

Title of Project: Facilitated Group Discussion Seminar

Name of Agency: Indiana State Dept of Health - WIC Division

State: Indiana WIC Program

Key Word Descriptors: Facilitator, participant oriented, group class, nutrition education, peers

Description of Project:

The Indiana WIC Program has provided a two-day seminar, "Facilitated Group Discussion: A Grassroots Approach to Nutrition Education" presented by Mary Lou Kiel, Ph.D., R.D., and Jeannie McKenzie Dr. P.H., R.D., of Penn State University. The targeted audience for this training are Registered Dietitians, Nutritionists (Master's Level) and Registered Nurses who provide nutrition education to WIC participants. The two-day seminar consist of four sessions:

- Session 1: What is Meaningful Nutrition Education?
- Session 2: Key Elements of Facilitated Discussion
- Session 3: Leading and Evaluating Facilitated Discussion
- Session 4: Implementing Facilitated Discussion in the Work Setting

Facilitated Group Discussion (FGD) Training provides practitioners with a style of providing nutrition education that results in greater potential for behavior change and compliance. Participants have a greater potential for behavior change when given the opportunity to be, influenced by their peers, in an interactive approach, rather than a lecture style presentation with a "nutrition expert". Seminar attendees will have demonstrated competent skills needed to initiate and implement FGD's in their local settings.

In FGD participants meet in a group and discuss specific nutrition related topics, sharing their knowledge with one another. The nutrition educator proficient at encouraging clients to discuss among themselves their approach to the nutritional problems posed during the session. This allows clients to receive and exchange nutrition information within a supportive environment that respects their culture, prior experience, and personal concerns.

At the seminars, attendees were provided background and theory of FGD then successfully participated in practice sessions and evaluation in small groups.

Information regarding marketing strategies, and scheduling of class topics was given. The seminar presenters will provide follow-up contact to discuss outcomes and evaluation of the program. A follow up training is available.

The target seminar audience is Registered Dietitians, Nutritionists (Master's Level), and Registered Nurses that provide nutrition education to Indiana WIC participants.

Results of Project:

Health professionals who have participated in the sessions have been very enthusiastic and positive in their comments. A tool will be developed to survey which local agencies are successfully implementing FGD within the WIC clinic setting.

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