OrganWise Families: An Innovative Nutrition and Wellness Program for Families Experiencing Homelessness

May 24, 2019

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This project is supported by the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS) as part of an award totaling $898,905 with 0 percent financed with non-governmental sources. The contents are those of the author and do not necessarily represent the official views of, nor an endorsement, by HRSA, HHS, or the U.S. Government. For more information, please visit HRSA.gov.
Project Overview

- **Goals**
  - Design and implement a health promotion program for families with 3 to 5-year-old children who are experiencing homelessness
  - Evaluate the effectiveness of the intervention and disseminate results

- **Adaptation of OrganWise Guys**, an evidence-based nutrition education program for children
Project Overview

- Health disparities for children experiencing homelessness
- Importance of early intervention
- Focus on health promotion versus weight loss
- Nutrition and wellness challenges for families experiencing homelessness
  - Food insecurity
  - Access to cooking options
  - Shelter policies
  - Space to play and exercise
Project Overview

- Program design
  - Partnerships with family shelters
  - Parent sessions
  - Family sessions

- Research
  - Intervention group
  - Comparison group
  - Qualitative data
Curriculum
Parent Sessions
## Curriculum-at-a-Glance

### Parent Sessions

<table>
<thead>
<tr>
<th>Session</th>
<th>Theme(s)</th>
<th>Activities</th>
</tr>
</thead>
</table>
| 1       | • Welcome, goals, and establishing group rapport  
          • Addressing common feeding challenges | • Child feeding challenges discussion/matching game  
          • Age-appropriate messages for young children |
| 2       | • Creating a family meal routine  
          • Meal and snack timing | • Meal/snack planning grid  
          • Creating healthy meals/snacks |
| 3       | • Eating healthy on a budget | • Using unit prices to get the best deal  
          • Menu planning |
| 4       | • Marketing, food packaging, and children. | • Interpreting food packaging/messaging |
Meal Planning Cheat Sheet

Meal planning formula:
Whole grains or starchy vegetables + fruits
or vegetables + dairy or protein

- **Breakfast ideas**
  - Whole grain bagel with peanut butter or Sun butter and banana
  - Oatmeal cooked with milk, sliced almonds, and apple
  - Whole wheat bread with melted cheese and pear
  - Whole wheat English muffin with eggs and orange
  - Whole grain waffles with yogurt and cantaloupe

- **Lunch ideas**
  - Ham sandwich on whole wheat bread and carrots
  - Whole wheat pasta, lentil soup, and salad
  - Whole wheat pita bread with hummus and celery and cucumber
  - Veggie burger on a whole wheat roll and sautéed mushrooms
  - Grilled cheese on whole wheat bread with tomato soup and avocado

- **Dinner ideas**
  - Salmon with butternut squash and beets
  - Whole wheat pasta with meat sauce and broccoli
  - Brown rice with beans and cauliflower
  - Bean chili with corn and sautéed peppers and onions
  - Roasted chicken with potato and green beans
# Example Menu

<table>
<thead>
<tr>
<th>MEAL</th>
<th>SUNDAY</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>Breakfast</td>
<td>Eggs with toast and pear</td>
<td>Cereal and milk with sliced almonds and pear</td>
<td>Oatmeal cooked with milk, peanut butter and banana</td>
<td>Cereal and milk with sliced almonds and apple</td>
<td>Oatmeal cooked with milk, peanut butter and banana</td>
<td>Cereal and milk with sliced almonds and pear</td>
<td>Microwave pancakes with syrup, eggs, and banana</td>
</tr>
<tr>
<td>Snack</td>
<td>Yogurt and banana</td>
<td>Yogurt and banana</td>
<td>Cashews and apple</td>
<td>Yogurt and pear</td>
<td>Cashews and pear</td>
<td>Yogurt and banana</td>
<td>Cashews and pear</td>
</tr>
<tr>
<td>Lunch</td>
<td>Leftovers from Friday</td>
<td>PB&amp;J with apple and 1 cookie</td>
<td>Cheese sandwich with carrots and potato chips</td>
<td>PB&amp;J with banana and 2 chocolate squares</td>
<td>Cheese sandwich with edamame and carrots</td>
<td>PB&amp;J with apple and 1 cookie</td>
<td>Cheese sandwich with carrots and potato chips</td>
</tr>
<tr>
<td>Snack</td>
<td>Bar and apple</td>
<td>Bar and cucumber</td>
<td>Bar and pear</td>
<td>Bar and apple</td>
<td>Bar and apple</td>
<td>Bar and cucumber</td>
<td>Bar and apple</td>
</tr>
<tr>
<td>Dinner</td>
<td>Roasted chicken, potato, and broccoli</td>
<td>Leftovers from Sunday</td>
<td>Chicken salad sandwiches and cucumber, using leftovers from Sunday</td>
<td>Mac and Cheese and roasted cauliflower</td>
<td>Leftovers from Wednesday</td>
<td>Pasta with meat sauce and cooked carrots</td>
<td>Leftovers from Friday</td>
</tr>
</tbody>
</table>

