

Connecting you with experts. Exploring the latest childhood obesity news and research.

We will begin at 3:05 p.m. to allow participants time to join the webinar.

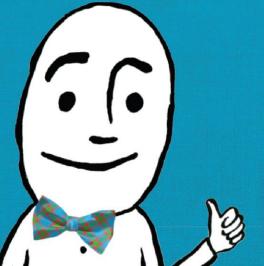


NATIONAL COLLABORATIVE ON CHILDHOOD OBESITY RESEARCH

1. Spotlight

- Using the SNAP-Ed Evaluation Framework in Low-Income Nutrition Education and Obesity Prevention Programs
- Using the Framework to Inform Arizona's SNAP-Ed Evaluation Plan
- 2. One on One
- 3. Upcoming events

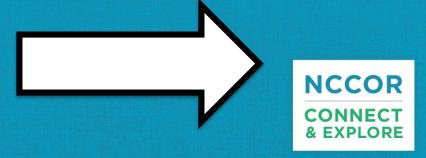
TODAY'S PROGRAM





Need technical assistance? Have a question for our speakers?

Type your question(s) in the chat box located on the right and a representative will respond shortly



Join the conversation on social media #ConnectExplore





Today's Speakers



Elaine Arkin
National Collaborative on
Childhood Obesity
Research



Laurel Jacobs
Lead Evaluator
Arizona SNAP-Ed
The University of Arizona



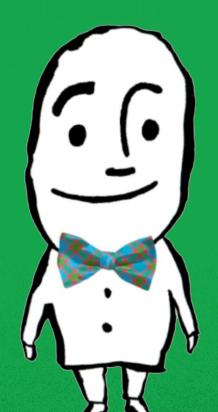
Andy Naja-Riese
Chief, Program Integrity Branch
Supplemental Nutrition
Assistance Program
Food and Nutrition Service
Western Regional Office
U.S. Department of Agriculture



Theresa Le Gros
Evaluator
Arizona SNAP-Ed
The University of Arizona



Interactive Poll







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Using the SNAP-Ed Evaluation Framework in Low-Income Nutrition Education and Obesity Prevention Programs

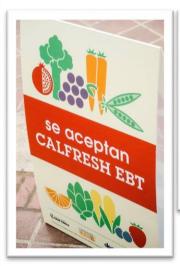
Andy Naja-Riese, MSPH

Chief, Program Integrity Branch
Supplemental Nutrition Assistance Program
Food and Nutrition Service
Western Regional Office
U.S. Department of Agriculture



Learning Goals

- Describe the SNAP-Ed Evaluation Framework
- Understand essential steps in using the SNAP-Ed Evaluation Framework for programs; partnerships; and policies, systems, and environmental (PSE) changes











SNAP-Ed

Public Law 111-296 111th Congress

An Act

To reauthorize child nutrition programs, and for other purposes

Be it enacted by the Senate and House of Representatives of the United States of America in Congress assembled,

SECTION 1. SHORT TITLE; TABLE OF CONTENTS.

(a) SHORT TITLE.-This Act may be cited as the "Healthy, Hunger-Free Kids Act of 2010".

SEC. 241. NUTRITION EDUCATION AND OBESITY PREVENTION GRANT

"(3) Use of funds.—

"(A) IN GENERAL.-A State agency may use funds provided under this section for any evidence-based allowable use of funds identified by the Administrator of the Food and Nutrition Service of the Department of Agriculture in consultation with the Director of the Centers for Disease Control and Prevention of the Department of Health and Human Services, including-

"(i) individual and group-based nutrition education, health promotion, and intervention strategies; "(ii) comprehensive, multilevel interventions at multiple complementary organizational and institutional levels: and

"(iii) community and public health approaches to improve nutrition.





