Food Program Needs Assessment for the Garfield Teen Life Center

**Goal and Aims**
- **Background and Purpose:** Garfield Teen Life Center (GTLC) is a teen focused community center of Seattle Parks and Recreation located in the Central District of Seattle, Washington. This project engaged diverse inner-city teen life center’s participants to describe perceived needs, knowledge, and beliefs about food & nutrition.
- **Strong standing relationship between the nutritionist at Odessa Brown Children’s Clinic and the GTLC**
- **A Recreation Specialist returned GTLC in Sept. 2013**
- **Strong standing relationship between the nutritionist at Garfield Teen Life Center (GTLC) is a teen focused**
- **Beliefs about food & nutrition**
- **Participants to describe perceived needs, knowledge, and beliefs about food & nutrition**
- **Four qualitative interviews were conducted of a convenience sample of GTLC staff**
- **Themes from staff interviews were identified and reported.**
- **Youth collected data on following:**
  - Grocery prices
  - Subjective neighborhood photos through "Windshield Survey"
  - Interview of farmers at Farmer’s Market

**Discussion Groups**
- 4 youth were recruited by GTLC staff.
- They participated in warm-up activities and qualitative discussions to address directed questions related to food and nutrition programs and a curriculum geared towards raising awareness of food, social and economic justice.
- The completed different levels of hours:
  - Youth 1 ~ 5 hours
  - Youth 2 ~ 7 hours
  - Youth 3 ~ 17 hours
  - Youth 4 ~ 9 hours

**Subjective Samples of “Windshield Survey”**
- Photos: Yesler Terrace Neighborhood
- "...not good, people can’t live here...” ~ Youth
- Photos: Madison Park/ Madison Valley Neighborhood
- "[houses are spaced] far apart and also isolated...” ~ Youth
- "Good” ~ Youth

**Activity Interest Results**
- 35% (8 youth) or more of surveyed teens responded to the activities below and at least 8 youth are needed to initiate a program:
  - Photography
  - Basketball
  - Watching TV/Movies
  - Job Training
  - Football
  - College Planning
  - Hiking
  - College Applications
  - Film Making
  - Game Design
  - Cooking
  - Weight Training

**Future Directions**
- A sustained volunteer position for food and nutrition programming to carry continuous curriculum directed nutrition and food programs forward
- Kitchen Usage policies for GTLC kitchen and inventory tracking that the volunteer position may oversee and report problems to the Rec Specialist
- A referral network of services from different community programs and agencies to each other
- Food and Cooking Program that utilizes the existing 8-week teen focused cooking curriculum by Elisabet Eppes
- Distribution of the “Basic Cooking Knowledge Guide” to Teen Life and Community Centers

**Desired Community Partners**
- Juvenile Justice Center
- Seattle Police Department
- Local Hospitals
- Seattle Public Library
- Local religious organizations
- Boys and Girls Club
- Local Artists
- Seattle Police
- Seattle-King County
- Seattle Public
- School of Public Health

**View of GTLC From Garfield High School**

**Demographics of Activity Interest Surveyed Youth**

<table>
<thead>
<tr>
<th>Age Group</th>
<th>N  = 23</th>
</tr>
</thead>
<tbody>
<tr>
<td>14-16 years</td>
<td>13</td>
</tr>
<tr>
<td>17-18 years</td>
<td>9</td>
</tr>
<tr>
<td>19-21 years</td>
<td>1</td>
</tr>
</tbody>
</table>

**How Often do Youth Drop-In at GTLC?**

<table>
<thead>
<tr>
<th>Frequency</th>
<th>N = 23</th>
</tr>
</thead>
<tbody>
<tr>
<td>Once a month</td>
<td>29%</td>
</tr>
<tr>
<td>Every other week</td>
<td>18%</td>
</tr>
<tr>
<td>3-5 times a week</td>
<td>17%</td>
</tr>
<tr>
<td>Every weekday</td>
<td>18%</td>
</tr>
</tbody>
</table>

**Subjective Samples of “Windshield Survey”**

<table>
<thead>
<tr>
<th>Photo Description</th>
<th>N = 23</th>
</tr>
</thead>
<tbody>
<tr>
<td>Some [houses] are put together...” ~ Youth</td>
<td></td>
</tr>
<tr>
<td>[houses are spaced] far apart and also isolated...” ~ Youth</td>
<td></td>
</tr>
</tbody>
</table>

**Vision for Teen Life Centers**
- Be a safe place for youth to offer programs that encourage growth to develop leaders
- Generate community outreach and promote service
- Be a voice for the community and a source of information
- Build relationships with youth through staffing model

**Methods**
- Collected teen’s perspective via discussion groups and pre- & post-test qualitative surveys
- Outcome indicators measured include:
  - Reports of food price
  - Attendance
  - Staff observations
  - Activity Interest Survey in future program participation
- Discussion groups included new foods like borscht to teen participants and provide familiar recipes like nachos
- Four qualitative interviews were conducted of a convenience sample of GTLC staff
- Themes from staff interviews were identified and reported.
- Youth collected data on following:
  - Grocery prices
  - Subjective neighborhood photos through “Windshield Survey”
  - Interview of farmers at Farmer’s Market

**Aims:**
- Identify and describe participants’ food and program interests
- Introduce participants to innovative recipes, concepts of food, social, and economic justice

**Background and Purpose**
- Garfield Teen Life Center (GTLC) is a teen focused community center of Seattle Parks and Recreation located in the Central District of Seattle, Washington. This project engaged diverse inner-city teen life center’s participants to describe perceived needs, knowledge, and beliefs about food & nutrition.
- A Recreation Specialist returned GTLC in Sept. 2013 and expressed interest in expanding the nutrition programs.
- Assessment of nutrition awareness and food justice at GTLC and within the Central District was required to determine if nutrition programs could maintain attendance and provide meaningful benefit to participants.

**Staff Interview Themes**
- Four staff interviewed have worked for Seattle Parks and Recreation Teen Programs for a mean of 12.8 years.
- Four youth were recruited by GTLC staff.
- They participated in warm-up activities and qualitative discussions to address directed questions related to food and nutrition programs and a curriculum geared towards raising awareness of food, social and economic justice.
- The completed different levels of hours:
  - Youth 1 ~ 5 hours
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  - Youth 3 ~ 17 hours
  - Youth 4 ~ 9 hours

**Preceptors:** Kevin Roberson, Rebecca Finkel, MA, MS, RD and Alicia Dixon-Docter, MS, RD

**Alexandra Kaufman, MPH-Nutrition Student & Dietetic Intern, UW Nutritional Sciences Program, UW LEAH Nutrition Trainee 13’-14’**

**Desired Community Partners**
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