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Introduction

What is First Foods?

First Foods is a series of nutrition and cooking classes developed to improve the long-term health outcomes of refugee and immigrant families. The goal of the classes are to provide education on the nutritional needs of infants and toddlers in a culturally appropriate and effective way, equipping mothers with the skills necessary to support the health of their children in a new country. Each of the 1.5 hour class sessions also includes interactive demonstrations on making low-cost, healthy baby food with ingredients from local grocery stores, as well ideas for creating healthy snacks for older children and adults.

Who is the target audience?

Women new to the United States who are pregnant and/or have children under the age of two years.

Why is this class needed?

Refugees and immigrants face unique health challenges: Although most experience a lower incidence of chronic disease prior to arrival in the US, many are at greater risk of developing them. The nutritional status of prior generations can genetically predispose individuals to develop chronic diseases, particularly if a typical energy-dense Western diet is adopted.^{1,2} Additionally, refugees often experience difficulty navigating their new food environment, with social barriers leading to food insecurity, independent of income.³ Given the challenges facing these vulnerable populations, the First Food classes are designed to both educate participants on early nutrition and to teach the practical skills that are necessary for navigating a new food environment, thereby promoting the self-sufficiency of participants.

Kaati G, Bygren LO, Edvinsson S. Cardiovascular and diabetes mortality determined by nutrition during parents' and grandparents' slow growth period. *Eur J Hum Genet*. 2002:10(11):682–8

Heijmans BT, Tobi EW, Stein AD, et al. Persistent epigenetic differences associated with prenatal exposure to famine in humans. *Proc Natl Acad Sci U S A*. 2008;105(44):17046–9.

Hadley C, Patil CL, Nahayo D. Difficulty in the food environment and the experience of food insecurity among refugees resettled in the United States. *Ecol Food Nutr.* 49(5):390–407.

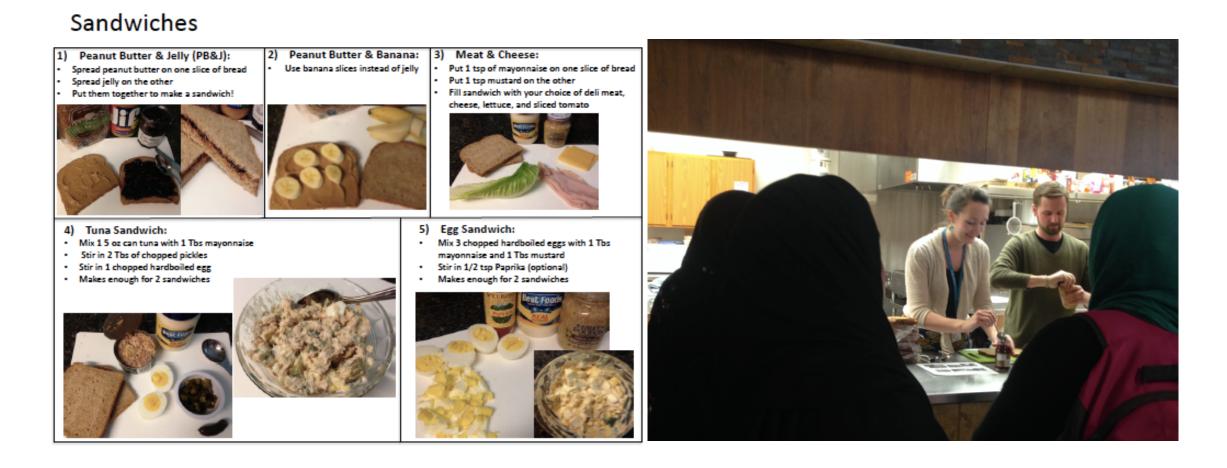
Objectives

- Develop an evidence-based curriculum that is easy-to-understand, accessible, and can be taught by community workers, not just RDs and MDs
- Incorporate information that is useful and relevant to refugee and immigrant mothers from various ethnic and cultural groups, and with variable levels of acculturation
- Introduce participants to new foods and cooking techniques
- Ensure that participants have the opportunity to provide feedback and suggestions

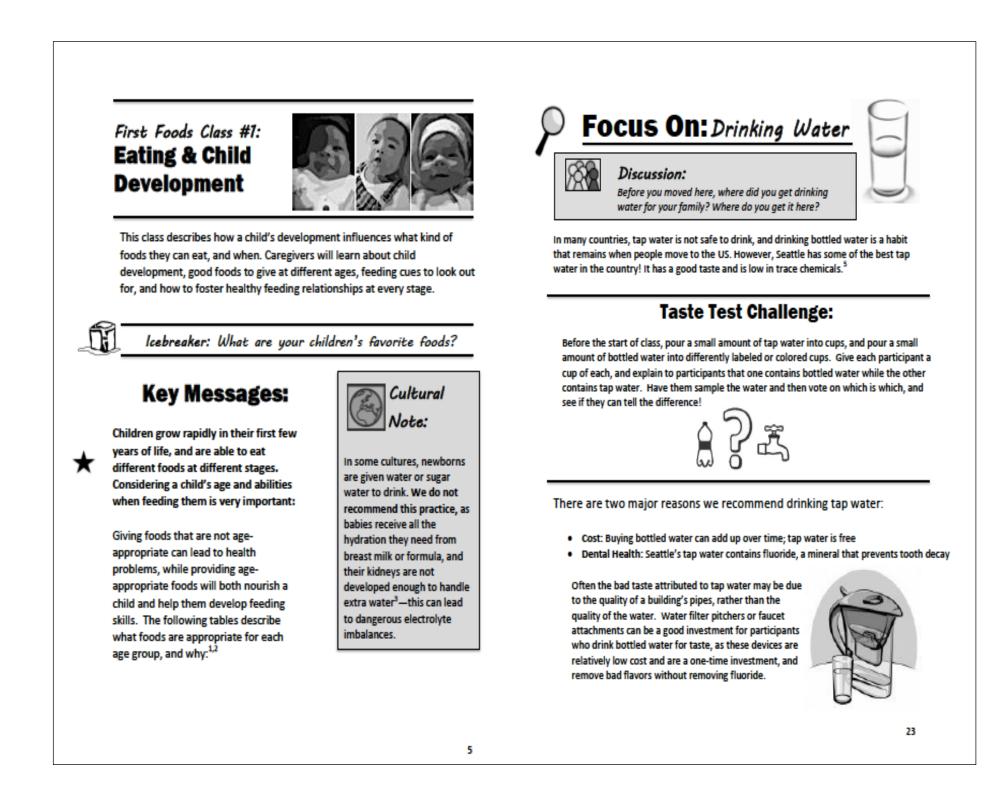
Methods

The First Foods curriculum was created through a partnership between Seattle Children's Hospital, University of Washington – Harborview Medical Center, and Lutheran Community Services Northwest, to meet the needs of local communities: The First Foods pilot class series reached local Arabic-speaking, Afghani, Somali, and Burmese populations.

Development of the curriculum was informed by focus group interviews and entrance and exit questionnaires. Translations of all materials were provided, and trained interpreters were present to help participants complete the surveys. Information collected as part of the pilot program will be published in a forthcoming study through Harborview Medical Center.



Results & Implementation



- Identified areas of interest based on participant input: e.g. organic food, packable school lunches, food allergy symptoms
- Identified learning topics based on participant responses: e.g. starting solid foods, dental health, infant hydration
- Grouped topics into four distinct classes, incorporated focus activities, cultural notes, and discussion points to enable community workers to teach the curriculum effectively
- Class materials to be used for second series of classes through existing partnership, with additional dissemination planned after publication of study.





