

Summary of Portion Sizes Powerpoint Presentation in English, Spanish, Russian

Project objectives were: 1) to develop a slide series in English, Spanish and Russian languages about large portion sizes – a relatively new phenomena in our culture; 2) to determine what nutrition educators learned after reviewing these slides; 3) to determine if educators wanted similar slides developed in the future; and 4) to determine the cost of developing these materials.

A 23 slide Powerpoint presentation on large portion sizes was developed and translated into Spanish and Russian languages by the International Language Bank in Portland. Graphics were provided gratis by CMC because they were interested in learning how much time it would take to develop other presentations of this type in the future. The presentation was reviewed by a registered dietitian in Washington State and then by 9 Oregon State University Extension Service nutrition educators with NEP (Nutrition Education Program) in the winter of 2003.

Nine nutrition educators reviewed the presentation and responded anonymously to a survey following approved IRB protocols. A 5-point scale with "1" = "not true at all" and "5" = "very true" was used. Respondents learned the most with regard to their knowledge of web sites about the nutrition content of fast foods and on-line materials depicting what a serving size looks like. A 5-point scale with "1" = "not useful" at all and "5" = "extremely useful" was used to get information about usefulness of the slide series. There was an average score of 4.6 when respondents were asked to comment on the presentation's usefulness, especially for self-study purposes. All respondents wanted to see more slides of this type developed.

The costs associated with developing such a Powerpoint included the following:

- Translation: \$915
- Design time (photography - \$2 hours @ \$30; graphics – 10 hours @ \$45; consultation – 2 hours @ \$45): \$600
- Content development (17.75 hours or .0085 FTE): \$710

TOTAL COST: \$2225

Based on the positive feedback and the relatively low cost of production, future development of slide series of this type would be useful as a self-learning tool. There are so few educational materials and training materials in languages other than English, especially Russian that these kinds of materials would be useful for Extension nutrition educators in Oregon as well as other agencies and other states. Resources like this could be put on the Web for easy access. It is likely that future development of Powerpoint slides would involve less content development time thus decreasing the total cost. In addition, the high quality photography and graphics that were included could be replaced with less costly clip art or on-line graphics. To increase the value of the training, the Powerpoint could be presented in a video streaming format with the opportunity for staff to submit questions making this a more interactive self-learning opportunity.

Next steps: Results of this project have been submitted for a presentation at an upcoming national nutrition conference in July. Other opportunities for sharing of results will be considered such as JOE. A final version of the Powerpoint slides will be put on the Web.

Thank you for the opportunity to develop this resource.

Respectfully submitted,

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