Fifty states, D.C., Guam, and **U.S. Virgin Islands**

Evidence-based direct education; social marketing; policy, systems, and environmental changes to prevent obesity and other diet-related disease

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A Social-Ecological Model for Food and Physical Activity Decisions



Definition of Policy, Systems, and Environmental Changes

- Programs: Activities targeted to individuals or groups to change knowledge or behaviors; typically have a beginning and an end
- Policy: A written statement of an organizational position, decision, or course of action
- <u>Systems</u>: Unwritten, ongoing organization decisions or changes that result in new activities reaching large proportions of people the organization serves
- Environmental Change: Built or physical environments which are visual/observable; may include economic, social, normative, or message environments

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Western Region SNAP-Ed Evaluation Framework





Western Region's
SNAP-Ed Evaluation Framework:
Nutrition, Physical Activity, and
Obesity Prevention Outcomes

Supplemental Nutrition Assistance Program Education
Western Region
Food and Nutrition Service
April 2014



October 1, 2013–September 30, 2014
An estimated 923 policy, systems,
and environmental activities were
reported across Western states.*







Developing the National SNAP-Ed Framework

Developed by practitioners: Framework developed and reviewed by more than 28 state, local, and tribal SNAP-Ed agencies with support and leadership from FNS, NCCOR, FNS, CDC, NIH, ASNNA

Flexible and responsive to practitioners' needs: Feedback provided in half-day workshop during the 2016 ASNNA Winter Conference



Externally reviewed: Draft reviewed by 25 experts during two-day NCCOR workshop, December 2015

Research driven: Input gathered from SNAP-Ed and EFNEP
Centers of Excellence at UNC-Chapel Hill, University of Tennessee,
University of Kentucky, Purdue University, Cornell University,
Colorado State University, and Washington State University

SNAP-ED EVALUATION FRAMEWORK

Nutrition, Physical Activity, and Obesity Prevention Indicators



READINESS & CAPACITY SHORT TERM (ST)

CHANGES MEDIUM TERM (MT)

EFFECTIVENESS & MAINTENANCE LONG TERM (LT)

GOALS AND INTENTIONS

ST1: Healthy Eating

ST2: Food Resource Management

ST3: Physical Activity and Reduced Sedentary Behavior

ST4: Food Safety

BEHAVIORAL CHANGES

MT1: Healthy Eating

MT2: Food Resource Management

MT3: Physical Activity and Reduced Sedentary Behavior

MT4: Food Safety

MAINTENANCE OF BEHAVIORAL CHANGES

LT1: Healthy Eating

LT2: Food Resource Management

LT3: Physical Activity and Reduced Sedentary Behavior

LT4: Food Safety

ENVIRONMENTAL

SETTINGS

EAT, LIVE, WORK, LEARN, SHOP, AND









ST5: Need and Readiness

ST6: Champions

ST7: Partnerships

ORGANIZATIONAL ADOPTION AND PROMOTION

MT5: Nutrition Supports

MT6: Physical Activity and

Reduced Sedentary Behavior

Supports

ORGANIZATIONAL

IMPLEMENTATION AND **EFFECTIVENESS**

LT5: Nutrition Supports Implementation LT6: Physical Activity Supports Implementation

LT7: Program Recognition

LT8: Media Coverage

LT9: Leveraged Resources

LT10: Planned Sustainability

LT11: Unexpected Benefits

SECTORS OF INFLUENCE



MULTI-SECTOR CAPACITY

ST8: Multi-Sector Partnerships and Planning

MULTI-SECTOR CHANGES

MT7: Government Policies

MT8: Agriculture

MT9: Education Policies

MT10: Community Design and

Safetv

MT11: Health Care

Clinical-Community Linkages

MT12: Social Marketing

MT13: Media Practices

MULTI-SECTOR IMPACTS

LT12: Food Systems

LT13: Government Investments

LT14: Agriculture Sales and Incentives

LT15: Educational Attainment

LT16: Shared Use Streets and Crime

Reduction

LT17: Health Care Cost Savings

LT18: Commercial Marketing of Healthy

Foods and Beverages

LT19: Community-Wide Recognition

Programs

POPULATION RESULTS (R)

TRENDS AND REDUCTION IN DISPARITIES

R1: Overall Diet Quality

R2: Fruits & Vegetables

R3: Whole Grains

R4: Dairy

R5: Beverages

R6: Food Security

R7: Physical Activity and

Reduced Sedentary Behavior

R8: Breastfeeding

R9: Healthy Weight

R10: Family Meals

R11: Quality of Life

Evaluation Questions

Individual: To what extent does SNAP-Ed programming improve and sustain participants' dietary and physical activity behaviors?

