



# NUTRITION LEARNING BASKET



# Learning Objectives

- Apply through practice nutritionally pertinent patient engagement interventions for patients with chronic disease.
- Identify key elements of a “Nutrition Learning Basket”.
- Identify recognized nutritional resource materials, including those AI/AN culturally focused.

# Issue Identified

Nutritionally related chronic diseases and associated conditions disproportionately impact the AI/AN population, and are recognized leading causes of death, disability and diminished quality of life in California. Patient engagement supports wellbeing, health equity and preventable nutritionally related chronic disease. To stimulate patient engagement and support the Registered Dietitian Nutritionist, creating a collaborative Nutrition Learning Basket will advance community and clinical nutrition practices.



# RESOURCE EXAMPLES

# The Focused Conversation

## ☐ **Objective** (What)

- ✓ What are the actual facts?
- ✓ What did you observe?

## ☐ **Reflective** (Gut)

- ✓ How do you feel?
- ✓ What are your preferences?

## ☐ **Interpretive** (So What)

- ✓ What is the meaning?
- ✓ What can we learn?

## ☐ **Decisional** (Now What)

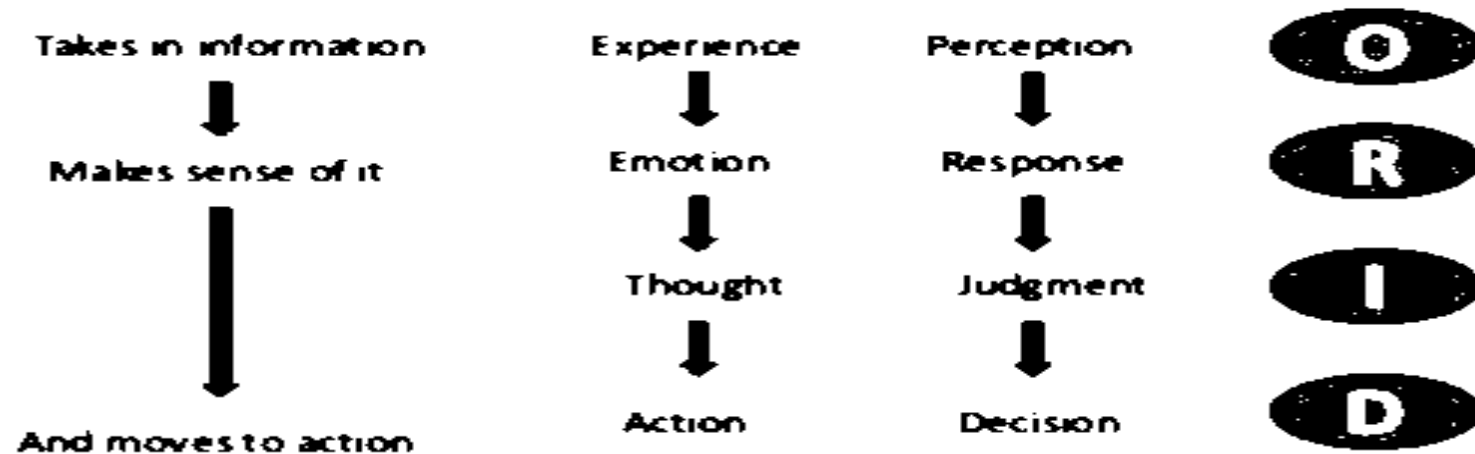
- ✓ What actions will you take?
- ✓ What experiment can you run?



# The Focused Conversation



It is based on how our brains naturally process information, and enables individuals and groups to process their thoughts in an orderly manner.



And, an excellent way to give structure to discussions that might otherwise travel all over the map, saving time, energy, and minimizing power plays.



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SHARE  
WHAT WORKS

# Examples of What Works



















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- \*



# Six Pre-Requisites for Positive Change around Nutrition or Health Eating

Ask participants to rate themselves on each of the following areas, using thumbs up, thumbs down or in the middle to show where they think they are today on each issue.

**\*\***The six areas of inquiry can be repeated to also address readiness families, and communities.

Consensus that change is needed	<i>Agree that change is needed.</i>	  
Consensus on what would be an improvement	<i>Agree on what better would look like.</i>	  
Willingness to see the whole system	<i>Can see the different parts of the problem and how they work together.</i>	  
Ability to see problems as interrelated and mutually solvable	<i>Can see how the problems fit together and might be solved together.</i>	  
A way to work outside of adversarial systems	<i>Can work together without fighting.</i>	  
Vision to see the community's assets, not just its needs	<i>Can see both strengths and problems.</i>	  

Originally adapted from Joe Flower "A Tool Kit for Building A Healthy City: 6 Prerequisites"  
Revised from Shiprock Health Promotion, Community Wellness Planning Resource (2006)

Set effective goals by using the SMART format, which helps people you move forward. Set one goal at a time, stating exactly what you are responsible for. Be very clear about what it is exactly that you want to accomplish. If your goal is specific, there should be no question about what you are going to do.

