

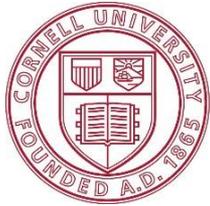
SNAP-Ed Webinar Series

July 21, 2015



**Office of Temporary
and Disability Assistance**





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Understanding Theory

THE INTERSECTION OF THEORY AND NUTRITION
EDUCATION

outline

What is theory?

Why does it matter?

What theories are out there...

By the end of the session participants will have gained an understanding of the importance and role of theory in nutrition education programming.



FIGHT BAC!



Keep Food Safe From Bacteria™



What are we looking for? What do we see ?



What we see on the surface
Is not the whole picture.

What is theory????????????

a coherent group of tested general propositions, commonly regarded as correct, that can be used as principles of explanation and prediction for a class of phenomena.

Synonyms: [principle](#), [law](#), [doctrine](#).

Theory evolves

Based on observational data

Accumulate evidence

Test hypotheses

Accumulate evidence

Synthesize concepts

Refine and adapt

Create models

Notion

Idea

Observable data

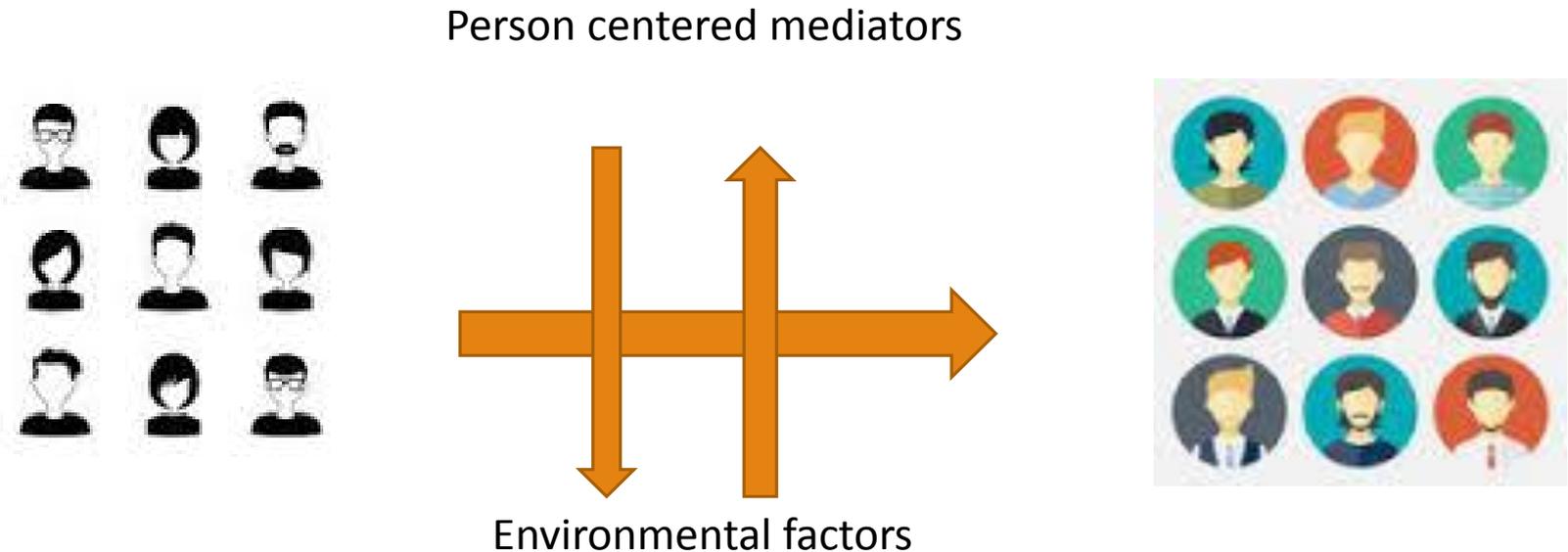
Patterns

Synthesized concepts

Models

Theory provides a framework

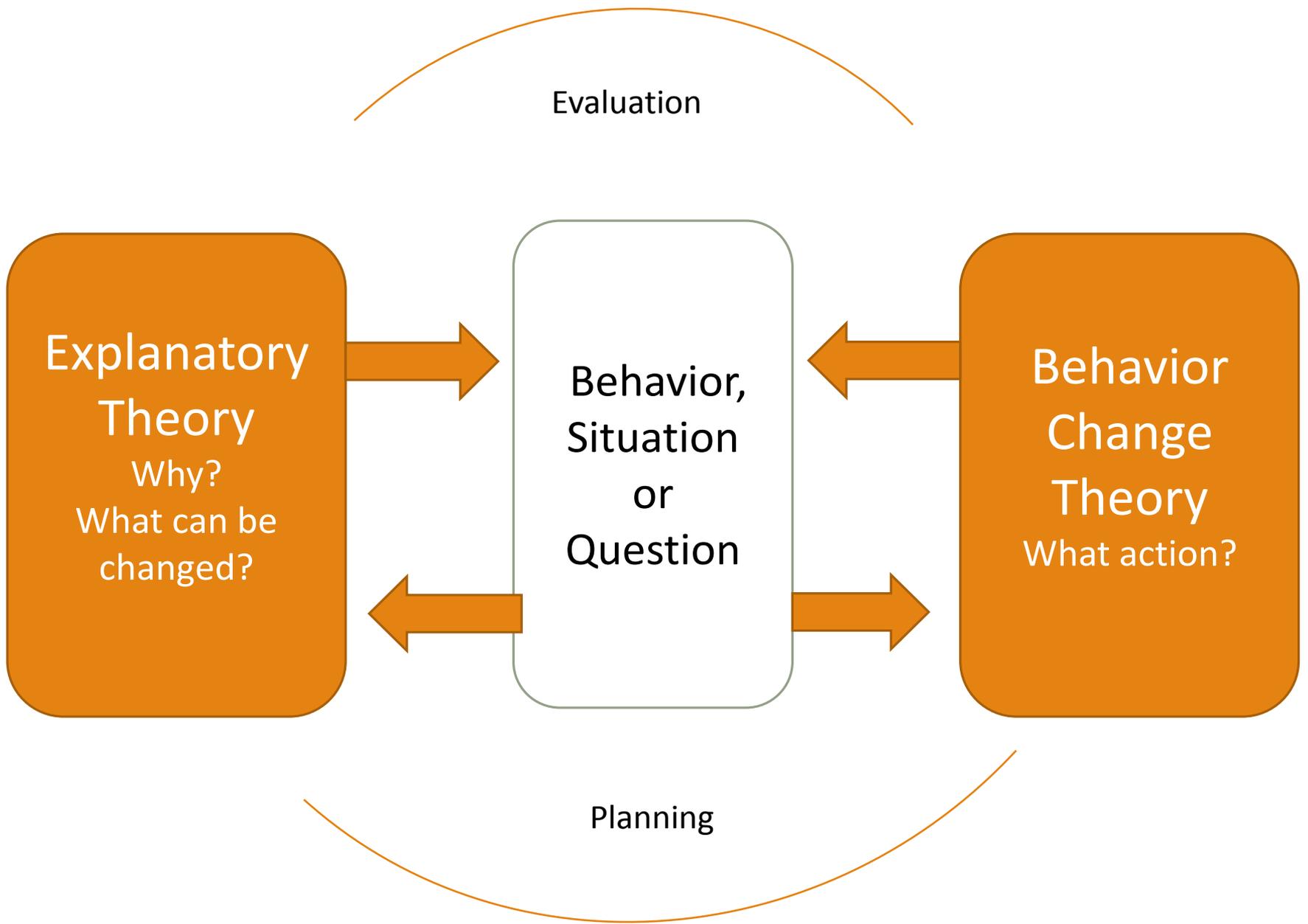
For addressing mediators of behavior



Why use theory???????????

Interventions based on health behavior theory are not guaranteed to succeed, but they are much more likely to produce desired outcomes.

To replicate success, theoretical frameworks should be clearly stated and understood.



Theory guides nutrition education

Theory in nutrition education provides a conceptual map derived from evidence to help us understand how the various influences on food and nutrition related behavior change are related to each other and to behavior itself.

