Using Technology in EFNEP

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2019 National EFNEP Coordinators’ Conference
Online Lessons
Implementing a Blended Lesson Model to Increase Graduation Rates

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EFNEP Coordinator

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Purpose

● To provide an option for blended lessons
  ○ Serve primarily as a makeup lesson
    ■ Not to replace a face-to-face series
National Policy Adherence

“Specific requirements for blended learning approaches

- This strategy maintains EFNEP’s peer educator, interactive/learner-centered, food experiences, social support, and trusted relationship approach. It MUST include a combination of in-person and virtual learning experiences with the emphasis on in-person.

  - Dosage – up to four hours AND no more than one third of lessons can be delivered through technology
  - Online learning should supplement face-to-face lessons and increase dosage when possible”
Elements of National Policy

• Learner-Centered
  ○ “EFNEP’s programmatic content and delivery methods are based on the needs and learning styles of program participants. EFNEP builds upon the strengths and past experiences of learners to create a richer learning experience for its participants.”

• Multiple Methods
  ○ “interactive hands-on learning methods, which are reinforced by technology”

• Evidence Based

• Diversity
Overall design

- Learning Management System
  - Moodle

- Series of short video clips
  - Totaling 30 minutes or more with activities

- Option to be completed as multiple sessions

- Interactive questions
Funding

-North Carolina State University Funded

- Production Company
- Videography
- Pre and Post Production
- Lightboard and Studio
- Location Rental
- Talent
- Food supplies
Inclusion of Curriculum Components

- Maintains the theoretical framework of curriculum
  - Move More Activity
  - Recipe Demonstration
  - Objectives of the lesson

- Additional technology components
  - Comprehension checks via interactive components
  - Electronic resources provided
Feasibility Study

- Participants were overall accepting of this digital format.
  - “It's easier for me to do it that way, I don't have transportation all the time.”
  - “Online worked for me because my child was sick”
  - “Fun and very helpful”
  - “Convenient and I enjoyed doing it in the comfort of my home!”
  - “I like the information and the ease of watching when it suits my schedule”
Shop: Get the Best for Less Objectives

1. Use a shopping list;

2. Read unit pricing labels to select the best buy; and

3. Use in-store ads, newspapers, and coupons to get the most for their money.
1. Using a shopping list
2. Read unit pricing labels to select the best buy
3. Use in-store ads, newspapers, and coupons
Welcome!

Thank you for logging in for your EFNEP lesson - Shop: Get the Best for Less.

Begin by watching the introduction video below by clicking on the word "Introduction." You can continue watching the series of videos by clicking the arrow on the bottom right corner of the screen.
Allowable Dosage Guidance

“Dosage – up to four hours AND no more than one third of lessons can be delivered through technology”

<table>
<thead>
<tr>
<th>Total Lessons in the Series</th>
<th>Maximum Number of Online Lessons</th>
</tr>
</thead>
<tbody>
<tr>
<td>6</td>
<td>2</td>
</tr>
<tr>
<td>9</td>
<td>3</td>
</tr>
<tr>
<td>10</td>
<td>3</td>
</tr>
<tr>
<td>12</td>
<td>4</td>
</tr>
</tbody>
</table>
Next Steps

● Pilot
  ○ Compare impacts to traditional lessons
    ■ Shop: Get the Best for Less
    ■ Choosing to Move More Throughout the Day
    ■ Plan: Know for Dinner
    ■ Smart-size Your Portions, Right-size You

● Hosted in eXtension online campus
  ○ Accessible by all Land Grant Universities
    ■ Grouped by state
More information?

“Online Lessons - Utilizing the Blended Lesson Model to Increase Graduation Rates: A study of online lesson feasibility”
CNE Information Page

- Clear
- Eliminates need to keep track of paper forms
- Tells you how many reports are waiting to be synced
Use of Facebook for online, synchronous education

Clinton County Experience: Lessons Learned

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Who, what, where, when, why........
High level use of social media

- Mechanics
  - Security
  - Privacy
  - Set up
  - Staging
  - Equipment

- Education
  - Informed consent
  - Standard lesson plans
  - Interaction/conversation
  - Food Preparation
  - Physical Activity
Facebook is the platform
Create a PRIVATE group

• multiple groups engaged during the same time period

• multiple staff can work with multiple groups
Enrollment and Graduation

Are completed face to face:

- Informed Consent
- Enrollment and Exit paperwork
- Food and Physical Activity Questionnaire

*Eating Smart Being Active* – 8 lessons
Here you can see who has viewed your post or video. Right below the video to the right it says “Seen by everyone”. This means everyone who was invited to your group viewed this video.
Time and date stamped.

