.
- Appropriate for clients with limited cooking skills.
- Can be used in your newsletters or other materials.
- Can be copied and pasted directly into your documents.
- Analyzed for nutrient content.
- Optional nutritional information to accompany your recipe (example: "high in calcium").

Related Links and Resources

- Newsletters from other copyright-free sources (some are in Spanish).
 - Developing materials to meet low literacy guidelines.
 - Clip art images.
 - Ingredient substitutions.
 - Recipes for complete meals using commodity foods.
 - Spanish-English recipes.
-

Newsletter Article Database ~ 203

- Cover variety of nutrition related topics (28 subject categories)
 - Edited to meet low literacy guidelines
 - Open as MS Word documents for easy copy and paste capability
 - Searchable by keyword or topic category
-

Newsletter Articles

From this page you can search the database of nutrition and health-related newsletter articles by keyword or by topic area.

Search by Keyword:

Search by Topic Area:

[Advanced Search Form](#) | [Search Hints](#) | [Disclaimer](#)

Search



Favorites



Media



_basic_search.cfm

Select Topic Area

Beans and Nuts

Beans

Nuts

Peanuts

Beverages / Fluids

Breakfast

Children and Infants

Children

Infants / Breastfeeding

Dairy

Cheese

Milk / Dry Milk

Yogurt

Dental Health

Desserts

Dietary Guidelines

Disease Prevention

Cancer

Diabetes

Heart Disease

High Blood Pressure

Obesity

Osteoporosis / Calcium

Fat

Fiber

Fish / Seafood

Food Guide Pyramid

Food Safety

Food Shopping / Preparation

Select Topic Area



[Staff](#) | [Partners](#) | [RFA](#) | [Resources](#) | [Calendar](#)

PA NU
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From the
topic a

nutrition and health-related newsletter articles by keyword

Go

Recipe Database ~ 145 recipes

- Edited for low literacy
 - Appropriate for clients with limited cooking skills
 - Use low cost foods or those available from food banks
 - Analyzed for nutrient content
 - Searchable by keyword or category
 - Open as MS Word documents to allow flexible copy and paste capabilities
-

Berry Bean Blast

Yield: 4 servings

Serving Size: about $\frac{3}{4}$ cup

Method: Blender

Equipment: Blender

Can opener

Small knife (to cut strawberries)

Measuring cups and spoons

4 glasses

Ingredients: 1 can (15 ounces) navy beans
1½ cups orange juice
2 cups strawberries
2 tablespoons honey
1½ teaspoons cinnamon
⅛ teaspoon nutmeg
6 ice cubes

Directions:

1. Open the can of beans and drain the water from the can. Rinse the beans.
 2. Cut each strawberry into 4 pieces.
 3. Place all ingredients (except the ice) in a blender. Blend until smooth.
 4. Add the ice cubes. Blend again until smooth.
 5. Pour into 4 glasses and serve.
-

Tips:

- If you use frozen strawberries, you won't need the ice cubes.
- You can store this drink in the fridge in a covered container. It will thicken while in the fridge.

Source: *Adapted from the Food Reflections E-mail Newsletter, University of Nebraska Cooperative Extension in Lancaster County (<http://lancaster.unl.edu/food/FoodTalk.htm>).*



**PA NUTRITION
Education Network**



[Mission](#) | [History](#) | [Staff](#) | [Partners](#) | [RFA](#) | [Resource](#)

Recipes

From this page you can search the database of recipes by keyword or category.

