

Health Without Barriers Training Evaluation La Plata County

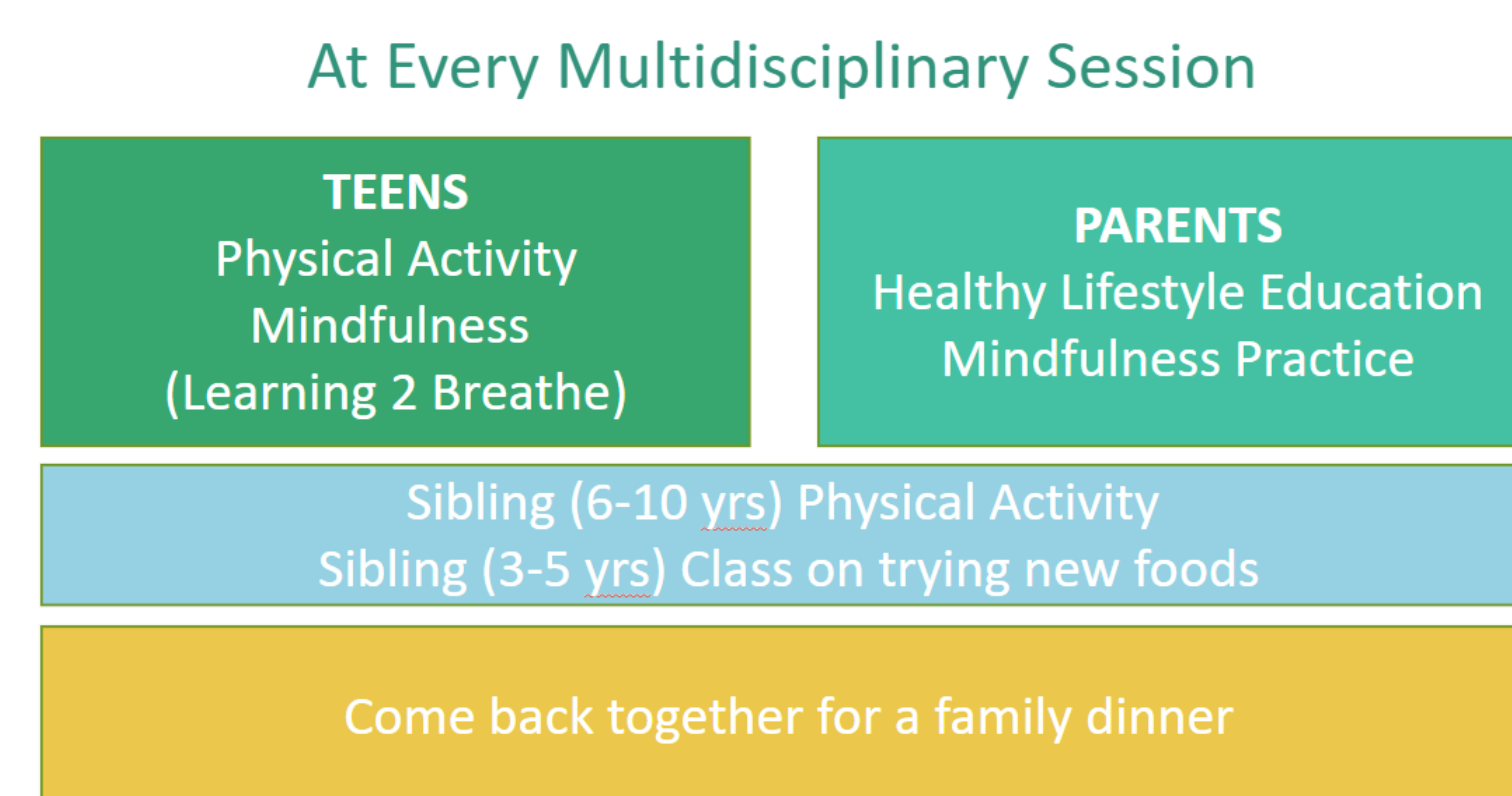
Addie Rzonca

Dr. Lauren Shoemaker,
Nicole Clark, Vicky
Jimenez, Elvia German-
Palacios, Lyndsey
Parrott

PROJECT INTRODUCTION

My role was to assist the Partners for Equitable Family Wellness team in evaluating and updating the facilitator training for the Health Without Barriers (HWB), a family-inclusive lifestyle intervention for adolescents.

- Adaptation of the Healthy Living Program/La Vida Saludable: addition of mindfulness component
- Designed to address obesity in children by including the whole family and working to build on the family's strengths to improve wellness.
- 6 weeks, 2 nights a week
 - 1 cooking and nutrition session, 1 multidisciplinary session:



INTERNSHIP GOALS

1. Practice cultural competency while working with diverse populations.
2. Design a research strategy using focus groups and surveys to evaluate the strengths and gaps of the Health Without Barriers (HWB)-Southwest facilitator training program at two intervals; before and after (co)facilitating a program.
3. Examine surveys and focus group feedback from program participants to assess facilitation quality.
4. Evaluate all data and collaborate with the Partners for Equitable Family Wellness team to improve the facilitator training program

HOW DOES THIS APPLY TO YOUR EDUCATION

I am a doctoral student in the Applied Developmental Science program, which emphasizes the importance of community research and programming, and includes extensive training on program development, implementation, and evaluation. The work I did this summer through the extension internship allowed me to consider what I've learned in the classroom in a more practical, real-world setting.

WHAT YOU DID

I started my roll by familiarizing myself with the program and the existing training materials. I observed a night of program facilitation and read through survey data from both participants and facilitators, looking for patterns of facilitation strengths and challenges.

