



Honolulu District Workshop

Elementary Nutrition



Evaluation Report

2011-2012 SY

Submitted in August 2012
by the Healthy Hawaii Initiative Evaluation Team

DISTRICT WORKSHOP SUMMARY

Course Objectives

Honolulu District hosted an *Elementary Nutrition Education Workshop* on December 5, 2011 at Jarrett Middle School. This was an afterschool training session for elementary teachers and staff interested in enhancing their knowledge of nutrition education. The workshop was taught by Lyra Giorgio, health teacher at Kauluwela Elementary School, along with Denise Darval-Chang, Honolulu Health and Physical Education District Resource Teacher. During the workshop, lesson plans were aligned to the HCPS III and sample assessments and rubrics were also included. There were two desired outcomes of the workshop.

1. Participants will deeply understand the critical need for nutrition education in addressing childhood obesity.
2. Participants will actively share and discuss K-5 Nutrition Education curriculum/lessons.

Participant Background

All results are based on valid percentages, or the total number of participants who responded to each question. Participant background information was obtained from sign-in sheets that were collected at the workshop. Twelve (12) participants attended the training. All of the participants were classroom teachers. Table 1 illustrates that most of the participants worked with students in upper elementary school grades (n=7, 58.3%).

Table 1: What grade do you primarily work with? (n=13)

Grade Level	n	%
Upper elementary (4-6)	7	58.3
Lower elementary (K-3)	2	16.7
Both lower and upper elementary	2	16.7
Middle school (grade 6)	1	8.3
TOTAL responses	12	100.0

Participants were asked to indicate how long they have taught Health Education (HE). Five of the workshop participants have taught HE for 6-10 years (45.5%), and three have taught HE for more than 10 years (27.3%). For the remaining respondents, two participants have taught for 1-5 years (18.2%) and one is a first year teacher (9.1%).

Table 2: How long have you taught Health Education? (n=11)

Number of Years	n	%
First year	1	9.1
1-5 years	2	18.2
6-10 years	5	45.5
10+ years	3	27.3
TOTAL responses	11	100.0

Table 3 shows that the majority of the workshop participants teach in the Honolulu district (n=11). At least one teacher from every Honolulu complex area attended the training, with Kalani complex having the highest attendance (n=4).

Table 3: What district and complex do you teach/work in? (n=12)

Honolulu (11)	Central (1)
Kalani (4)	Radford (1)
Kaiser (2)	Aiea (0)
Roosevelt (2)	Leilehua (0)
Farrington (1)	Mililani (0)
Kaimuki (1)	Moanalua (0)
McKinley (1)	Waialua (0)

POST WORKSHOP EVALUATION

Competency in Health Education Standards

At the conclusion of the workshop, participants were asked to complete a post workshop evaluation to rate their level of competency in seven areas of the Health Education Standards using the 4-point evaluation scale below. Participants were asked to indicate if they were (1) *Unaware*, (2) *Aware*, (3) *Knowledgeable*, or (4) *Proficient* in various areas of the Health Education Standards.

Evaluation Scale

- 1= Unaware** (Unable to identify the concepts or skills)
2= Aware (Able to identify the concept or skills but have a relatively limited ability to perform the skill)
3= Knowledgeable (Able to identify use/apply and describe the skill)
4= Proficient (Able to teach the skill to others)

All 12 of the participants completed the workshop evaluation for a 100% response rate. All of the participants rated themselves as being *Unaware* or *Aware* of the Health Education Standards as shown in Table 4. The highest rated area was “Standards/benchmark-aligned lessons” (average score=2.33 out of 4). The lowest rated areas were “Technology for health education standards based instruction” (average score=1.67) and “Standards Record Keeping” (average score=1.75).

Table 4: Please rate your level of competency in the following areas

Areas of HE Standards	1 =Unaware n (%)	2 =Aware n (%)	3=Knowledgeable n (%)	4=Proficient n (%)	Average Score
Standards Based Toolkit (n=12)	2 (16.7)	8 (66.7)	2 (16.7)	-	2.00
Standards Based Lessons (n=12)	1 (8.3)	6 (50.0)	5 (41.7)	-	2.33
Standards Based Assessment (n=12)	1 (8.3)	8 (66.7)	3 (25.0)	-	2.17
Standards Record Keeping (n=12)	5 (41.7)	5 (41.7)	2 (16.7)	-	1.75
Standards Based Grading (n=11)	4 (36.4)	4 (36.4)	3 (27.3)	-	1.91
Technology for Standards Based Instruction (n=12)	6 (50.0)	4 (33.3)	2 (16.7)	-	1.67
Developmentally Appropriate Strategies/Activities (n=12)	1 (8.3)	10 (83.3)	1 (8.3)	-	2.00

In addition to assessing their competency in various areas of the PE standards, some respondents chose to write specific comments about the standards. Table 5 provides a full list of the additional responses.

