

An Educational Webinar for Academic and Healthcare Professionals Presenting About a  
Nutrition Program for Latinx Adolescents to Increase Nutrition Literacy  
Noelia Solis Ramirez, BSN, RN

**Abstract**

**Purpose:** The purpose of this scholarly project is to deliver a traditional education program targeted to healthcare and academic professionals about improving nutrition awareness among Latinx adolescents via a live presentation/webinar venue (held at JHU-SON).

**Methods:** This project utilized a 1-group pretest–posttest design comparing indicators of webinar completion, knowledge, and participant satisfaction. The intervention was a 30-minute webinar using the evidence-based Eat Healthy, Be Active Community Workshops.

**Results:** A total of 8 participants who met inclusion criteria were recruited from The Johns Hopkins University School of Nursing. All of 8 participants who were enrolled completed the entire webinar. Overall, from pre-test to post-test there was a mean 1.75-point (SD= 1.58) improvement knowledge of the Eat Healthy, Be Active Community Workshops. The majority of participants (75% vs 25%) intend to implement the Eat Healthy, Be Active Community Workshops in the future and intend to share the Eat Healthy, Be Active Community Workshops with a colleague.

**Implications:** Nutritional education that is purposely targeted towards students and staff regarding underserved populations should be offered and made easily accessible to healthcare and academic professionals. Students, faculty, and healthcare professionals are likely to share the education acquired with colleagues and apply it in their future practices.