Contento, 2007

The Social Ecological Model

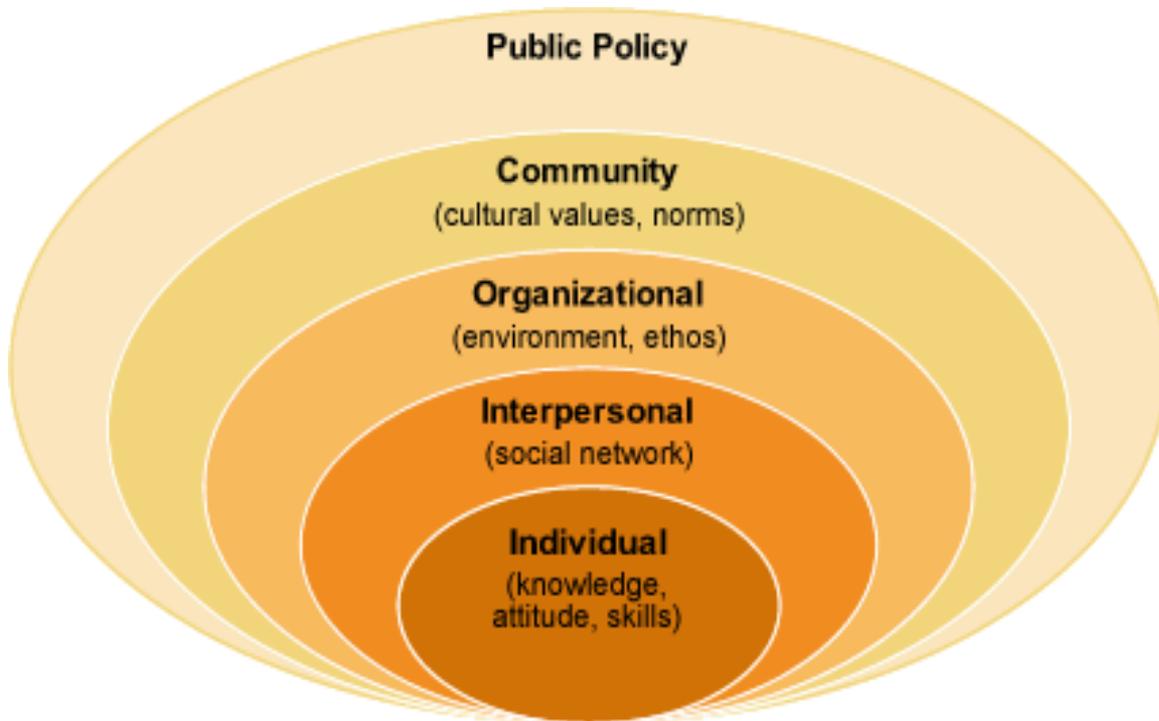
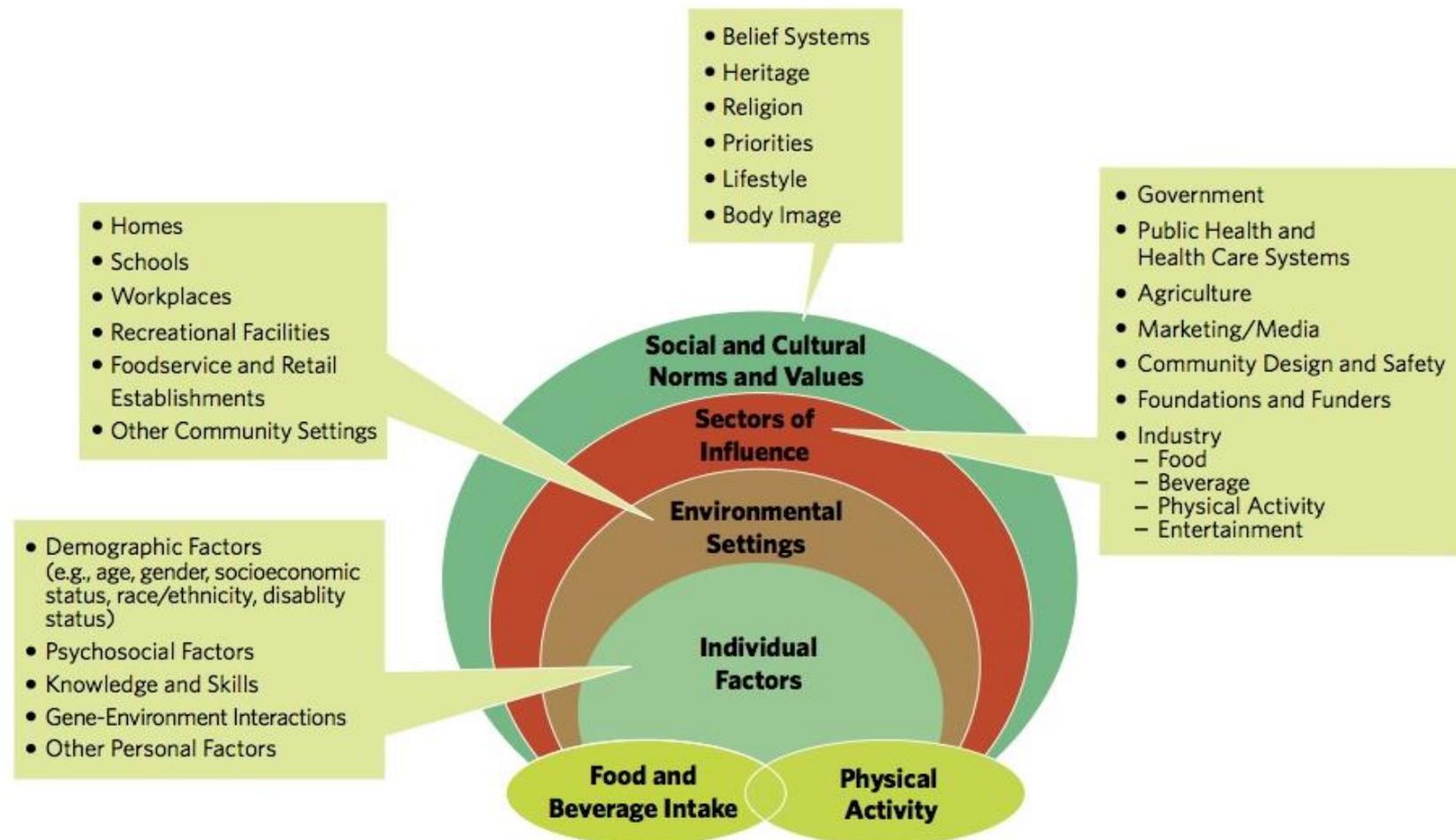


