

Food Security

Food Security >> Availability & Quality of Food >> **Nutrition Education**

Issues Identified: Access to nutritional education is seen as important to assist community members in making informed and healthy food choices. Demand for healthy food can mean more healthy food is available for purchase.

Proposed Indicators: **# 11** – # of nutrition education programs and attendance levels
12 – # of cooking classes

Suggested Measures: 1) Compare the number of nutrition programs available to the number required to address nutrition education needs in the community.
 2) Compare the desired participation rates in nutrition programs with current participation rates.

Information Source: Local survey

Note: The nutrition programs offered in the calculation tools can be exchanged with cooking classes. They could also be specific to a certain group such as Elders or pre-natal women, or related to specific community health needs.

How to use measure #1:

- Step 1)** Identify the # (number) of nutrition programs needed within the community and the spaces needed within those programs.
- Step 2)** Identify the # of nutrition programs offered.
- Step 3)** Use the 'Indicator Calculation Tool #1' formula to calculate the measure.

Indicator Calculation Tool #1	Calculation Example
$\frac{(\) \text{ \# of nutrition programs offered } \times (\) \text{ spaces}}{(\) \text{ \# of nutrition programs needed } \times (\) \text{ spaces}}$ $\frac{(\)}{(\)}$ $\times 100$ <p>= % needed programs available</p>	$\frac{(2) \text{ nutrition programs offered } \times (10) \text{ spaces}}{(3) \text{ nutrition programs needed } \times (10) \text{ spaces}}$ $\frac{20}{30}$ $= .666 \times 100$ <p>= 67% of needed programs are available</p>
<p>X = multiplied by () = Insert number here — = divided by</p>	

What does this information mean?

Two-thirds (67%) of the nutrition education needs within the community are being met by current programming. This information could be used to identify and support strategies to address educational gaps. Strategies may include program evaluation, program consolidation or proposals for additional programs and funding.

How to use measure #2:

- Step 1)** Identify the desired rate of participation in a particular nutrition program. This could also be broken down to a specific group (Elders, pre-natal women, etc.).
- Step 2)** Determine the current rate of participation in the program for the specific group, by using statistics collected by the program, or by conducting a local survey.
- Step 3)** Use the 'Indicator Calculation Tool #2' formula to calculate the measure.

Indicator Calculation Tool #2	Calculation Example
$\frac{(\quad) \text{ current \# of community members participating in program}}{(\quad) \text{ desired \# of community members participating in program}}$ $\frac{(\quad)}{(\quad)}$ $\times 100$ $= \% \text{ participating}$	$\frac{(75) \text{ community members participating in program}}{(180) \text{ desired community members participating in program}}$ $\frac{75}{180}$ $= .416 \times 100$ $= 42\% \text{ participating}$
<p>X = multiplied by () = Insert number here _____ = divided by</p>	

What does this information mean?

Of the identified 180 community members who would benefit from the program, only 75 or 42% are participating. This information can be used to identify the need for further research to find out why the participation rate is low and to develop and support strategies to increase attendance.