

Step 2: Explore Determinants







Staffs' Perceptions Towards Trauma-Informed Nutrition

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BACKGROUND

Childhood Trauma Questionnaire (CTQ) defines trauma "what is wrong with you" or "what you have been through"

Adverse Childhood Experiences are processes in one's life that contribute to:

- Mental health disorders
- Physical health conditions
- School absence
- Substance use & abuse
- Poverty
- Homelessness

Project for Adults (PACT)
A new program being piloted by New York State University aims to target ACEs and help build healthy coping mechanisms to manage them.
Study build resilience in individuals and communities

RESEARCH QUESTIONS

- How do we understand TUN's perceived usefulness and understand the feasibility of implementing TUN in nutrition education with diverse staff serving the program?
- What are the attitudes of the staff in the Around the Table program?
- Is there an association between nutrition education and attitudes?
- Is there an association between benefits seen from exposure to the program and the organization's staff base of the program?
- What is the association between staff's attitudes and how beneficial they find exposure to the program?

CONCEPTUAL MODEL

Social Cognitive Theory



METHODS

Research Approach: The study is qualitative and exploratory in nature.

Population: Community site located in New York state that is piloting the PACT program.

Recruitment: One face-to-face survey with 20 questions was created to 10 staff members from the program.

Questionnaire:

- Four validated survey tools: ACEs, CTQ, TUN, & PACT
- Staff were asked to complete the 20-question survey, approximately 10-15 minutes.

Statistical Analysis:

Chi-square and t-test were used to analyze the data to determine:

- Correlation between CTQ and TUN
- Association between CTQ and PACT
- Association between CTQ and TUN
- Association between CTQ and PACT

RESULTS

Can barriers to implementing the ACE program be identified?



What is the impact of staff education on their attitudes towards the program?



What is the association between staff's attitudes and how beneficial they find exposure to the program?



DISCUSSION & IMPLICATION

Qualitative research is a useful tool for exploring specific research factors and generalizing to a population. Lack of previous research, staff was recruited from:

- The pilot study on TUN was the most popular program in the community.
- The program is a trauma-informed approach to nutrition education.
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CONCLUSIONS

Staff's attitudes towards the program were positive and staff found the program to be beneficial. Staff's attitudes towards the program were positive and staff found the program to be beneficial.

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1. Staff participation in the program was voluntary and staff were not compensated for their participation. The program is a trauma-informed approach to nutrition education. The program is a trauma-informed approach to nutrition education.