Environmental: To what extent does SNAP-Ed programming create and sustain access and appeal for improved dietary and physical activity choices in the settings where people eat, learn, live, play, shop, and work?

Sectors of Influence: To what extent is SNAP-Ed programming working with other sectors to collectively impact lifelong healthy eating and active living in low-income communities?

Population Results: To what extent does SNAP-Ed programming improve the low-income population's achievement of the *Dietary Guidelines for Americans* recommendations and other health risk behaviors compared to the general population?

Social and Cultural Norms and Values: To what extent do community-level obesity prevention strategies impact the public's priorities, lifestyle choices, and values for healthy living?



The ABCDs of PSEs

- Assessments done of need and organizational readiness
- Buy-in obtained from key decision-makers, leaders, champions, and partners
- Changes made and take effect and are evaluated for effectiveness; mid-course changes occur
- Disparities based on race/ethnicity, income, geography, and others reduced
- Sustainability assured to endure new leadership and resource availability

Individual Level



- Participant behavioral changes resulting from nutrition education and physical activity programs
- Pre- and post-evaluation



Environmental Settings



- Policy, systems, environmental changes, and promotion in the places where we eat, learn, live, play, shop, and work
- Reach, adoption, implementation, effectiveness, and maintenance



Sectors of Influence



COMMUNITY CAPACITY

ST8: Multi-Sector Partnerships and Planning

COMMUNITY CHANGES

MT7: Government Policies

MT8: Agriculture

MT9: Education Policies

MT10: Community Design and Safety

MT11: Health Care

Clinical-Community Linkages

MT12: Social Marketing

MT13: Media Practices

COMMUNITY BENEFITS

LT12: Food Systems

LT13: Government Investments

LT14: Agriculture Sales and Incentives

LT15: Educational Attainment

LT16: Shared Use Streets and Crime

Reduction

LT17: Health Care Cost Savings

LT18: Commercial Marketing of Healthy

Foods and Beverages

LT19: Community-wide Recognition

Programs

- Changes made at the local (neighborhood, city, town, county), state, tribal, or territorial levels
- Changes involve multiple sectors



Population Results

DIETARY, PHYSICAL ACTIVITY
RECOMMENDATIONS, AND HEALTH
R1: Overall Diet Quality
R2: Fruits & Vegetables
R3: Whole Grains
R4: Dairy
R5: Beverages
R6: Food Security
R7: Physical Activity and Reduced
Sedentary Behavior
R8: Breastfeeding
R9: Healthy Weight
R10: Family Meals

R11: Quality of Life

Data Source	Web link:
Nutrition, Physical Activity and	nccd.cdc.gov/NPAO_DTM/
Obesity: Data, Trends, and Maps	
State of Obesity	stateofobesity.org/
County Health Rankings	www.countyhealthrankings.org/
Chronic Disease Indicators	www.cdc.gov/cdi/index.html
Behavioral Risk Factor Surveillance System	www.cdc.gov/brfss/index.html
Youth Risk Behavior Surveillance System	www.cdc.gov/healthyyouth/data/yrbs/index.htm
Community Commons	www.communitycommons.org

- Low-income population's achievement of recommendations put forth in the Dietary Guidelines for Americans (DGA) and Physical Activity Guidelines for Americans (PAGA), and their associated health status
- Reduction in disparities