Allows real time answer – or can be responded to after the class.
Lessons Learned: Staffing

Requires two people
- one person on camera
- another person to:
  - manage comments
  - relay questions to the host
  - type responses
  - solve technical issues
Nutrition Educators of CCE Clinton County was live.
April 23, 2018

Lessons Learned
Staging

Lighting
Background
Sound
Internet stability
New camera
Better lighting, staging
Food Preparation
Recipe Demonstration

Remove kale from stems and tear into bite size pieces.

Gently rinse 4 fresh tomatoes.
Physical Activity
Promotion to the Closed Groups

You cannot choose whole grain bread by its color.

An easy way to identify whole grains is to look for the word, “whole.”

whole wheat
whole oats
whole grain corn
whole rye

These are the labels we will be looking at during tonight’s lesson. If you have a chance, take a look at how they compare to one another.
Summary

Use of Facebook for online, synchronous education for participants
- can extend the reach of the program
- meet programmatic concerns for confidentiality, and
- include essential ingredients for interactive lessons: interaction with the facilitator and peers, physical activity and food demonstrations.
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"Like Us" on Facebook  
www.facebook.com/adoptinghealthyhabits  
https://blogs.cornell.edu/daytodayeats/
Cooperative Extension at NC A&T EFNEP Social Media Program Outreach
EFNEP Social Media Program Outreach

What we have tried

• Google Hangout
• Facebook videos
• Instagram
EFNEP Social Media Program Outreach

• What didn’t work and Why
  • Instagram
  • Google Hangout
EFNEP Social Media Program Outreach

• What worked (You can design this slide)
  • Facebook videos
    • Live videos
    • Recorded videos
    • Analytics
  • Most popular- How to properly prepare a chicken
    • Over 2,000 views
    • Over 180 reactions and comments
Bony Popcorn Fingers Video
EFNEP Social Media Program Outreach

• Training EFNEP Educators
  • Social Media Training
  • Video Production Training
  • Video Approval
EFNEP Social Media Program Outreach

Healthy Bytes cooking videos
Training Educators on EFNEP on Facebook Live

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Crystal City VA
3-13-2019
Introduction

• Paraprofessionals (peer educators) deliver a series of hands-on, interactive lessons to EFNEP program participants.

• Educational technologies present new challenges and opportunities for nutrition education programs.

• A training on the implementation of EFNEP using “Facebook Live” was conducted with the EFNEP educators.
Purpose

The session is aimed to

1. Respond to one specific question from the EFNEP participants on fruits and vegetables lesson using “FACEBOOK LIVE”

2. Assess the successes and challenges

3. Collect evaluation data
Methodology

Method 1-Facebook live

- Invite participants
- Live presentation
- Questions and answers
USING EDUCATOR PERSONAL FACEBOOK ACCOUNT LIVE
Using Educator Personal Facebook Account

Live

Challenges:

• 1-Educator’s identity is published (pictures, other private information on her Facebook page are published)

• 2-The viewers cannot see the UMES EFNEP program Facebook page

• 3-All her followers (friends and families may be connected and may put any comments that may not help the EFNEP program)
SET UP AN EDUCATOR’S EFNEP FACEBOOK ACCOUNT
Importance of Personal Page and Program Page

PERSONAL PAGE
• Educator’s followers and EFNEP followers will see the educator’s pictures and private information
• No information related to EFNEP will be on the page

PROGRAM PAGE
• Create an EFNEP Program Facebook Page
• EFNEP information will be on the page
• Educator’s pictures and private information will not be available
• Educator’s followers (family and Friends) and EFNEP followers will see the information related to EFNEP
EFNEP Page Management

STEPS

• Create the page
• Select an account administrator
• Educator creates his or her EFNEP Facebook account
• Page Role Management
• Editor Right
Page Role Management

- Page Role and administration to control all the postings, comments etc.
- Administrator
- Editor
- An Administrator and the Editors (educators) should control the content of the Facebook page
How to Prepare the Facebook Live Show?

Method 1 - Facebook live

• Educator is asked a question during the EFNEP session
• Invite the participants
• Live presentation
• Participants feedback/comments
How to Invite People to the Live Show?

• Provide a link of your page at the end of your class
• Provide the agenda (time -topics -duration etc.)

• Invite:
  • EFNEP participants
  • Others followers from EFNEP Page
  • Invite others
Equipment Needed

• Internet
• Cell Phone or Tablet or Laptop
• Cell Phone Stand

• **Cell Phone settings**
• Stop all calls and messages (DO NOT Disturb Setting)
**Issues**
- Image upside down
- Phone can not auto flip
- Educator focused on her presentation and did not see the participant’s message

**SOLUTION:** Participants Engagement
How To Engage Your Audience?

• Before the presentation check your setting
• Request confirmation from your audience
• Do not present without taking a break
• Stop and ask for feedback/comments during the presentation
• Engage your participants
• Ask for real-time feedback
Educator: How to be successful?