Search by Keyword:

Search by Category:

[Advanced Search Form](#) | [Search Hints](#) | [Disclaimer](#)

Recipes

Search database of recipes by keyword, category, nutrient content, equipment, and/or source:

Keyword(s):

Category: ▼

Nutrient Content Claims:

- Low Fat
- Fat Free
- Low Sodium
- High Fiber
- Good Source of Fiber

Provides:

- Vitamin A
 - Vitamin C
 - Vitamin D
 - Calcium
 - Iron
 - Potassium
-

High In:

- Protein
- Carbohydrates
- Vitamin A
- Vitamin C
- Vitamin D
- Calcium
- Iron
- Potassium

Equipment Needed:

Equipment Not Needed:

Source:

Sort Results by:

- Relevance
- Recipe Title

[Basic Search Form](#) | [Search Hints](#) | [Disclaimer](#)

Related Links

Links to other nutrition and health-related websites on the following topics:

- [Newsletter Articles](#)
 - [Readability of Articles](#)
 - [Recipes](#)
 - [Clip Art](#)
 - [Educational Materials](#)
-

Related Links & Resources

- Literacy/Readability information
 - English-Spanish pictorial recipes
 - Ingredient substitutions
 - Clip art
 - Links to other newsletters
-

On-line Reporting System

- Operates through an intranet accessible only by NEP projects

PA NEN Intranet

Please enter your user ID and password to access the PA NEN Intranet, and then click on the *Submit* button. have forgotten your user ID or password, please contact us.

User ID:

Password:

Submit

Prior to online reporting system

- Quarterly paper-based reporting system
 - ~21 local projects compiled data manually to prepare reports
 - ME manually collated local data into annual statewide report
-

Disadvantages

- Time consuming
 - Duplication of effort
 - Data errors
 - Lack of ad hoc report capability
-

Reporting System

- Program Outputs
 - Number of education contacts made
 - Participant demographics

 - Program Impact
 - Activities/Assessment related to nutrition education objectives
 - Evaluation data
-

Program Outputs

Online input screens collect:

- Type of program conducted
 - Number of contacts
 - Demographics of audience served
-

Summary Demographics

Summary Demographics

Please complete this form for one of the types of programs shown below offered during the second quarter of FY 2004. You are completing Demographics Reporting on behalf of Management Entity Test (State College). When you are finished, please click on the *Submit* button.

Data is entered for one type of program at a time. If you have data for more than type of program to enter, or more than one previous entry to review or modify, you can come back to this form later and carry out those additional tasks.

▶ Type of Program:

- Food/Cooking Demonstration
- Food Tasting
- Nutrition Class (single/one-time)
- Nutrition Class (series)
- Individual Counseling
- Education at Farm Stand/Farmers' Market
- After-School Program (single/one-time)
- After-School Program (series)
- Newsletter
- Community Health Fair
- Social Marketing
- Other, please describe:

Example of a demo
screen – Type of program

Example – Number of Class Sessions through Total Number of Contacts

- ▶ **Number of Class Sessions in Each Series**

- ▶ **Average Length of Each Class Session (hours):**

- ▶ **Number of Participants (All Series):**

- ▶ **Total Number of Contacts (All Sessions and Series)**

Example – Number (%) in each Race Category

▶ **Number (or Percentage) of Participants in Each Race/Ethnic Category:**

*(If numbers, they should add up to total number of participants or more. If percentages, please use % sign and make sure they add up to at least 100. *)*

White

Black or African American

Hispanic or Latino

Asian

American Indian or Alaska Native

Native Hawaiian or Other Pacific Islander

Other, please describe:

* Numbers can add up to more than the total number of participants (and percentages can add up to more than 100) if some participants are placed into multiple race/ethnic categories.

Example – Number (%) in each Age Category

▶ **Number (or Percentage) of Participants in Each Age Group:**

(If numbers, they should add up to total number of participants. If percentages, please use % sign and make sure they add up to 100.)

Children (under 13)

Teens (13-17)

Adults (18-55)

Seniors (over 55)

Example – Number (%) in each Gender Category

▶ **Number (or Percentage) of Participants by Gender:**

(If numbers, they should add up to total number of participants. If percentages, please use % sign and make sure they add up to 100.)

