Our mission is to coalesce, inspire and support the Head Start field as a leader in early childhood development and education.

Nurturing Staff Wellness

PDSA Worksheet

The Quality Improvement Cycle

The quality improvement cycle is an iterative process, meaning it doesn’t happen just once. The cycle can happen multiple times to continuously improve, refine interventions, and identify and solve new problems.

PLAN

1a. Define the problem: The majority of our staff members do not eat sufficiently nutritious meals. According to our health assessment, 70% of our staff reports eating too few servings of fruits and vegetables each day.

1b. Establish a goal: Staff will report eating more nutritious meals by the end of the school year. This includes at least 3 servings of veggies and at least 4 servings of fruit per day.

1c. Propose an intervention: All staff will be invited to a nutrition class that meets once every two weeks. The class will be provided by our local nutrition clinic. Staff will be encouraged to record their daily food intake and physical activity on ChoseMyPlate.gov.

1d. Determine how to measure success: Success will be measured using ChoseMyPlate.gov. Participants will share their profile with the Wellness Leader, who will tally average daily servings of fruits and vegetables for the week of May 14 for each participant.

For additional information on this toolkit, please visit go.nhsa.org/QI-Toolkits
PDSA Worksheet

DO:

2a. Rewrite your intervention here, using as much detail as possible: All staff will be invited to attend a nutrition class held once every 2 weeks in the second floor conference room. The class will be during lunch, and participants will be encouraged to bring their own lunch to eat during the class. The class will be taught by our local nutrition clinic. Staff will also be encouraged to record their daily food intake and physical activity on ChooseMyPlate.gov. Participating staff will share their profiles with the Wellness Leader.

2b. Implement the intervention. Write any relevant notes: Orientation session - September 13 - training on how to use MyPlate; outline of course plan for the year. Attendance at nutrition classes dropped off in November so we started sending e-mail reminders two days before each session and participation went back up and remained steady. We asked supervisors to give their staff 5-10 minutes during each department’s “morning meeting” to enter their data on ChooseMyPlate.gov. We added a fruit bowl to the staff room in March.

STUDY:

3a. Rewrite the goal you established: Staff will report eating more nutritious meals by the end of the school year. This includes at least 3 servings of veggies and 4 servings of fruit per day.

3b. Rewrite the measurement you outlined: The number of servings of fruits and vegetables recorded on MyPlate during the week of May 14th.

3c. Analyze your results. Did you achieve your goal? On average, participants recorded eating 2 servings of vegetables each day (wanted to see 3) and 4 servings of fruit each day (success).

ACT:

2a. Are you going to (A) adopt, (B) adapt, or (C) abandon your intervention? (Circle answer and explain)

The nutrition intervention is working well. We will continue next year with a few changes: (1) We will make the two-day-reminder e-mails and the fruit bowl permanent. (2) We will stop data entry during “morning meeting” as supervisors pushed back and data entry was generally good. (3) We are brainstorming ideas for improving vegetable consumption.