* Fruit for this week: banana, apple, and pear

* Vegetables for this week: cucumber, carrots, broccoli, and cauliflower

* Other groceries: bread, milk, eggs, yogurt, butter, peanut butter, jelly, oil, cheese, oatmeal, mac and cheese, pasta, chicken, ground beef, tomato sauce, bars, chocolate, cookies, potato chips, salt, pepper, mayonnaise
Family Sessions
Session Format

- Opening song
- Introduce theme for the day
- Brief video
- Exercise
- Interactive activity
- Healthy snack
- Review key points
## Family Sessions

<table>
<thead>
<tr>
<th>Session</th>
<th>Theme</th>
<th>Video</th>
<th>Physical Exercise</th>
<th>Activities</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Welcome</td>
<td>None</td>
<td>Healthy fitness march</td>
<td>• Introduce OrganAnnie/Andy and the organs</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>• Learning the organ roll call</td>
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<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>• Coloring project</td>
</tr>
<tr>
<td>2</td>
<td>Fruits/veggies</td>
<td>Gimme Five (run time: 15 minutes)</td>
<td>Freeze dance</td>
<td>• Scavenger hunt/food rainbow</td>
</tr>
<tr>
<td>3</td>
<td>Exercise</td>
<td>Extreme Couch Potato (run time: 14:18)</td>
<td>Counting calisthenics</td>
<td>• Balloon Toss</td>
</tr>
<tr>
<td>4</td>
<td>Breakfast</td>
<td>Breakfast Skippin’ Blues (run time: 16:24)</td>
<td>Healthy fitness march</td>
<td>• Breakfast chant</td>
</tr>
<tr>
<td>5</td>
<td>Exercise</td>
<td>Calzi’s Big Race (run time: 14:31)</td>
<td>Stretching</td>
<td>• Fruit/veggie guessing game</td>
</tr>
<tr>
<td>6</td>
<td>Fiber</td>
<td>Fiber Fandango (run time: 15:35)</td>
<td>Healthy fitness march</td>
<td>• Fruit and veggie hat</td>
</tr>
<tr>
<td>7</td>
<td>Beverage choices</td>
<td>H2Ohhhhh! (run time: 15 minutes)</td>
<td>Follow the leader</td>
<td>• Make it rain</td>
</tr>
<tr>
<td>8</td>
<td>Graduation</td>
<td>None</td>
<td>Kids’ choice (2)</td>
<td>• Placemat coloring</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>• Mapping your body</td>
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<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>• Graduation ceremony</td>
</tr>
</tbody>
</table>
Research Component
Data Collection Overview

- Data collection protocol includes:
  - Caregiver questionnaires
  - Caregiver 24-hour recall of child’s diet
  - Child knowledge assessment
  - Caregiver and child physical measurements

<table>
<thead>
<tr>
<th></th>
<th>T1</th>
<th>(8-week period)</th>
<th>T2</th>
<th>(4-month period)</th>
<th>T3</th>
</tr>
</thead>
<tbody>
<tr>
<td>Intervention Group</td>
<td>Baseline</td>
<td>Intervention Period</td>
<td>Post</td>
<td>As Usual (No Intervention)</td>
<td>Follow-Up</td>
</tr>
<tr>
<td>Control Group</td>
<td>Baseline</td>
<td>As Usual (No Intervention)</td>
<td>Post</td>
<td>As Usual (No Intervention)</td>
<td>No Interview</td>
</tr>
</tbody>
</table>
Caregiver Outcomes of Interest

- Nutrition knowledge
- Use of strategies to:
  - Access benefits
  - Shop for and prepare nutritious food
  - Navigate feeding challenges (e.g., picky eaters)
  - Navigate food prep challenges
Child Outcomes of Interest

- Nutrition knowledge
- Dietary intake
- Eating behaviors
- Physical activity
- Screen time
Challenges and Preliminary Recommendations
Challenges

- Shelter partnerships
- Participant recruitment
- Session attendance
- Language
Preliminary Recommendations

- Shelter policies
- Encouraging healthy eating and exercise in young children
- Supporting parents
Questions?

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