- **SPECIFIC**
- **MEASURABLE**
- **ACHIEVABLE**
- **RELEVANT**
- **TRACKABLE**

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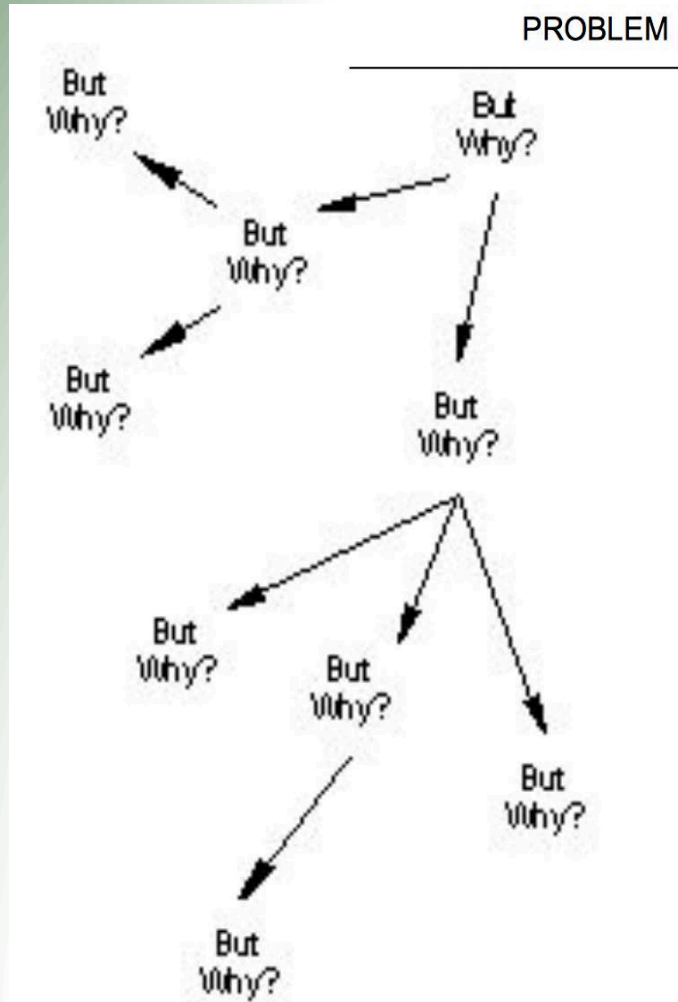
## Then Ask:

- After a few minutes of visualizing, ask participants to open their eyes and share what they imagined.

Write responses within a pre-drawn circle on a flipchart with multiple colored markers. Go around once to get a least one response from everyone, then randomly fill in with additional ideas shared.

# BUT WHY

On large pieces of paper – Ask the participants to write the nutrition or healthy eating problem they are dealing with. Have them ask themselves BUT WHY?, and then keep asking themselves and answering – until they get to a reason or an answer they feel they can do something about.



## Here's an example:

**Problem:** Can't stop ordering burger, larger fries and soda.

Q: *But why?*

A. The burger shop is across the street, so easy to get to.

Q: *But why? Could going there be prevented?*

A. Yes.

Q: *How?*

A. *Pack a bag lunch - sandwich, salad and water.*

A. No.

Q: *But Why?*

A. *No other place to eat.*

Q. *But Why? Could ordering something healthier be possible?*

A. Yes

Q. *What?*

A. *A large salad with chicken, small fries and water.*

In this example, the "But why?" leads to two very different conclusions. Many solutions may apply to a problem, so it's up to the participant to find the one that fits it better.

*Adapted from the Community Tool Box: University of Kansas (2003)*

# REZ CAFÉ

“World Café”, an easy-to-use process for creating conversations around questions that matter. Supports accessing shared understanding, building new awareness, and bringing to attention issues around nutrition and healthy eating that matter.

- **Clarify the Purpose:** Pay attention to the reason for bringing people together.
- **Create a Hospitable Space:** The importance of creating a hospitable space supports participants feeling safe and welcome.
- **Explore Questions that Matter:** Finding and framing questions that matter to participants is an area where thought and attention can produce profound results.  
*\*\*Suggested reading, The Art of Powerful Questions\*\**
- **Encourage Contributions:** Encouraged sharing ideas and perspectives while also allowing those who want to participate by listening to do so.
- **Connect Diverse Perspectives:** By sharing, listening, and paying attention to themes, patterns, and insights, a sense of connection to larger ideas and concepts are supported.

## Café Etiquette

- Focus on what matters.
- Contribute your thinking.
- Speak your mind and heart.
- Listen to understand.
- Link and connect ideas.
- Listen together for insights and deeper questions.
- Play, doodle, draw—writing on the tablecloths is encouraged!
- Have fun!

<http://www.theworldcafe.com>

<http://www.theworldcafe.com/key-concepts-resources/world-cafe-method/>