FIGURE 6 1: A Social Ecological Framework for Nutrition and Physical Activity Decisions



Source: Adapted from: (1) Centers for Disease Control and Prevention. Division of Nutrition, Physical Activity, and Obesity. State Nutrition, Physical Activity and Obesity (NPAO) Program: Technical Assistance Manual. January 2008, page 36. Accessed April 21, 2010. http://www.cdc.gov/obesity/downloads/TA_Manual_1_31_08.pdf. (2) Institute of Medicine. Preventing Childhood Obesity: Health in the Balance, Washington (DC): The National Academies Press; 2005, page 85. (3) Story M, Kaphingst KM, Robinson-O'Brien R, Glanz K. Creating healthy food and eating environments: Policy and environmental approaches. *Annu Rev Public Health* 2008;29:253-272.

SCOPE	Questions	Theories and Models
Individual	<p>How do individuals learn?</p> <p>How can we motive individuals to change?</p>	<p>Health Belief model</p> <p>Stages of Change/model</p> <p>Social Learning Theory</p> <p>Theory of Reasoned Action</p>
Organizational	<p>How can we best focus resources to address systems change?</p>	<p>Theories of Organizational Change</p> <p>A Model of Inter-sectoral Action</p> <p>Systems Theory</p>
Community	<p>How do we approach community behavior change?</p> <p>Who are critical stakeholders?</p>	<p>Diffusion of Innovation</p> <p>Theory Community Mobilization</p>

Adults

andragogy

Assumptions drive:

