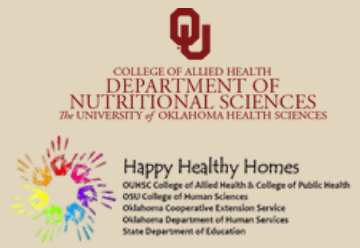# HAPPY HEALTHY HOMES

The impact of virtual intervention delivery to improve family child care home providers' nutrition practices, confidence, and knowledge.

## 6 OUT OF 10

preschool children in the U.S. spend significant time in family child care homes (FCCH).

## PARTICIPANTS COMPLETED...

**90** MINUTE INVIDUAL CLASS I

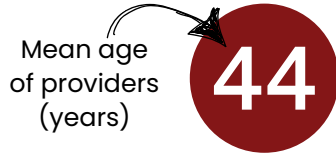**COACHING CALL**

**90** MINUTE INVIDUAL CLASS II

**3-HOUR GROUP COOKING CLASS**

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**36 Oklahoma FCCH providers**

**Nutrition group**
15 providers

**Non-nutrition group**
21 providers

Mean age of providers (years) **44**

**10** Years of experience running a FCCH

### Provider race/ethnicity

Non-Hispanic Native American
8%

Non-Hispanic Black
39%

Non-Hispanic White
47%

Hispanic White
6%

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- ■ **Total nutrition practice score**
- ■ **Beverage provided scores**
- ■ **Overall feeding environment**
- ■ **Foods provided best practice score**

| | baseline | 3-month | 12-month |
10.00
8.00
6.00
4.00
2.00
0.00
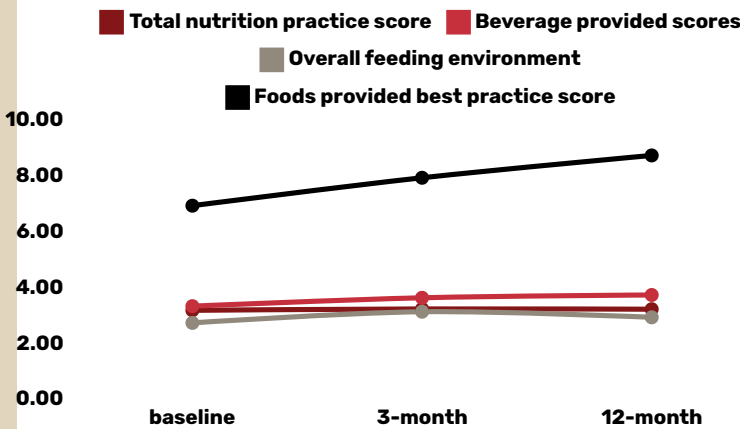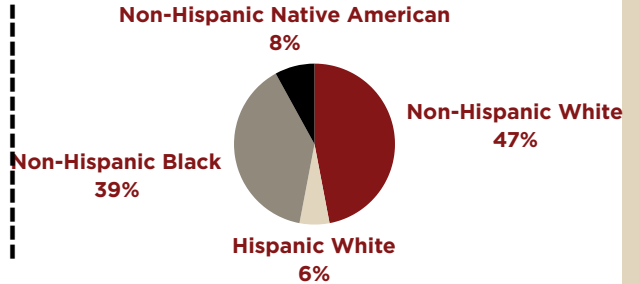
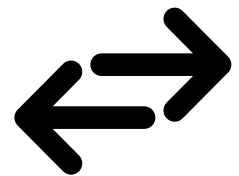**Improvements in all aspects at 3 months**

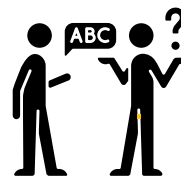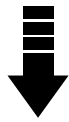**Changes did not sustain at 12 months**

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**Nutrition confidence** was high in both groups before the training.

**Nutrition group increased at 3 months** ↑

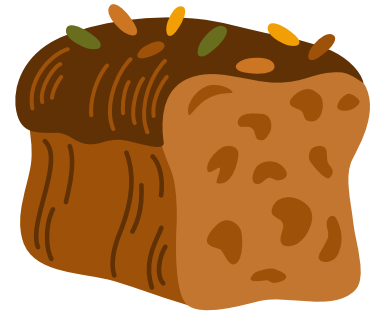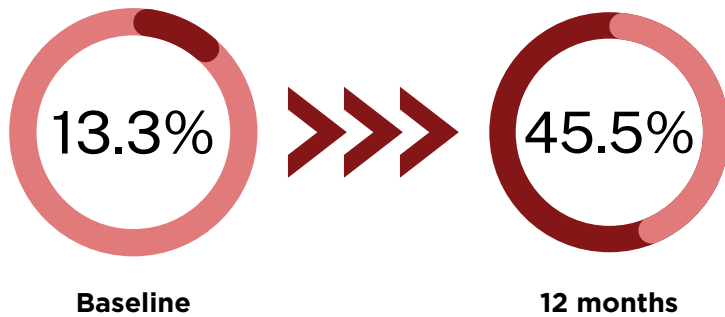**Nutrition group did not sustain changes at 12 months** ↓

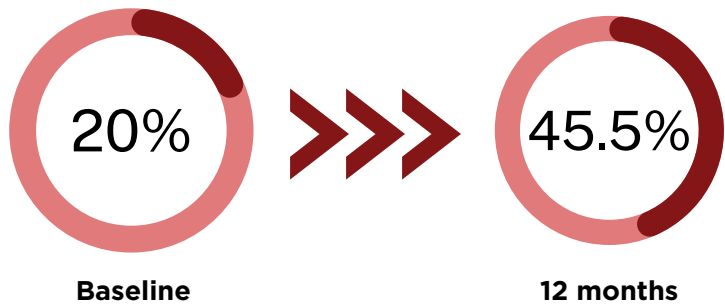Providers reported **fewer barriers** before the training.

It **remained unchanged** at 3 and 12 months

## Increased knowledge in serving whole grains

13.3% **Baseline** >>> 45.5% **12 months**

## Increased knowledge in serving less fried foods

20% **Baseline** >>> 45.5% **12 months**

# KEY TAKEAWAYS

There were some immediate positive changes observed in the quality of nutrition practices and environment after the virtual training.

More hands-on training and resources can be helpful in not only improving their immediate practices but also sustain those changes long-term.

The training was effective in sustaining some sustained nutrition practices at 12 months.