• Be multitasking
• Prepare your session (i.e: ingredients pre-measurement for recipes)
• Start on time
• Check lighting (Select a place where you have a proper lighting)
• Save and Edit your video after the live show for future viewers
Recipe Presentation on Facebook live
Other Comment on Camera Setting
Camera Setting is fixed
Methodology 2

• Educator videotaped the presentation

• Video posted

• Conversation with the followers
Conversation on Pre-recorded Session

- Participants view the video
- Post comments
- Educator responds
- No real challenges
Evaluation Data Collection

• Assess number of video “views and likes” by
  • Age group
  • Gender
  • County
  • Town
  • State

• Assess the overall performance of EFNEP Page (Views, likes, and followers)

• Assess the overall performance of a specific Facebook post (Views, likes, and followers)

• Select your target audience for upcoming session
Conclusion

• EFNEP FACEBOOK LIVE IS FEASIBLE
• Evaluation data can be collected
• Practice is Key
Thank you

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EFNEP App Testing

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2019 National EFNEP Coordinators’ Conference - 50 Years of EFNEP: Honoring the Past, Treasuring the Present, Shaping the Future
CNE Information Page

- Clear
- Eliminates need to keep track of paper forms
- Tells you how many reports are waiting to be synced
Language Selection

- App will be available in multiple languages
  - English (currently available)
  - Spanish (estimated May 2018)
  - Hmong
  - Karen
  - Somali
App Training Video

- How to use a tablet
- Touchscreen interface
- How to use audio function
- How to navigate the app

Note: headphones are provided to participants
Demographic Information

- Does not allow participant to move forward without completing critical fields
  - Helpful in collecting complete data
- Easy and quick to get through
- Straightforward questions
Children

- Collects number of children
- Collects ages of each child on subsequent page
Health Behavior Checklist Intro

- Helpful to know this is not a quiz or assessment
Health Behavior Checklist

- Participants did not fully understand questions:
  - Questions are leading
  - Does not fully address different dietary restrictions
    - Asks about meat prep, but no “N/A” option for vegetarians
  - Did not ask about other important nutrition topics
24-Hour Dietary Recall Video

- Participants thought video was helpful:
  - Liked reminder to include portion sizes for foods and beverages
  - Liked explanation of six different meal types throughout day
  - Liked that real CNE was in the video
- Participants liked that you could skip the video if you had already seen it previously
- After seeing video most participants could navigate through recall with minimal help or no help
24-Hour Dietary Recall Meals

- Participants liked that app breaks down 24-Hour Dietary Recall into 6 main meals
  - Aids in remembering what foods were eaten at what time
Food Categories

- Participants overwhelmingly approved of photos used to represent main food categories/types.
- Participants found photos to be clear and visually appealing.
- Some participants exclusively used photos to navigate the app without reading titles or using audio capabilities.
- Participants reported that strong visual component aided in recall at times.
- Participants liked “Mixed Dishes” category.
  - Made it easy to report dishes with multiple ingredients such as salads.
Sub-Food Categories

- Participants overwhelmingly approved of photos used to represent specific foods
- Participants found photos to be clear
- Some participants exclusively used photos to navigate the app without reading titles or using audio capabilities
- Participants helped identify foods missing from the app (e.g. water spinach) to improve app comprehensiveness
Dietary Recall Overview

- Participants liked that this portion still used photos next to food selection
- Overview made it easy for participants to assess if recall was complete or if food or beverage items were left out
- Easy to discard items that were misreported
- Easy to add another food or beverage item to a certain meal category
App Closing Page

- Final page to app
Areas of Improvement

- Slices should match appropriate food
  - Pizza slice picture for bread slices
- Cup should match beverage
  - Coffee in glass, should be in mug
- Expanding “Mixed Dishes” section
  - Omelettes, hamburgers
- Water should be on first page of “Beverages” section
- More specific food names
  - E.g. ‘soy sauce’ instead of ‘dark sauce’
- Addition of supplements to app
- **Search bar for foods

**Requires recontracting with app developers. All other suggestions can be addressed by EFNEP staff
App Strengths

- Instructional videos make app easy and quick to navigate
  - Approximately 12-18 minutes to complete
- Demographic section collects more complete information
- High quality, realistic photos make dietary recall easy for participants
- Audiovisual capabilities make app accessible to participants of varying abilities
- 24-Hour Dietary Recall Overview page is helpful in ensuring that recall is complete
- Saves time with data entry
- CNEs no longer need to manage paper forms
• The Findings and Conclusions in this Presentation Have Not Been Formally Disseminated by the U.S. Department of Agriculture and Should Not Be Construed to Represent Any Agency Determination or Policy.

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