style

organization

presentation

language

visuals

learning tasks

assignments

evaluation

Adult learning theory

Motivation

Autonomy

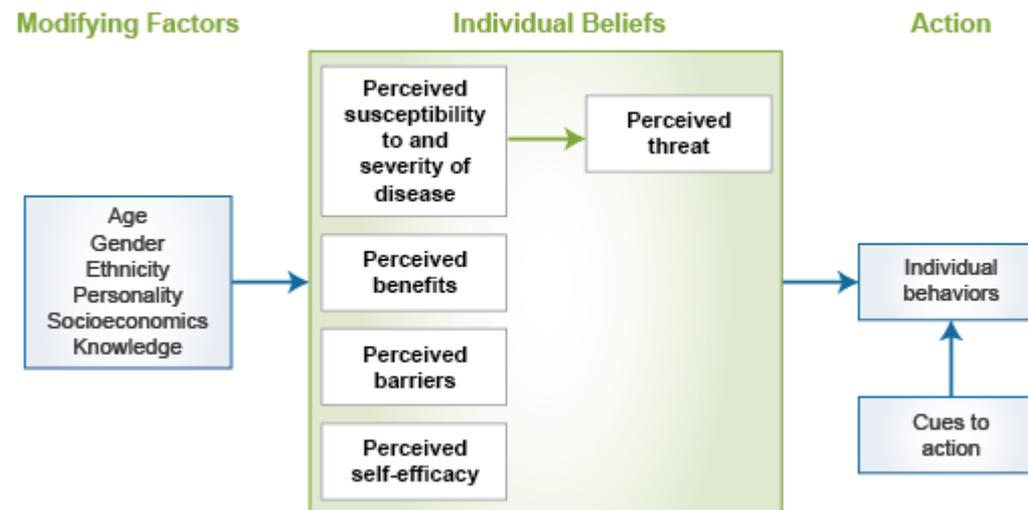
Prior learning

Experience

Dignity

Self efficacy

Health Belief Model



Theory of planned behavior

