



*Improving Health Care and Outcomes for Residents of Lincoln Parish*

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<b>Initiative:</b>	<b>Healthier Beginnings</b>
<b>Project Name:</b>	<b>WISE: together, We Inspire Smart Eating Nutrition Curriculum Initiative – Year 3</b>
<b>Funding Period:</b>	<b>September 1, 2016 – August 31, 2017</b>
<b>Project Coordinator:</b>	<b>Julie M. Rutledge, PhD</b>
<b>Project Administration:</b>	<b>Louisiana Tech University School of Human Ecology, Family &amp; Child Studies Dept.</b>
<b>Total Funding Approved:</b>	<b>\$ 44,742.00</b>

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#### **Program Summary:**

The purpose of the grant is to continue the implementation and use of the WISE (Together, We Inspire Smart Eating) curriculum, as well as develop and pilot test tools to increase fidelity to implementation. This secondary goal has been developed by the grantee as they set their sights on the sustainability of the program. The ultimate goal to be accomplished in the next few years is to reduce the role of the center as program recipients take ownership of WISE implementation. As such, the focus of this year's grant will be to position the educators and programs through training to ensure success of the program. Significant quantifiable success has been achieved by the grantee since implementation of the grant in 2014, and the Foundation regards this grant as one of its most successful initiatives.

#### **Program Goals:**

- (1) To increase teacher's knowledge of nutrition,
- (2) increase parental knowledge of the benefits of proper nutrition; and,
- (3) encourage healthy food alternatives in school systems via nutritional education programs.

The specific objectives to be implemented in Year #3 are as follows:

- **Objective 1. Continuation of WISE Curriculum Implementation.** WISE is a three-pronged approach to nutrition education designed to impact educators, children, and their

parents. Evaluation data from both Arkansas and Louisiana indicate that the curriculum has significant positive effects on children's intake of target foods and parents' practices related to the promotion of fruits and vegetables. Year 3 will focus on continuation of the positive outcomes from the program's implementation last year and progress in other outcome areas.

- **Objective 2. Develop and Pilot Test Tools to Increase Fidelity to Implementation.** The ultimate WISE goal is a reduced role in the center as they take ownership of WISE implementation. Before that time, fidelity to implementation needs to be increased (e.g., educators and programs following the program as they have been trained to do) as much as possible to ensure continued success of the program.