Interpretive Guide Format

- Framework Component: Readiness and capacity changes, effectiveness and maintenance, population results
- Indicator Description: Purpose of the indicator
- Background and Context: Summary of when the indicator should be used and why it is relevant to SNAP-Ed
- Outcome Measures: The desired benefits, improvements, or achievements of a specific program or goal. Each indicator has multiple outcome measures.
- What to Measure: Guidance on survey questions or other data collection methodologies (e.g., interviews or direct observation) when not using surveys
- Population: Subgroup for which this indicator is relevant
- Surveys and Data Collection Tools: Data collection tools or instruments with live links and sample questions



Using the SNAP-Ed Evaluation Framework

Step 1:

 Reflect on your goals and objectives and state or local needs assessment results.

Step 2:

 Review the framework diagram to identify which indicators overlap with your goals and objectives.

Step 3:

 Familiarize yourself with the terms used in the glossary to understand the language of the framework.



Using the SNAP-Ed Evaluation Framework

Step 4:

 Develop a set of criteria for selecting indicators for your state or local project.

Step 5:

 Choose one or more indicators for your monitoring and evaluation plan.

Step 6

Study the indicator write-ups for your selected indicators.



Using the SNAP-Ed Evaluation Framework

Step 7:

Select appropriate outcome measures for each indicator.

Step 8:

 Communicate your intended outcomes to senior management and stakeholders.

Step 9

Implement your training and technical assistance plans.



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Practitioner Stories

SNAP-ED EVALUATION FRAMEWORK Practitioner Stories

As an accompaniment to the SNAP-Ed Evaluation Framework Interpretive Guide, the Food and Nutrition Service (FNS), in partnership with the National Collaborative on Childhood Obesity Research and the Association of SNAP Nutrition Education Administrators, produced this collection of vignettes. The stories describe how SNAP-Ed agencies have used the evaluation framework, as told by practitioners themselves. Since there is no single way to apply the framework, it is important to make the framework work for your agency. This document presents exemplars that are ordered strategically to illustrate comprehensive approaches through broad application of the framework followed by narratives that reference specific aspects or indicators. Overall, the vignettes focus on the creation of statewide evaluating and reporting systems, explain how the evaluation framework informed the development of state and local work plans, and highlight ways that the SNAP-Ed Evaluation Framework helps to communicate program evaluation results to stakeholders.

FNS intends to grow this collection over time as more states incorporate the evaluation framework into their State SNAP-Ed Plans. For consideration, please share your brief vignettes (approximately 150 words) on how the evaluation framework has inspired your state or agency with your Regional SNAP-Ed Coordinator.

PE-Nut™: A Whole-school Intervention for Healthy Eating and Physical Activity

State: Michigan. Agency Type: Non-profit. Food and Nutrition Service Region: Midwest.



Developed by the Michigan Fitness Foundation, PE-Nut™ is a multi-component, wholeschool intervention that focuses on health behavior changes at both the classroom and school levels as well as in the home. In doing so, the program provides both teacher and student input on those changes.

Each of the four program components was developed to teach children why and how to make healthy food choices, the importance of physical activity, and the skills necessary to be active for life. One of the components, Healthy Classrooms, Healthy Schools, focuses on transforming the classroom environment through healthy snack policies; healthy school meal and vending machine

options; visual cues and messaging in the classroom and throughout the school; role modeling by teachers and students; classroom policies for not using food as rewards; and healthy classroom party policies. These serve as examples that collectively result in positive shifts in social norms that are prevalent in schools.

Program outcome evaluations have built the evidence base with indicators that match those in the SNAP-Ed Evaluation Framework to establish the PE-Nut™ program as a best practice intervention for increasing student consumption of healthy foods and physical activity. The success of PE-Nut™ comes from its multi-level approach to interventions. More specifically, the activities not only teach nutrition concepts and promote physical activity, but they also offer opportunities for students to apply what they learn by trying healthy foods and by being physically active throughout the day. Sending the messages into the home helps to ensure a long-lasting impact.



Next Steps

Dissemination and Social Media:





Evaluation Framework Questions?

