

**Minnesota-Wisconsin Nutrition Education
Hmong Working Group
Comments After the April 19-20, 1999 Meeting
Eau Claire, WI**

How Did We Do?

Members of the Work Group were asked to put some thoughts on paper about the Meetings on April 19-20. The comments shared by Work Group members are listed below.

1. Something I learned at the meetings April 19-20:

- the diversity of expertise, education and experience that was shared
- the importance of "teamwork"
- implications of religion / faith to leadership structuring
- I learned about Hmong
- many new things about the Hmong culture - especially traditional foods and eating habits
- I learned that Hmong traditional diet can be very positive and can be adapted just a little to add variety
- The various historical and current concerns about providing education to Hmong families. I was not aware of the intergenerational issues that can affect families.
- that working with other cultures is extremely complex - and we really need to support that work better
- Several facts about the Hmong culture and thoughts about working with them directly and in curriculum development (thank you to our Hmong colleagues for sharing so openly)
- Patience to plod through this process; feel hopeful that we will end up with some useable pieces to assist Hmong families; there is a lot of experience with teaching Hmong families in this room that I can tap into as I do my work
- I gained better appreciation for the diversity of the Hmong audience, their needs, language skills.
- I learned that there are lots of information out there about the Hmong but I haven't been able to get my hands on them yet.
- A little more about existing resources available.

2. An idea from the Work Group meetings that I'll use in my work:

- how we might approach this with other audiences
- teach what they ask for
- an idea I'll use in my work is - more visual teaching and less paper teaching
- I'll use info about situations in Hmong households as I tell success stories about Nutrition Education programs
- The importance of visual materials that reflect the traditions of the culture.
- An idea that I'll use in my work is ... to use our local Hmong press for promoting our program and perhaps for health messages.
- Several ideas for adaptation of Money for Food curriculum
- Tolerance to keep open mind; I have a clearer picture of where I want to go with Hmong programming now
- Challenges of working in another language are not solved by simply making materials available in the language. Translation is complex.
- What I'll use in my work is to get to know the client more whether at their home or a site, to get the education across to them.

- The connecting with Hmong agencies and I'd like to be able to view the resources we learned about.

3. A question I still have:

- Where's the best place to put staff resources?
- How do I find the Hmong in my community (how to best reach them and where)?
- Is there a difference between experienced NEAs and new NEAs about how they teach?
- Will the information be effective for both programs? Are there deeper issues that still need to be addressed?
- How do we assess the starting point for these topics?
- More insight needed on HOW to appropriately teach about resource management concepts and WHAT are influencing factors to resource use (values, beliefs, needs, etc.)
- Teaching American food prep acceptable to most Hmong household members
- I feel we are still challenged by how to best teach the basics - Pyramid or other food guide for this audience.
- How effective are we/Hmong or non-Hmong educators going to get to be with our clients in the mean time with/in appropriate materials?
- How to adapt info to meet the needs of audience segments - How the needs and interests differ between age groups and education levels.

4. Comments:

- I just want to "THANK" everyone for devoting their time and energy to this project. It means a great deal to me as a Hmong person and as an educator. I'm truly "touched" because I know there are people in Extension who care about my people and the quality of their education. This is a step towards a "dream come true" since joining UW-Extension.
- is good meeting
- excellent start
- great oatmeal
- This was a very positive experience - and a good blend of people - the time was allowed for good discussion and sharing.
- Was great to come together like this for a much needed dialogue – as well as planning for action.
- I was skeptical yesterday about our progress. I am hopeful today.
- It was fun. I appreciated everyone's willingness to be flexible in the process.
- This was a good get together and share or brainstorm ideas about our clients. It's good to know how much or how little some people know about the Hmong and what/how they're doing to reach across to the Hmong.
- The diversity of opinions within the Hmong staff was interesting. There appears to be an expectation that ages be honored or recognized. Less traditional and younger staff don't seem to follow that same pattern.