

Cooperative Extension and Healthy Happy Homes in Family Child Care Home providers in Rural Oklahoma



Purpose



This study evaluated the adoption, implementation, and maintenance of the Happy Healthy Homes (HHH) interventions by Cooperative Extension Family and Consumer Science (FCS) Educators in rural communities following their delivery of the HHH curricula.

Intervention

- Educators provided comments suggestions, and modifications to tailor the intervention for Extension delivery
- Educators taught either the nutrition intervention, or environmental health intervention

The intervention group focused on:

- SMART goal setting
- Nutrition
- Behavior change strategies



Educator experiences were assessed through structured virtual interviews



74%

Of providers showed high interest in the program



90%

Completion rate of all intervention components



Common challenges of program:

- Technological difficulties
- Children being a distraction during classes

Educators Recommendations



Happy Healthy Homes

OUHSC College of Allied Health & College of Public Health
OSU College of Human Sciences
Oklahoma Cooperative Extension Service
Oklahoma Department of Human Services
State Department of Education

Focus on topics relevant to rural communities

Adapt lessons for diverse audiences

Streamline content and adapt activities for virtual platforms

Provide additional resources like marketing materials

Address educator workloads with integration tools

Tailor training to educators' expertise

Use hands-on training to reinforce module content

Switch one-on-one lessons to group formats

Key Messages



- Early childhood nutrition interventions may be key targets to integrate with educator expertise and community needs
- Cooperative Extension may benefit from virtual expansion
- Future research should enhance collaboration with educators to build on their prior knowledge, and provide support for integration into Extension programming



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