<u>SNAPEdEvaluationFramework@fns.usda.gov</u>

Become a Framework Ambassador!

<u>SNAPEdEvaluationFramework@fns.usda.gov</u>

Training, Tools, and Technical Assistance

<u>SNAPEd.fns.usda.gov/national-snap-ed/snap-ed-evaluation-framework-and-interpretive-guide</u>



Contact Information



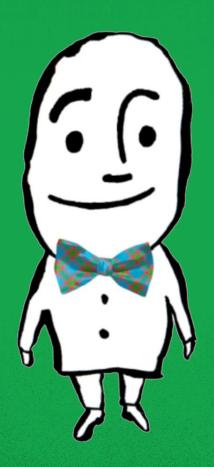
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Questions?

Please type your question(s) in the chat box located on the right.







Using the Framework to Inform Arizona's SNAP-Ed Evaluation Plan

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Arizona SNAP-Ed
The University of Arizona

Theresa Le Gros, M.A.
Evaluator
Arizona SNAP-Ed
The University of Arizona



Arizona SNAP-Ed

- New 3- to 5-year work plans
- Rural and urban, international border, 4th largest U.S. county, 20 registered tribes
 - Local agencies:
 - Seven county health departments
 - One cooperative extension
 - Focus areas: Food Systems, Active Living, School Health, Early Childhood, Direct Education
 - New evaluator: The University of Arizona







An Evaluation Plan for Arizona's Multilevel Approach

SOCIAL& CULTURAL NORMS & VALUES

- Belief Systems
- Traditions
- Heritage
- Religion
- Priorities
- Lifestyle
- Body Image

SECTORS

Systems

- Government
- Education
- Health Care
- Transportation

Organizations

- Public Health
- Community
- Advocacy

Businesses & Industries

- Planning & Development
- Agriculture
- Food & Beverage
- Manufacturing
- Retail
- Entertainment
- Marketing
- Media

SETTINGS

- Homes
- Early Care & Education
- Schools
- Worksites
- Recreational Facilities
- Food Service & Retail Establishments
- Other Community Settings

INDIVIDUAL FACTORS

Demographics

- Age
- Sex
- Socioeconomic Status
- Race/Ethnicity
- Disability

Other Personal Factors

- Psychosocial
- Knowledge & Skills
- Gene-Environment Interactions
- Food Preferences

FOOD & BEVERAGE INTAKE

PHYSICAL ACTIVITY

Where to begin?