Goal 1:

- Visited La Plata County and met with community and Fort Lewis College faculty members
- Visited the Southern Ute Cultural Center and Museum
- Visited cultural centers on campus
 - These opportunities helped me get to know the community and learn about the county history. This also introduced me to valuable cultural competency tools and ways of respectfully working with diverse families in the area that could be included in the updated training

Goal 2:

- Created a survey for the current program facilitators
 - General idea about training needs
- Traveled to Durango, CO to hot a focus group
 - Guided group discussion to build on survey trends and build on each other's ideas

Goal 3:

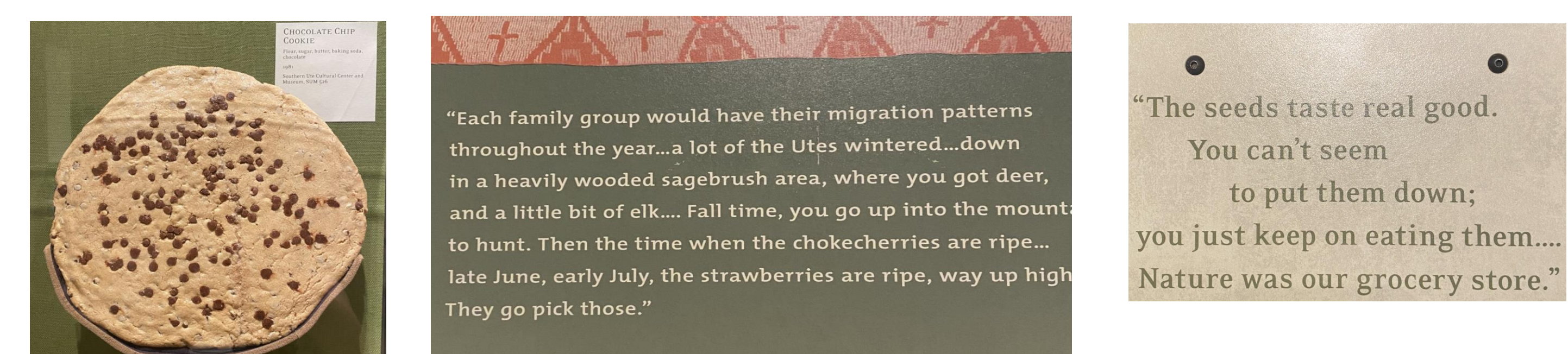
- Synthesized survey and focus group data to find meaningful patterns that can be applied to the training materials

Goal 4:

- Utilized the data and drafted an updated version of the overarching training manual for facilitators

Figure 1.

HWB teaches about food and nutrition, so it is very important to consider any traditional recipes or cultural relationships to certain foods that diverse participants bring to the program. I took these pictures of food-related information at the Southern Ute museum.



WHAT YOU LEARNED

From creating surveys and leading a focus group;

- How to ask questions to elicit conversation, spark reflection, help generate new ideas

"What kind of ongoing support is needed while facilitating?"

"What are the specific strengths and challenges present in the community that the training needs to reflect?"

From analyzing the focus group data:

- What's most important to program facilitators, shown in the figure below

From visiting La Plata County:

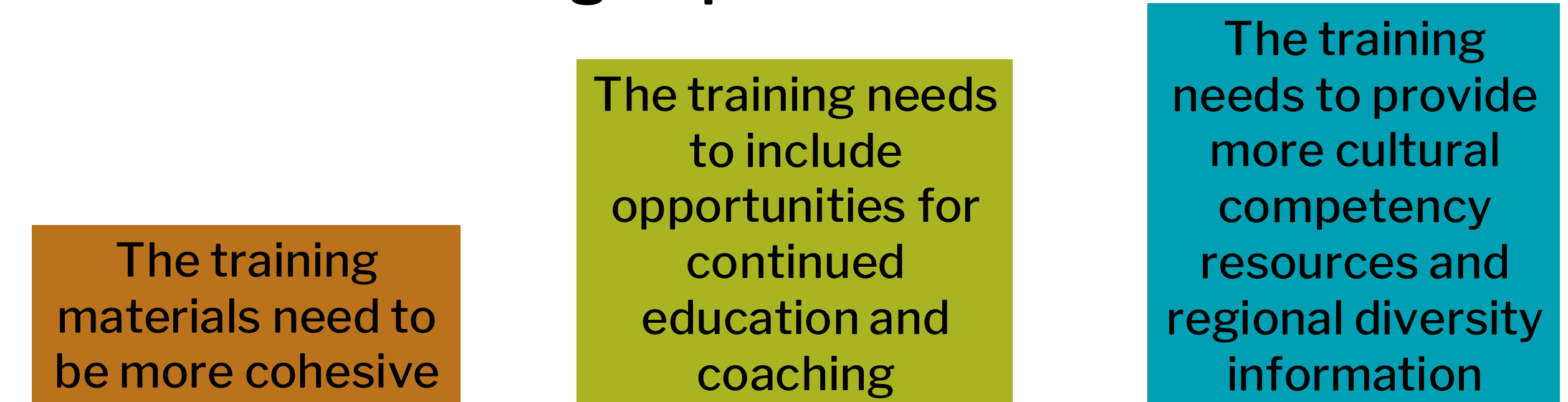
- I learned about the diverse population and regional history, and some of the cultural practices and values shared by community members

From working with Extension:

- How many different types of careers people can have that allow them to work directly with communities and bridge the gap between research and practice

Figure 2.

3 Most common focus group trends:



NEXT STEPS

The updated training materials are underway!

Next we will:

- Finalize the manual content
- Create standard operating procedures for facilitators
- Create video demos with facilitation examples
- Contract with instructional design team to improve the layout and accessibility of the content