



Improving Health Care and Outcomes for Residents of Lincoln Parish

Initiative:	Healthier Beginnings
Project Name:	WISE: together, We Inspire Smart Eating Nutrition Curriculum Initiative – Year 4
Funding Period:	September 1, 2017 – August 31, 2018
Project Coordinator:	Julie M. Rutledge, PhD
Project Administration:	Louisiana Tech University School of Human Ecology, Family & Child Studies Dept.
Total Funding Approved:	\$ 70,401.00

Program Summary:

The purpose of the grant is to continue the implementation and use of the WISE (Together, We Inspire Smart Eating) curriculum, as well as develop and pilot test tools to increase fidelity to implementation. This secondary goal has been developed by the grantee as they set their sights on the sustainability of the program. The ultimate goal to be accomplished in the next few years is to reduce the role of the center as program recipients take ownership of WISE implementation. As such, the focus of this year's grant will be to position the educators and programs through training to ensure success of the program. Significant quantifiable success has been achieved by the grantee since implementation of the grant in 2014, and the Foundation regards this grant as one of its most successful initiatives.

Program Goals:

- (1) To increase teacher's knowledge of nutrition,
- (2) increase parental knowledge of the benefits of proper nutrition; and,
- (3) encourage healthy food alternatives in school systems via nutritional education programs.

The specific objectives to be implemented in Year #4 are as follows:

- **Objective 1. Continue the WISE Program at Lincoln Parish Head Start.** This year the focus will be on the continuation of the positive outcomes from the program's

implementation. We will provide support where needed to ensure the continuation of WISE at its current level of execution. However, we will cut down on data collection and evaluation as well as center-level training.

- **Objective 2. Expand WISE to Lincoln Parish Early Childhood Center and Louisiana Tech University Early Childhood Education Center.** For the currently proposed project, we plan to start expanding WISE into more school settings in Lincoln Parish starting with the only other two school settings which follow the same criteria as Head Start (non-profit, non-affiliated preschool programs): Lincoln Parish Early Childhood Center (LPECC) and Louisiana Tech University Early Childhood Education Center (ECEC).