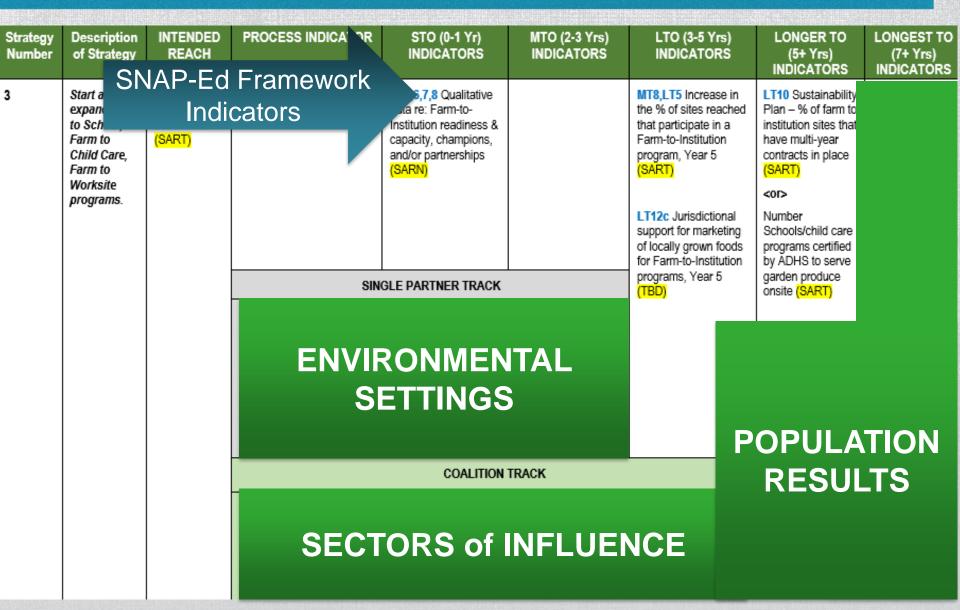
= HEALTH OUTCOMES



A Social-Ecological Model for Food and Physical Activity Decisions



Arizona Uses the SNAP-Ed Framework's Levels



SNAP-ED EVALUATION FRAMEWORK

Nutrition, Physical Activity, and Obesity Prevention Indicators

READINESS & CAPACITY **SHORT TERM (ST)**

CHANGES MEDIUM TERM (MT) **EFFECTIVENESS & MAINTENANCE**

LONG TERM (LT)

KAN-Q Youth Survey
Adult FBC & On the Go

LT1: Healthy Eating

LT2: Food Resource Management

MAINTENANCE OF BEHAVIORAL CHANGES

LT3: Physical Activity and Reduced Sedentary Behavior

LT4: Food Safety

ENVIRONMENTAL SETTINGS WORK, LEA SHOP, AND PLAY

Go NAPSACC WellSAT 2.0 Summer Food Checklist

GANIZATIONAL LEMENTATION AND ECTIVENESS

Nutrition Supports Implementation

Physical Activity Supports Implementation

Program Recognition

Media Coverage

Leveraged Resources

LT10: Planned Sustainability

LT11: Unexpected Benefits

SECTORS OF INFLUENCE

MULTI-SECTOR CAPACITY

Wilder Inventory MULTI-SECTOR CHANGES

MT7: Government Policies

MT8: Agriculture

MT9: Education Policies

MT10: Community Design and Safety

MT11: Health Care

Clinical-Community Linkages

MT12: Social Marketing

MT13: Media Practices

MULTI-SECTOR IMPACTS

LT12: Food Systems

LT13: Government Investments

LT14: Agriculture Sales and Incentives

LT15: Educational Attainment

LT16: Shared Use Streets and Crime

Reduction

LT17: Health Care Cost Savings

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TRENDS AND REDUCTION IN DISPARITIES

R1: Overall Diet Quality

R2: Fruits & Vegetables

R3: Whole Grains

R4: Dairy

R5: Beverages

R6: Food Security

R7: Physical Activity and

Reduced Sedentary Behavior

R8: Breastfeeding

R9: Healthy Weight

R10: Family Meals

R11: Quality of Life

CHANGES IN SOCIETAL NORMS AND VALUES

Lessons Learned

Our best evaluations can change programming.

Some
evaluations are
thornier than others
(School Health).

Stakeholders support the evaluation plan when our methods are responsive and the data are actionable.

