Developing an Online Training For EFNEP Paraprofessionals Using the Eating Smart and Being Active During Pregnancy Lesson

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Introduction

Research Problem:

• EFNEP enrolls pregnant participants.2 However, not all of these participants receive lessons in nutrition during pregnancy. Lessons on this topic are available, but we do not know why paraprofessionals are not teaching them.

• The success of EFNEP paraprofessionals is influenced by their training.3,4 There are increasing numbers of online trainings or educational materials that can be used by paraprofessionals.5,6 However, we currently do not know what an adequate format for an online training is, as perceived by EFNEP professionals and paraprofessionals.

Research Questions

1) What is needed to effectively train paraprofessionals online on the three Eating Smart • Being Active (ESBA) supplemental lessons (Eating Smart and Being Active During Pregnancy, Feeding Your New Baby, Feeding Your Baby Solid Foods) as perceived by EFNEP professionals and paraprofessionals?

2) Can an online training for EFNEP paraprofessionals be effective in preparing them to teach the Eating Smart and Being Active During Pregnancy lesson? Effectiveness measured in terms of:
   • Knowledge
   • Confidence in teaching the lesson
   • Accuracy answering FAQs from participants
   • Satisfaction with the online training

Timeline and Research Methods

<table>
<thead>
<tr>
<th>Phase</th>
<th>Dates</th>
<th>Activities</th>
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<tbody>
<tr>
<td>Phase 1</td>
<td>Feb-Mar 2014</td>
<td>Conduct semi-structured phone interviews with professionals and paraprofessionals from states that have purchased the Eating Smart • Being Active supplemental lessons.</td>
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<td>Phase 2</td>
<td>Mar-Jun 2014</td>
<td>Design online training using instructional design and recording and editing of training videos</td>
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<td>Apr 2014</td>
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<td>Write criterion-referenced test and learning assessments (validity &amp; reliability assessment)</td>
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<td>Aug 2014</td>
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<td>Pilot test online training</td>
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<td>Sept-Oct 2014</td>
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<td>Deliver online training</td>
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<td>Phase 3</td>
<td>Sept-Nov 2014</td>
<td>Data analysis of evaluation methods (pre/post-test &amp; satisfaction surveys)</td>
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Discussion

Expected Outcomes:

• Guidelines for the development of an online training for EFNEP paraprofessionals for the three ESBA supplemental lessons:
  - Eating Smart and Being Active During Pregnancy
  - Feeding Your New Baby
  - Feeding Your Baby Solid Foods

• An effective online training for EFNEP paraprofessionals to prepare them to teach the Eating Smart and Being Active During Pregnancy lesson

Future Direction

To develop an online training that represents the needs of professionals and paraprofessionals across the country, we need your participation in this research project! If you have purchased the Eating Smart and Being Active During Pregnancy lesson, we may be contacting you to participate in our interviews and evaluation of the online training.

If you would like more information, please contact: Micheline Chlipalski at micheline.chlipalski@colorstate.edu, or Susan Baker at susan.baker@colorstate.edu.

References