

Appreciative Inquiry- Connecting Health/ECOP Messages & Practice

Developing Your Inner Success Detective: Moving Forward with Regional Training

Agenda 2*

* Revise this agenda as needed to meet your own individual clinic needs. This agenda and activity also works for one-on-one meetings too.

Learning objectives: Staff will:

1. Strengthen AI skills
2. Become familiar with ECOP messages
3. Identify how to connect health ideas/ECOP messages with AI

Activity (Outline)	Estimated time	Method	Resources (speaker, materials, handouts)
<p>Recap & Warm-up- <i>“Last meeting was an overview of AI. Everyone set a goal on a technique to practice with our ppts. Let’s follow-up to see how it went.”</i></p> <p>Finish This Sentence...Ice-breaker: this can be done individually too (if you lack time, consider skipping or ask one question). Go around the room and have each person complete these sentences:</p> <ul style="list-style-type: none"> • One thing that worked well for me... • One thing I would like to continue to work on is... • One material/resource I found helpful was... <p><i>“Today we are going to expand our knowledge of AI by reviewing ways to connect AI with health/ECOP messages.”</i></p>	10 min.	<p>Large Group Discussion</p> <p>Go around the room and allow each individual to share</p> <p>This is a good technique for everyone to learn from others. Encourage others who are listening to affirm positive feelings/outcomes of what was shared.</p>	
<p>Content- Making the leap from AI to nutrition education using ECOP Messaging</p> <p><u>Main points:</u> ECOP Messages:</p> <ul style="list-style-type: none"> • Were developed to provide consistent messages among WIC, health care providers, and other partners to deliver consistent, accurate and focus group tested messages. • In WIC the goal is to ensure pregnant women and families with infants and young children hear consistent messages that can potentially influence health behaviors. 	15 min.	Lecture and group discussion	<p>Nora Lynch’s AI presentation PowerPoint slides 24-27</p> <p>Nora Lynch: Welcome to AI YouTube video-53:30 min-1:01:15 min</p> <p>Tracy Miller: ECOP Messages YouTube video- 21:10 min-35:15 min</p>

<ul style="list-style-type: none"> • These messages address health and behavioral factors that are most promising in preventing obesity in early childhood. • Some feedback provided by the focus groups who reviewed these messages were to support these messages in a positive manner. Connecting AI to ECOP messages can help us frame these obesity prevention messages in a positive way by helping ppts talk about success and connect their actions to a positive health outcome. <p>There are 3 techniques to try when using AI to connect ECOP messaging:</p> <ol style="list-style-type: none"> 1. Can use AI question before an ECOP message. WIC ppt is more engaged. Then share a portion of the ECOP msg. Helps the ppt feel more confident and receptive to the message. 2. Share a small portion of the ECOP msg then follow it with AI question. By doing so you are personalizing the msg and making it meaningful to the WIC ppt. 3. Take two pieces of the ECOP msg and roll them into an AI question. This technique helps the WIC ppt connect the dots between their actions and a positive health outcome and feel. 		<p>As you review each technique read the corresponding example on page 3 of this agenda to provide a concrete example. You may ask for volunteers to read each role or you as the facilitator can read alone. For visual learners you can print page 3 for staff to follow along.</p> <p>If desired, print off page 3 of Agenda 2 for each staff.</p>
<p>Get Reacquainted with ECOP Messages</p> <p>Have each staff take 5 minutes to read the ECOP messages developed prior to introducing the next activity. Point out that the supporting points of the messages is information that can be used during counseling.</p>	<p>5 min.</p>	<p>ECOP Messages (one copy for each staff) located on CO WIC website>Agency Staff>Regional Training>ECOP Messages</p>
<p>Interactive experience- ECOP Exercise: Incorporating AI with ECOP messaging (worksheet located on the CO WIC website under Regional Training)</p> <ul style="list-style-type: none"> • Divide the meeting participants into pairs. 	<p>15 min.</p>	<p>Small group or one-one-one discussion</p> <p>Once everyone in the group has had a chance to complete the worksheet ask the following callout questions to the entire group.</p> <p>Regional Training ECOP Exercise worksheet(one copy for each staff)</p>

FY 14 State Regional Training: Appreciative Inquiry Connecting Health/ECOP Messages & Practice

<ul style="list-style-type: none"> Ask the groups to complete the worksheet together. 		<p>Callout: What are your questions after doing this activity? Do you feel this is something doable to try? When do you think you might try this technique?</p>	
<p>Closing Activity: Have each staff write down a new goal on a sticky note and if comfortable share with the group. Encourage staff to place their sticky note somewhere visible (e.g. computer, phone or desk).</p>	<p>5 min.</p>	<p>Large Group Discussion</p>	<p>Nora Lynch’s easel card:</p> <ul style="list-style-type: none"> Tips for success <p>Sticky note for the goal to be written down on</p>
<p>Next Steps: Do something. Learn. Repeat.</p> <p>IDEA: Continue with the peer-to-peer buddy system. If able allow buddies to schedule one 15 min appointment in scheduler for this weekly. This can be conducted via phone call or in-person.</p>			

Making the leap from AI to Nutrition Education using ECOP Messaging

Additional Examples:

1. Example of using AI before an ECOP message

- **WIC:** *"Tell me about one thing you're doing to gain the right amount of weight during this pregnancy?" (AI)*
- **PAUSE**
- **WIC ppt:** *"Well, I am trying to go for 20 minutes walks when I can."*
- **WIC: (AFFIRM)** *"That is a great idea! (ECOP msg) Staying active during pregnancy is good for your muscles and heart. Is there anything else you'd like to start doing to ensure you are gaining the right amount of weight?" (Change Talk)*

2. Example of sharing a small portion of the ECOP msg then follow it with AI question

- **WIC: (ECOP msg)** *"Water is refreshing, calorie-free, cheap and readily available. What are you doing to help your child, Christy, drink water?"*
- **PAUSE**
- **WIC ppt:** *"When we leave the house I always pack a water bottle filled with water for her."*
- **WIC: (AFFIRM)** *"Wonderful! I can see how much you care about the beverages that Christy drinks. Tell me more about other drinks you provide Christy?"*

3. Take two pieces of the ECOP msg and roll them into an AI question

- **WIC: (ECOP msg)** *"When your baby is hungry, he might make suckling sounds, suck on his fist, or move his head toward food." (AI) Tell me how you know when your baby is hungry...And how he's had enough?"*
- **PAUSE**
- **WIC ppt:** *"He does just that, sucks on his hand when he is hungry and he falls asleep when he is full."*
- **WIC: (AFFIRM)** *"You care about his hungry and fullness cues. I can see how much that matters to you. You are doing an amazing job.(ECOP msg) Did you know another way your baby might express fullness is he might seal his lips together, turn his head away, spit out the nipple or pay more attention to surroundings. Tell me more about his eating habits."*