NCCOR CONNECT & EXPLORE

Created by Scott Lewis
Created by Federico Panzand
from Noun Project

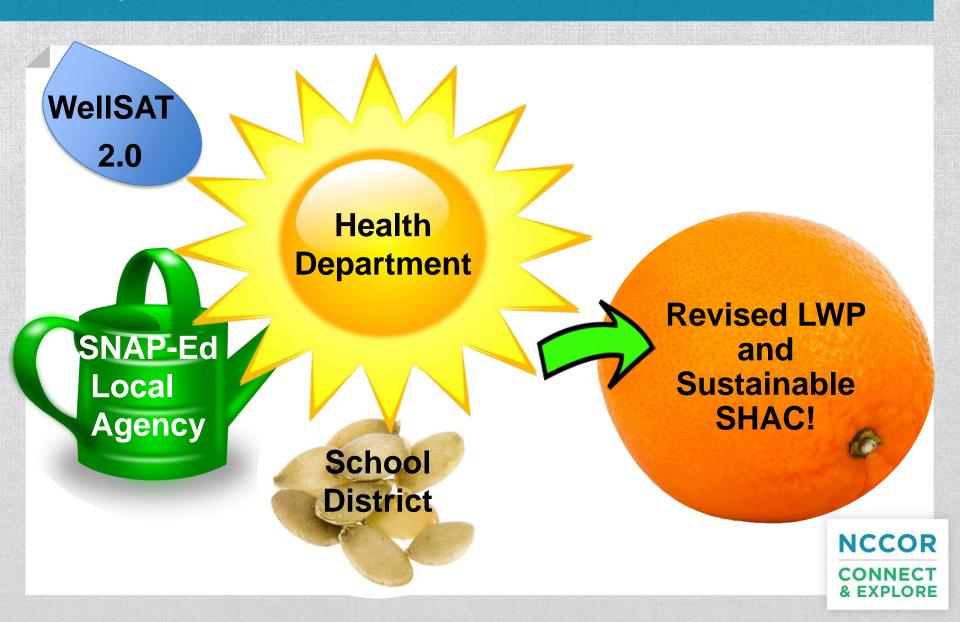
Created by Lara

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CONNECT & EXPLORE

Early Success for School Health SETTINGS





For more information about our work, visit us at nutritioneval.arizona.edu/



Contact Information



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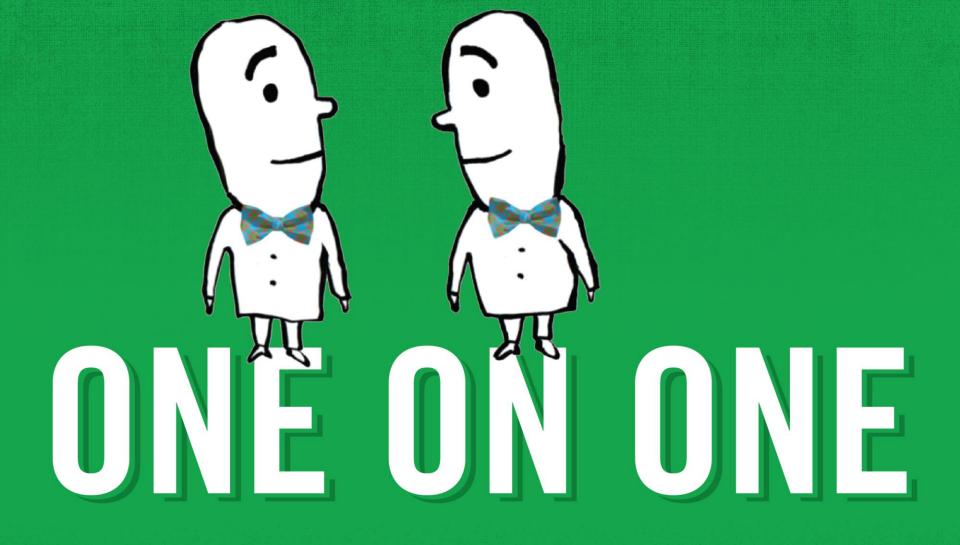
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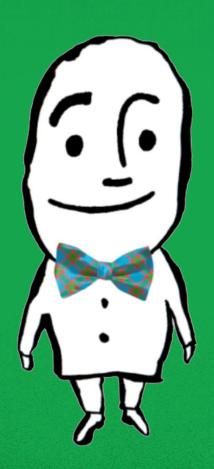


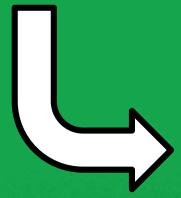




Questions?

Please type your question(s) in the chat box located on the right.







One on One

Question:

In addition to building upon the evaluation plan's selected indicators with more data to evaluate progress year to year, is it expected that states would choose additional indicators to measure?

One on One

Question:

How can you use the SNAP-Ed Evaluation Framework to evaluate the effectiveness of partnership activities?

