

# impact

University of Idaho Extension programs that are making a difference in Idaho.

## Extension offers train-the-trainer webinar educating professionals throughout nation

### AT A GLANCE

Educators are pioneering electric pressure cooking education across the U.S. A train-the-trainer webinar hosted by eXtension.org educated professionals on how to teach electric pressure cooking workshops.

### The Situation

With surging popularity in electric pressure cooking appliances, general consumers are interested in utilizing these appliances to save time and money while preparing nutritious meals at home. Research shows that cooking at home is associated with better diet quality (Tiwari, Aggarwal, Tang, Drewnowski, 2017). While individuals have a high level of interest in electric pressure cooking, research-based information on appropriate appliance use is lacking for consumers.

Approximately 70 percent of mothers with children under the age of 18 are employed outside the home (DeWolf, 2017), thus needing a way to feed their families with limited amounts of time. This need created an opportunity for Extension to educate individuals within communities and led to the development of the Cooking Under Pressure program. The program features hands-on workshops, structured to provide educational content, build meal preparation skills and increase confidence of individuals preparing meals in their electric pressure cookers at home. While University of Idaho Extension educators developed this hands-on program, Extension professionals across the nation were seeking a successful program model for



Participants at a hands-on Cooking Under Pressure workshop.

conducting hands-on electric pressure cooking workshops within their communities.

### Our Response

In September 2018, a team of UI Extension educators presented a one-hour webinar to Extension professionals across the United States for this hands-on electric pressure cooking program. This educational opportunity included successful program components as well as materials and was offered to all participants at no cost. The webinar was hosted by eXtension Learn, an online platform for Extension personnel to access online learning opportunities. The webinar provided participants with the information needed to provide hands-on workshops to consumers. Following

the webinar, presenters shared a PowerPoint presentation for educators to use in their workshops, a post-program evaluation and marketing materials.

## Program Outcomes

In 2018, more than 150 professionals participated in the live train-the-trainer webinar session. The presentation was recorded and available for later viewing. Of the total webinar attendees (live and recorded), 173 individuals completed a post-workshop evaluation. When respondents were asked “How many years have you been with Extension?” the largest response (40 percent) indicated 15 plus years. Of responses, 96 percent identified as female, and age ranged from 23 to 82 years. On this evaluation, 74 percent of participants reported holding the role (or equivalent title) of an Extension educator.

When asked “How do you plan to use the information from this webinar in your area?” 145 participants responded that they planned to teach workshops or share the information learned in the webinar with others. Ninety-three percent of responses agreed or strongly agreed with the statement “I will use information from this webinar training for teaching purposes.”

Forty-three percent of responses stated that they liked this webinar because the topic was interesting to them. When asked “Would you be interested in attending further trainings on this subject?” 69 percent of respondents stated “yes.”

Participants were asked to report on their competency to teach electric pressure cooking both before and after attending this webinar. These responses are summarized in a table (Figure 1).

Since this train-the-trainer webinar was provided in September of 2018, an initial three-month follow-up evaluation with 42 respondents shows that 21 hands-

on workshops for participants have been taught or are scheduled to be taught.

Figure 1. Participant responses when asked “If you plan to teach a Cooking Under Pressure workshop, how competent do you feel to teach it after attending this webinar?”

	Not Competent	Very Competent
Before	60% (N=103)	6% (N=11)
After	1% (N=2)	49% (N=84)

## The Future

Extension professionals continue to contact Idaho’s Extension team seeking additional information regarding electric pressure cooking expertise. This supports the value of this webinar for Extension professionals across the nation. As this team continues work with Cooking Under Pressure, additional programs have been created for specific audiences. These include Cooking Under Pressure for Youth, Electric Pressure Cooking for Specific Diets and Pressure Cooking programs in Spanish. As other Extension professionals use this program, there is opportunity for them to continually adapt the program to meet the needs of their audiences.

## Cooperators and Co-Sponsors

- eXtension Learn

DeWolf, M. (2017). 12 Stats About Working Women. U.S. Department of Labor. <https://blog.dol.gov/2017/03/01/12-stats-about-working-women>.

Tiwari, A., Aggarwal, A., Tang, W., Drewnowksi, A. (2017). Cooking at Home: A Strategy to Comply with U.S. Dietary Guidelines at No Extra Cost. *American Journal of Preventive Medicine*, 52(5), 616-624.

## FOR MORE INFORMATION

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