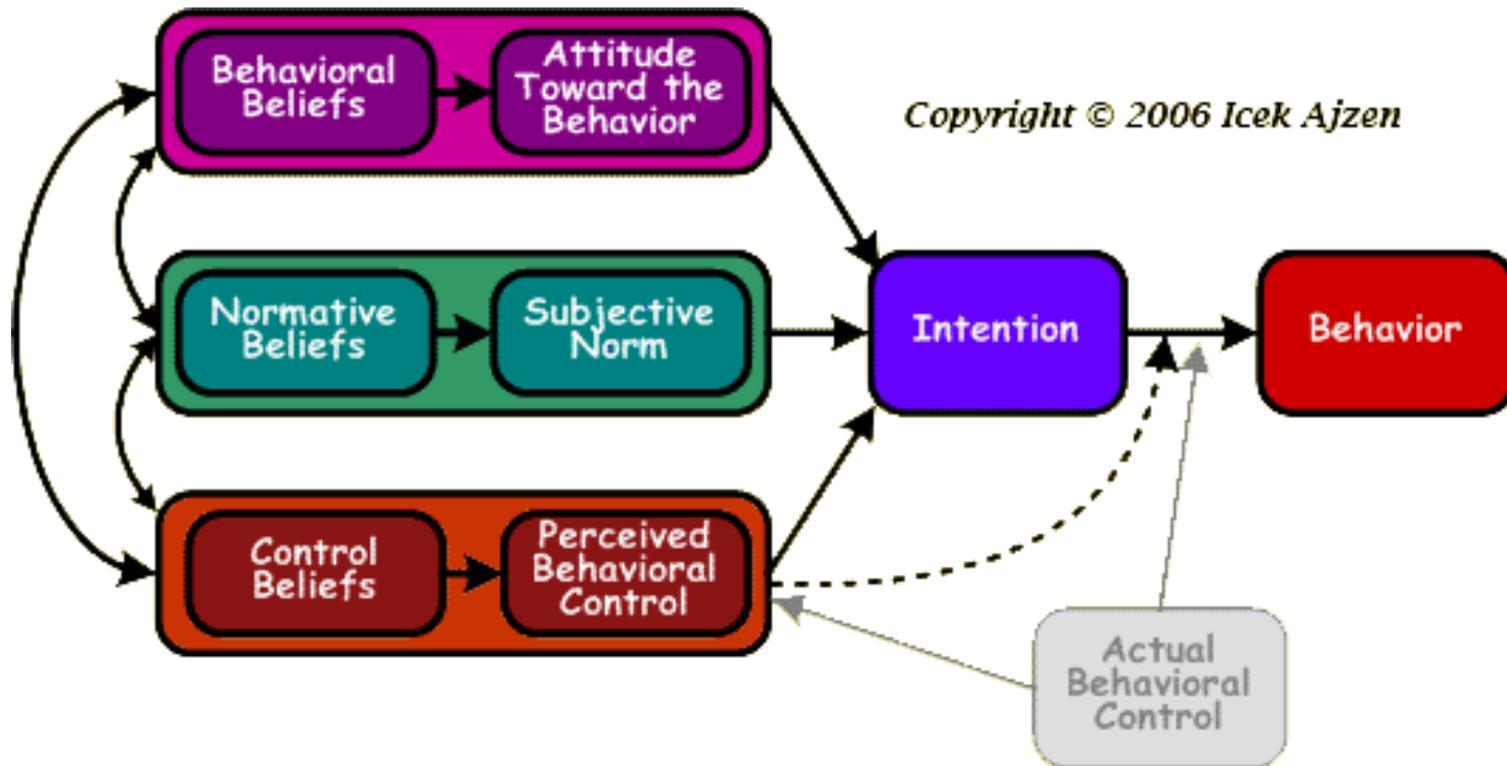
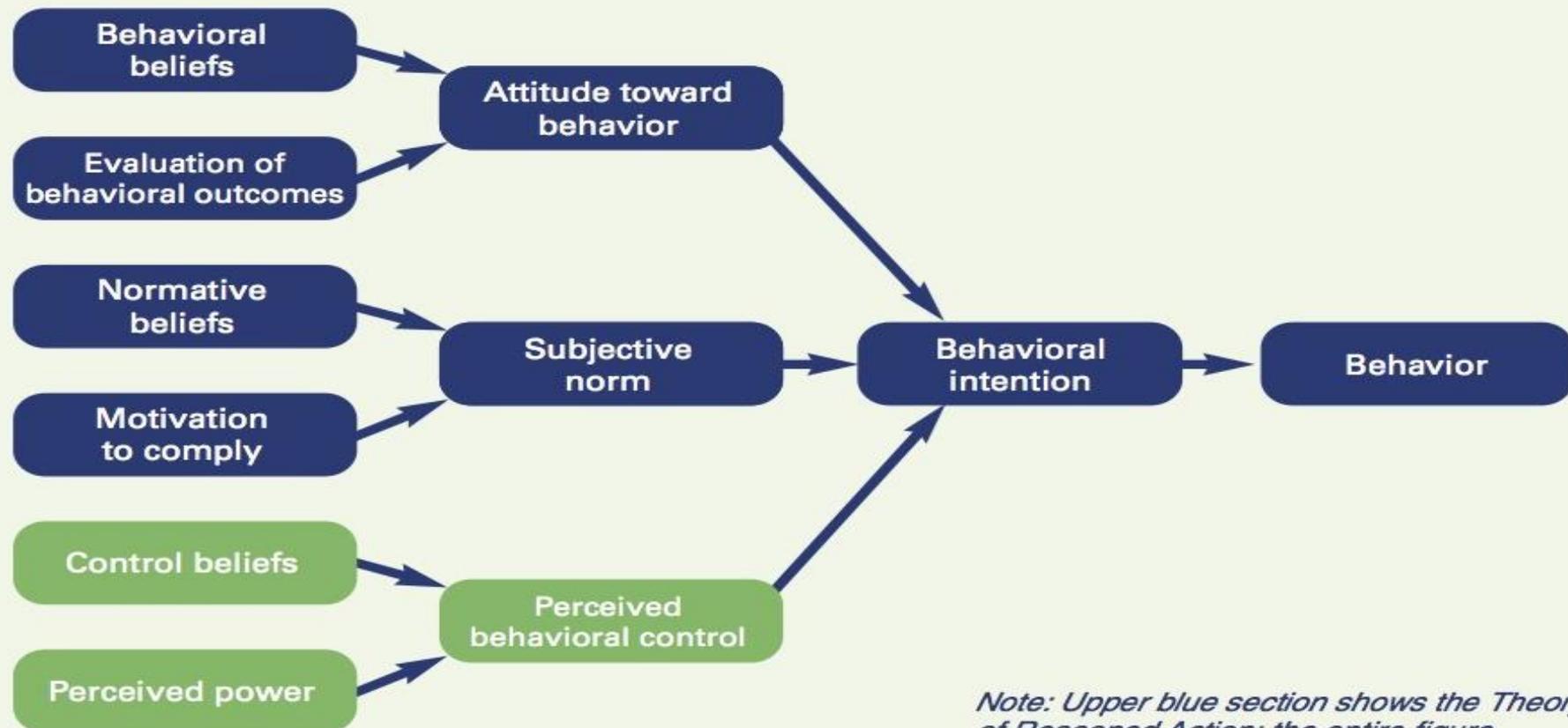
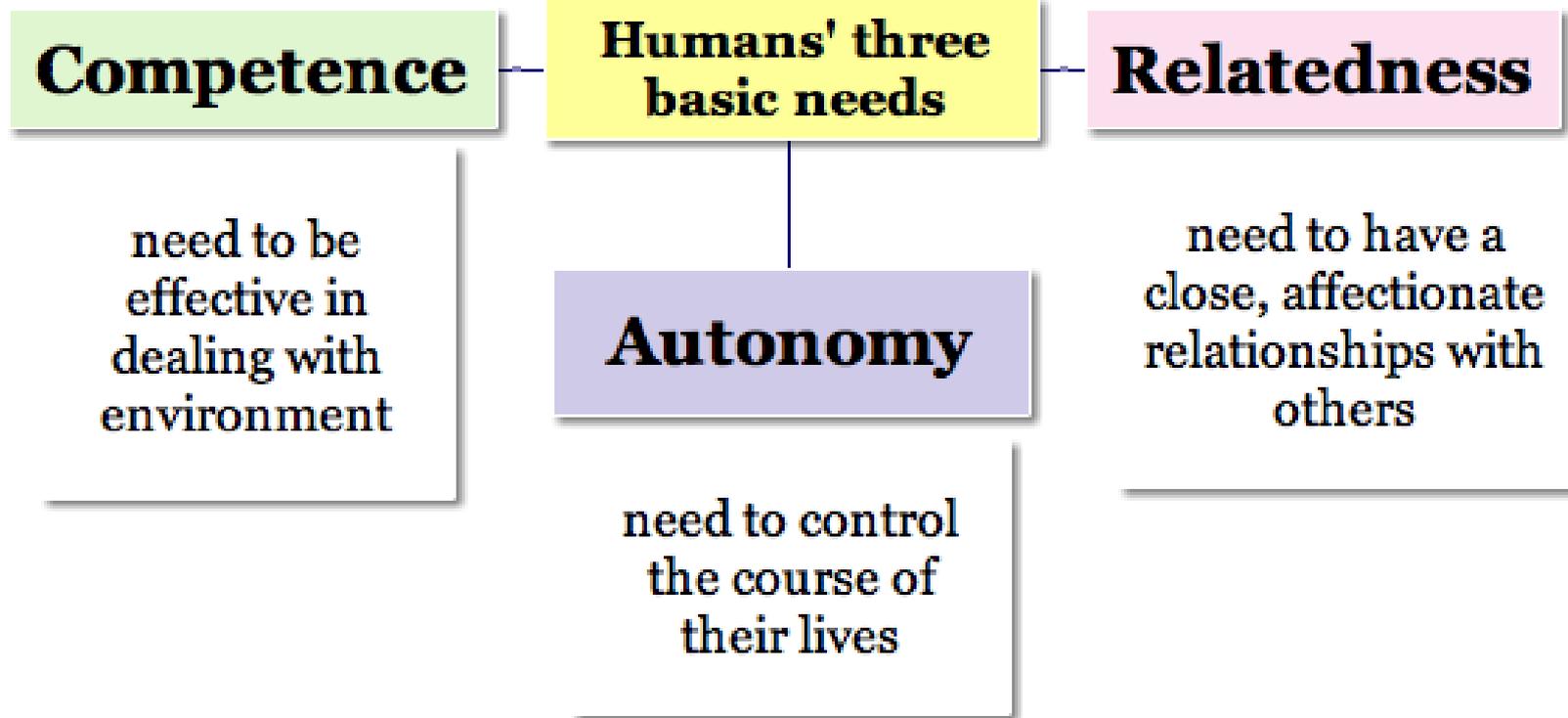