One on One

Questions from the Audience

24 25

26 27

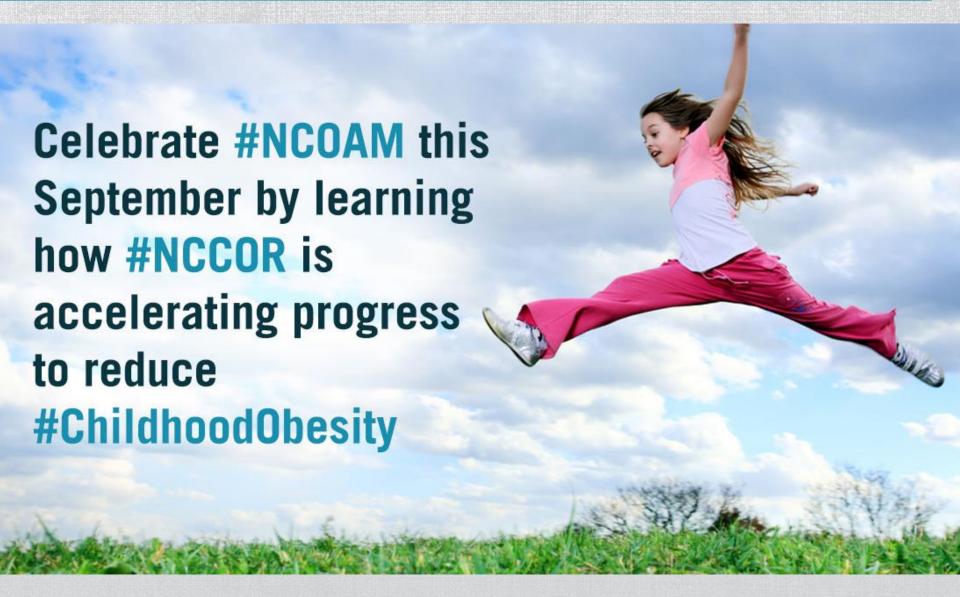


Next Connect & Explore: September 8

SNAP-Ed Evaluation Framework: Strategies and Tools for Measuring the Priority Indicators

- September 8, 2016
 - 3:00–4:15 p.m. ET / noon–1:15 p.m. PT
- Guest speakers include:
 - Jean Butel, MPH, Junior Researcher, RNECE-PSE Milestone Project Manager and CHL Intervention Coordinator, College of Tropical Agriculture and Human Resources, University of Hawaii at Mānoa
 - Lauren Whetstone, Ph.D., Project Scientist, Nutrition Education and Obesity Prevention Unit, Nutrition Policy Institute, University of California Agriculture and Natural Resources
 - Heidi LeBlanc M.S., CFCS, Food \$ense Director, Utah State University

Support Our Thunderclap



Further Questions?

Other questions about NCCOR or upcoming activities?

Email the NCCOR Coordinating Center at nccor@fhi360.org













ABOUT PROJECTS TOOLS RESOURCES PUBLICATIONS EVENTS



NCCOR Communications

Infographics

NCCOR Videos

NCCOR Webinars

RESOURCES FROM MEMBERS

Interventions

Surveillance

Research and Evaluation

Leadership

Non-Health Partners

Other Resources



HAVE SOMETHING TO SAY? JOIN THE

CONVERSATION



NCCOR Overview Booklet

Learn about the National Collaborative on Childhood Obesity Research and its activities.





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CHECK OUT OUR BLOG



READ ABOUT OUR UPCOMING FUNDING OPPORTUNITIES



Acknowledgements

Interpretive Guide Authors

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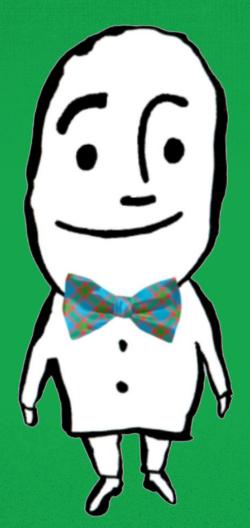
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Kacie O'Brien

Nancy Ranieri

Anita Sing





Thank you!