Males

Females



Summary reports can be compiled by local projects or by statewide totals

Data Compilations

Demographics Reporting (Totals for FY 2003)

All Projects

All Participants Regardless of Subgroup

Number of Programs Conducted

Type of Program	Number Conducted or Issues Prepared	Number of "Other"	Total Number
Food/Cooking Demonstration	997	–	997
Food Tasting	1469	–	1469
Nutrition Class (single/one-time)	18749	7	18756
Nutrition Class (series)	953	36	989
Individual Counseling	12752	5317	18069
Education at Farm Stand/Farmers' Market	14762	–	14762
After-School Program (single/one-time)	523	12	535
After-School Program (series)	–	–	–

Example of statewide report – Number of Participants and Contacts Table

Participants and Contacts

Type of Program	Number of Participants	Total Number of Contacts
Food/Cooking Demonstration	33519	33519
Food Tasting	47732	47732
Nutrition Class (single/one-time)	477797	477797
Nutrition Class (series)	12127	46277
Individual Counseling	17453	17453
Education at Farm Stand/Farmers' Market	17738	17738
After-School Program (single/one-time)	4050	4050
After-School Program (series)	-	-
Newsletter	808497	808497
Community Health Fair	15606	15606
Social Marketing	130573	130573
Other Programs	618444	618444
All Program Types	2183536	2217686

Note: The number of participants does not have to be entered for a Nutrition Class (series), and may be missing in some cases.

Example of statewide report – Participants by Age

Participants by Age

Type of Program	Children (under 13)	Teens (13-17)	Adults (18-55)	Seniors (over 55)	All with Age Data
Food/Cooking Demonstration	8621 (25.7%)	6731 (20.1%)	10774 (32.1%)	7393 (22.1%)	33519 (100.0%)
Food Tasting	13694 (29.1%)	9371 (19.9%)	15458 (32.8%)	8559 (18.2%)	47082 (100.0%)
Nutrition Class (single/one-time)	267143 (55.9%)	182644 (38.2%)	26311 (5.5%)	1699 (0.4%)	477797 (100.0%)
Nutrition Class (series)	7475 (62.3%)	2093 (17.5%)	712 (5.9%)	1714 (14.3%)	11994 (100.0%)
Individual Counseling	6461 (37.0%)	5397 (30.9%)	5335 (30.6%)	260 (1.5%)	17453 (100.0%)
Education at Farm Stand/Farmers' Market	4291 (26.8%)	1551 (9.7%)	6925 (43.2%)	3271 (20.4%)	16038 (100.1%)
After-School Program (single/one-time)	3610 (89.1%)	437 (10.8%)	3 (0.1%)	-	4050 (100.0%)

Program Impact

For each nutrition education objective, input screens collect:

- Activities undertaken toward objective
 - Assessment/evaluation of objective
-

Example of Intake Screen – Activities Undertaken

▶ **Activities Undertaken** (3,500 characters maximum)

Mini classes focusing on purchase and preparation of fruits as part of overall menu planning and shopping. One on one counselling reinforced these messages. Newsletters featured recipes and meal suggestions incorporating fruits; pamphlets featured fruits, how to cook and eat them, nutritional content.

Example of Intake Screen – Assessment and Status of Objective

- ▶ **Assessment and Status of Objective** (3,500 characters maximum)

Entry and exit interviews during mini classes showed that of the 14 participants, all 14 said they had added at least one fruit per day, on average, to their diet as a direct result of what they learnt in the mini classes. It was most helpful to them to learn what a 'serving' of a fruit is, and also what a 'fruit' is (i.e., not fruit flavored gelatin desserts).
During interviews with representative samplings of clients who received the first and second

Program Impact

- Evaluation data – Statewide standard pre/post survey data can be entered and compiled
 - Planned expansion will include capture of evaluation data from:
 - Newsletter surveys
 - Food demos
-

Advantages of Online Reporting System:

- Significant time savings
 - Ad hoc reporting capabilities
 - Improved data accuracy
 - Data readily available for annual reporting
-



History | Overview | Staff | Projects | Evaluation | Links | PA NEN

Pennsylvania Nutrition Education Program

Please visit us at www.panen.org

PENNSSTATE

