

PARTICIPANT-CENTERED NUTRITION ASSESSMENT

Staff Activity: Digging for Treasure

Thank you for attending the webinar. Here's an activity to help apply the content.

Note: There are two options for conducting this activity. The first is a partner activity conducted via phone. The second is a facilitated activity for an in-person group. Both options are included below.



SOLUTIONS TO ADVANCE HEALTH



OPTION 1: Partner Activity

Background: Sometimes during the assessment, a participant might offer a response which is vague or indicates a practice that triggers a WIC risk code. You may need more information to determine whether this is a priority for the nutrition education discussion. Using open-ended questions and/or reflective listening will help to determine whether the participant has any motivation around changing the behavior or has a need for information around the topic.

Instructions: Read each assessment question which is followed by a hypothetical response from a participant. With your partner, brainstorm 1 or 2 questions or reflections that might elicit more information around motivation or resource-sharing needs.

Note: Sometimes a reflection is equally or more effective than a follow-up question to elicit more information. Think about making a guess about the participant's underlying intent or motivation and reflecting that back to them.



Activity: Digging for Treasure

Read the following assessment questions followed by a participant statement. With your partner(s), brainstorm one or two questions or reflections that might reveal whether there is motivation for change or a need for information sharing around this topic.

1. **CPA Question:** What is mealtime like for your family?

Participant response: Chaos.

What is your next question or reflection:

2. **CPA Question:** What are some physical activities that you enjoy?

Participant response: I'm too busy for that.

What is your next question or reflection:

3. **CPA Question:** How often does he drink juice?

Participant response: Usually when he asks, maybe 4-5 times a day.

What is your next question or reflection:

4. **CPA Question:** What makes you most happy about your eating?

Participant response: It's fine I guess.

What is your next question or reflection:



OPTION 2: Facilitated Group Activity

1. Prior to the activity, print enough copies of the activity on page 3.
2. Facilitate a discussion around the assessment process. Share that sometimes during the assessment, a participant might offer a vague response or indicate a practice that triggers a WIC risk code. Additional information may be needed to determine whether the participant has any motivation to change the behavior or if they need more information around the topic.

Some potential questions to ask the group :

- What are some examples of responses that can be vague or when you are not sure if there is motivation or information-sharing needs?
 - When a potential nutrition-risk is identified, it is often easy to assume that there is motivation to change or that if the participant had the information around best practices, they would change/adapt the behavior. What could be some potential problems with these assumptions?
 - What strategies are helpful to gather more information? What are some examples?
3. Split the group into pairs or small groups of 3-4.
 4. Pass out and explain the activity.
 - a. Read each assessment question which is followed by a hypothetical response from a participant.
 - b. With your partner, brainstorm 1 or 2 questions or reflections that might elicit more data around motivation or information-sharing needs.
 - c. Explain that sometimes a reflection is equally or more effective than a follow-up question to elicit more information.
 5. After the groups are finished, bring them back together. For each of the four examples, ask for volunteers to share the questions or reflections they came up with.

Note: If the group is primarily offering examples of more general questions such as “Tell me more about that”, ask them to brainstorm more pointed questions to uncover motivation or information-sharing needs. Examples could include.

CPA Question: What is mealtime like for your family?

Participant response: Chaos.

What is your next question or reflection:

Examples of questions:

- If you had a magic wand and could change anything about mealtimes with your family, what would it be?
- Would it be helpful to discuss some ideas around making mealtimes more structured and less chaotic?

Examples of reflections:

- That’s not the way you’d like mealtimes to be.
- You would like mealtimes to be a little calmer, a little less chaotic.