Figure 3. Theory of Reasoned Action and Theory of Planned Behavior



Note: Upper blue section shows the Theory of Reasoned Action; the entire figure shows the Theory of Planned Behavior.

Self-Determination Theory



If based on Self Determination Theory – what features would you expect this curriculum to have?

Power to Prevent

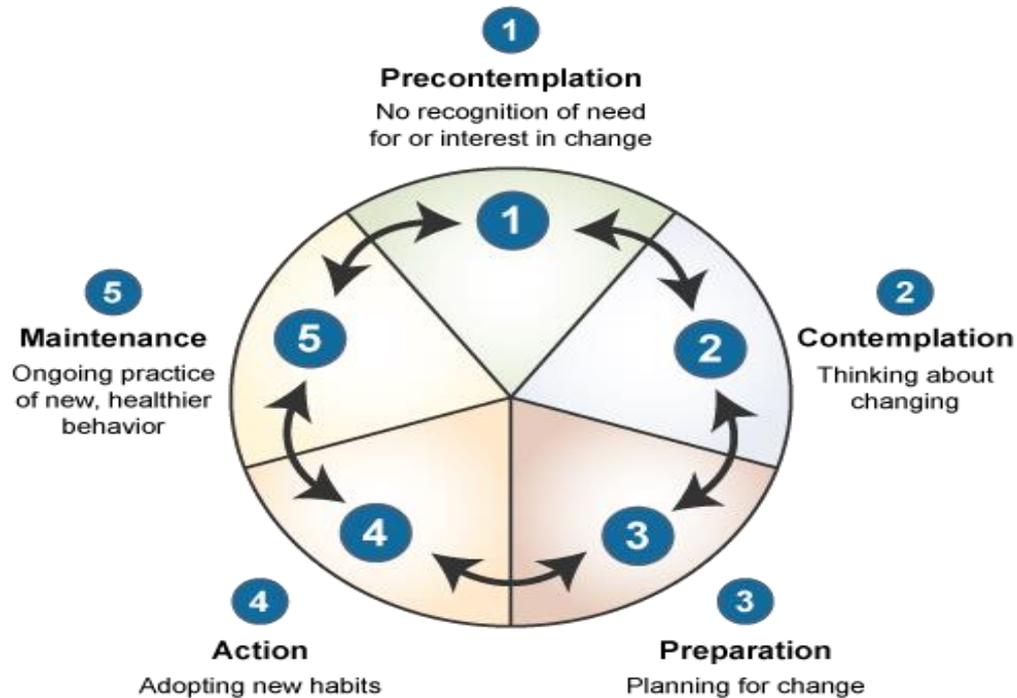


A Family Lifestyle Approach to Diabetes Prevention

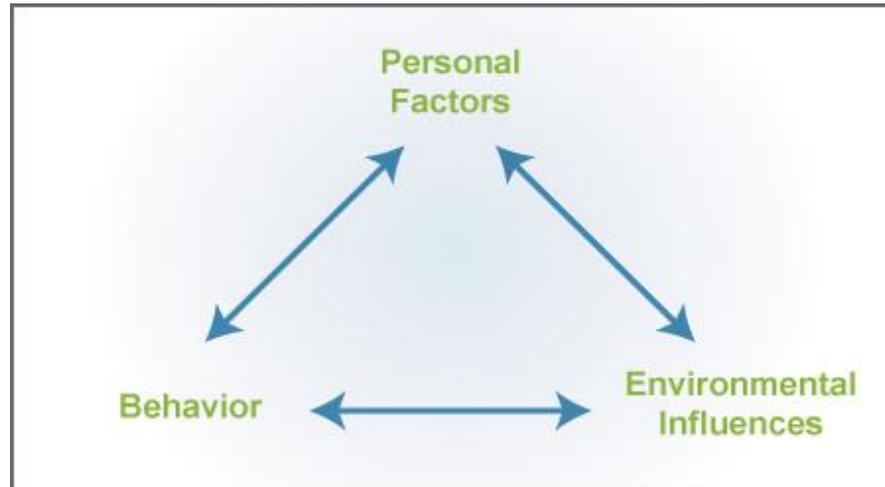


DEPARTMENT OF HEALTH AND HUMAN SERVICES
NATIONAL INSTITUTE OF HEALTH
CDC
NDEP
National Diabetes Education Program

Stages of Change Trans-theoretical Model

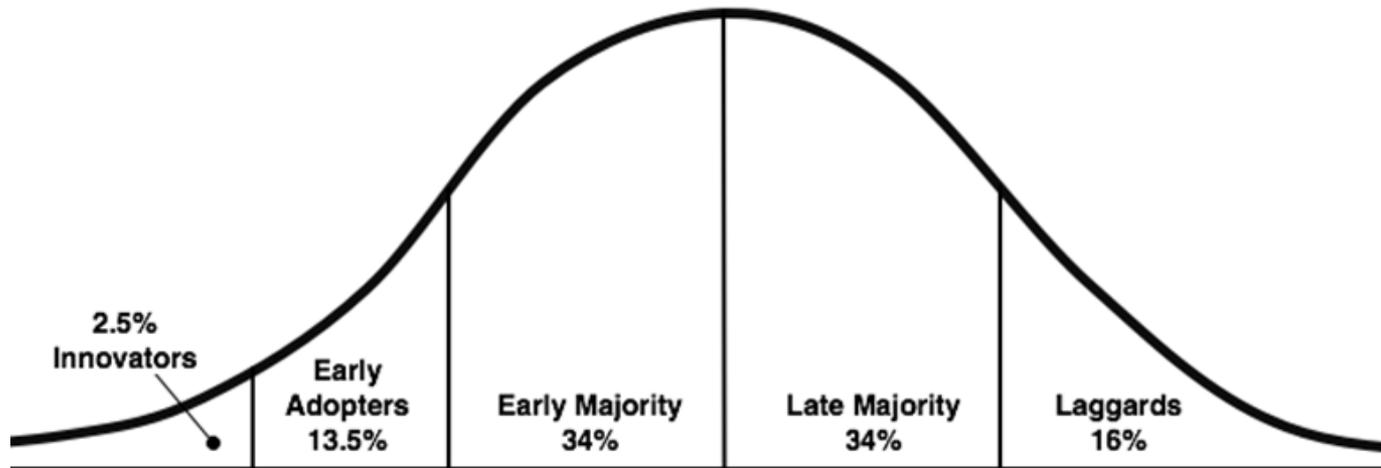


Social Cognitive Model



<https://www.youtube.com/watch?v=-Gx4pZ-HT7U>

Diffusion of Information



Source: Everett Rogers, Diffusion of Innovations model

Ah-ha
moment?

Was there anything
you hear this
morning that
surprised you?



How might this change how you approach your work?

How might this information change what you do?

....rooted in
a body of
reinforcing
work that
supports an
idea or
hypothesis



What
questions
do you
have?



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