Table 5: Health education standards comments (n=3)

Standards Based Toolkit (2)
<ul style="list-style-type: none"> We have a P.E. teacher so I feel I lack in health and health standards. Don't have the kit but I know where it is in the database
Standards/Benchmark-aligned Lessons (1)
<ul style="list-style-type: none"> I try to design aligned lessons
Standards/Benchmark-aligned Assessment (1)
<ul style="list-style-type: none"> Benchmarks help drive my assessments
Standards Based Record Keeping (2)
<ul style="list-style-type: none"> I didn't know there was such a thing Working to keep my assessments on computer
Standards Based Grading (2)
<ul style="list-style-type: none"> I need to find this Grade all my students based on standards
Technology for Health Education Standards Based Instruction (1)
<ul style="list-style-type: none"> Trying to introduce health apps through iPad
Developmentally Appropriate Strategies/Activities for Health Education (1)
<ul style="list-style-type: none"> Activities hands-on and real-world applications

General Workshop Evaluation

The overall evaluation of the *Elementary Nutrition Education Training* was very positive. Participants were asked to rate their level of agreement on the overall effectiveness of the workshop on a 5-point scale from 1 (*very poor*) to 5 (*excellent*). The majority of the participants rated the content (new ideas, materials, and strategies), organization, and quality of the training as *Good* or *Excellent* (Table 6).

Respondents were also asked if they agreed with specific statements regarding the presentation, objectives, and content of the workshop. Almost all of the participants *Strongly Agreed* with these statements (Table 7). Tables 6 and 7 provide the mean (average) and standard deviation (SD) for each item.

**Table 6: Overall workshop comments (n=12)
(5 = Excellent; 1 = Very Poor)**

	Mean	SD
Knowledge of Health Education Standards	3.17	.718
Overall content of presentation	4.75	.452
Overall organization	4.58	.515
Overall quality	4.58	.515

Table 7: General workshop evaluation (n=12)
(5 = Strongly Agree, 1 = Strongly Disagree)

	Mean	SD
Content/information presented will be utilized to support standards-based instruction	4.58	.515
Material/curriculum distributed in the workshop will be helpful/relevant to my implementation of standards-based instruction	4.83	.389
The stated objectives of the workshop/meeting have been accomplished	4.75	.452
Presenters were well informed	5.00	.000
I intend to share this information with others that did not attend	4.67	.492

Lessons Learned

Respondents were asked the open-ended question, “What is the most important thing you learned today and how will you apply it in your classroom?” As shown in Table 8, responses were grouped into three themes: “New approaches, information, and activities”, “Fruit and vegetable wheel”, and “Lessons and resources”. Many of the participants commented that practical content such as the food wheel and hands-on activities were helpful to teach students.

Table 8: What is the most important thing you learned today and how will you apply it in your classroom? (n=14)

New approaches, information, and activities (6)
<ul style="list-style-type: none"> • Importance of exposing children to a variety of foods • Making food with the students • The most important was the hands-on nutrition activities • Different approaches to teaching about healthy choices • How to create hands-on activities and real world applications. I want to share how to read labels and help my students make healthy choices • I learned new ways to share nutrition and the importance of eating properly with my students
Fruit and vegetable wheel (5)
<ul style="list-style-type: none"> • Great to have new resources and ideas. Intend to make good use of the fruit/veggie wheel. • The food (fruits & veggie) wheel. So cool. Thank you. • The veggie and fruit wheel will be helpful • The fruit and veggie wheel, good to use for math as well calculating serving sizes as well as seeing why that food is healthy, Fast food menus • Fruit and veggie wheel
Lessons and resources (3)
<ul style="list-style-type: none"> • Utilization of resources • Ideas and visuals will help in my teaching and my student's learning • Just having a specific lesson on health/nutrition makes me more aware to teach it to my students

Future Topic Suggestions

Respondents were asked to name three topics that they would like to learn more about during future training sessions. As displayed in Table 9, participants were interested in learning more about general physical education and health topics, as well as nutrition education including low-cost healthy meals and nutritional content of foods.

Table 9: What future topics are you interested in learning more about? (n=6)

Health and Physical Education (4)
<ul style="list-style-type: none">• Health Teacher Curriculum• Just keep me posted of your health/PE topics• Physical education• Indoor movement/PE activities for rainy days
Nutrition Education (2)
<ul style="list-style-type: none">• How to eat healthy on a budget• Teaching my students about fat contents in food

CONCLUSION

Overall, the *Elementary Nutrition Education Training* was well received. On a 5-point scale, most respondents rated the overall content, organization, and quality of the training as *Good* or *Excellent*. Most of the respondents *Agreed* or *Strongly Agreed* that the workshop objectives were accomplished, that the materials were useful, and that the presenters were well informed. Participants also *Agreed* or *Strongly Agreed* that the material/curriculum distributed in the workshop is relevant and that they will utilize the content/information presented to support standards-based instruction. In addition, most participants stated that they intend to share the contents with their students.

After the completion of the workshop, most participants self-reported a low competency score in the seven areas of the Health Education Standards (e.g., *Aware* or *Unaware*). The highest rated area was “Standards/benchmark-aligned lessons.” However, the lowest rated areas, or areas for improvement include “Standards based record keeping,” “Standards based grading,” and “Technology for health education standards based instruction.”

Recommended topics for future workshops include more health, nutrition and physical education training topics such as rainy day activities, Health Teacher curriculum, and healthy eating.