

Title of Project: The Nutrition Education Room
Agency Name: Monroe County Health Department
State: Michigan

Key Word Descriptions: Nutrition education stations; self-directed learning

Description of Project:

A year ago, the dietitian at the Monroe County WIC Program decided she wanted her clients to be self-directed learners and to choose the topic for nutrition education. This new approach resulted in "The Nutrition Education Room". Every Tuesday, in a large conference room, the dietitian sets up stations on general, prenatal, breastfeeding, infant, and child nutrition; miscellaneous (car seat & community resources) and a "free" table. By appointment, clients come in groups to go through the Nutrition Education Room. The session starts with a few words from the dietitian on the general topic of the month followed by a brief description of the various stations. She encourages them to walk around and browse. Children are provided items to play with and things to take home. Before each family receives their WIC coupons, they are seen individually by the dietitian who reviews the evaluation form and addresses any questions or concerns.

Results of Project:

Clients have enjoyed the change. Most clients walk around and look at all of the tables, not just the one that most closely relates to their WIC status. They've indicated they like to pick up information they are interested in rather than hearing about something that doesn't pertain to them. When the dietitian visits with them individually, they often tell her what they've learned. She feels this new approach has improved the response to nutrition education in her agency.

Contact Person:

Becky Ginbey, WIC Coordinator
Monroe County Health Department
WIC Program
2353 S. Custer
Monroe, MI 48161
Telephone: (734) 240-7896
FAX (734) 240-7814