

# Measuring Outcomes in Nutrition and Physical Activity Education



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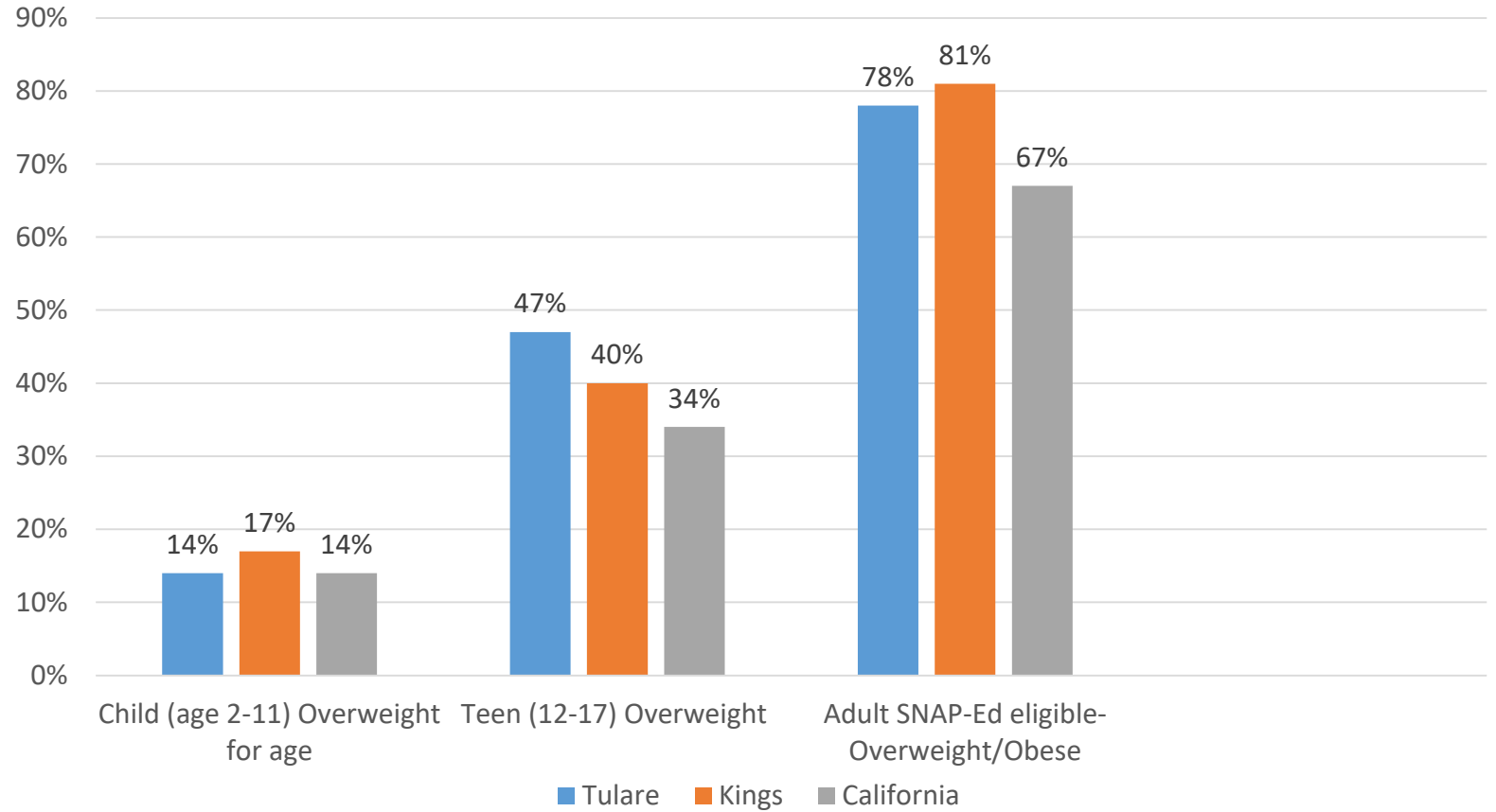
## A Pilot Project:

# Integrating Bailoterapia (dance therapy) in CalFresh Healthy Living, UC Program, Kings County

## **OVERVIEW**

- ✓ Issue
- ✓ Background about the Pilot
- ✓ Approach to Measuring Outcomes
- ✓ Actual Measured Outcomes
- ✓ Dissemination of Findings
- ✓ Lessons Learned

# Issue – Overweight/Obesity Prevalence in Tulare/Kings Counties



# Background: Pilot Project (7/13/18 to 4/30/19)

- ✓ **What is bailoterapia?** A dance exercise !
- ✓ **Purpose:** Increase knowledge, skills, behaviors related to healthy eating and physical activity.
- ✓ **Resources:** time, commitment, funding, collaboration included three organizations: UCCE Kings County implemented and evaluated the pilot, Family HealthCare Network (FHCN) provided resources such as music system, promotora training & liability, and Corcoran Family Resource Center (FRC) provided space, child care, and connected families to the program.
- ✓ **Activities:** weekly classes, 20 minutes of nutrition education on healthy eating and physical activity topics, 30 minutes of dance exercise, 10 minutes of evaluation, and efforts to identify a promotora-community champion.



# Background: Pilot Project

- ✓ **Timeline:** 10 months from July 13, 2018 to April 30, 2019.
- ✓ **Participants:** Limited resources families, majority of participants were Hispanic Latino ethnicity between the ages of 18 and 59.
- ✓ **Quantitative Data Collection & Analysis :** 1) 141 Intent-to-Change (ITC) surveys examined participants' current practices and intentions on a variety of topics : physical activity, food groups, breakfast, sweetened beverages, fruits, vegetables, dairy, grains, portion size, and fast food. 2) Adult Physical Activity Survey (APAS) pre-post (n=8).
- ✓ **Qualitative Data Collection & Analysis:** Two focus groups were conducted with Bailoterapia dance exercise participants (n=13) and key community partners (n=7); Thematic analysis.

# Approach to Measuring Outcomes

- ✓ SNAP-Ed evaluation framework
- ✓ Theory of change model
- ✓ Connect to Goals/Objectives and ANR Strategic Initiative

# SNAP-ED EVALUATION FRAMEWORK

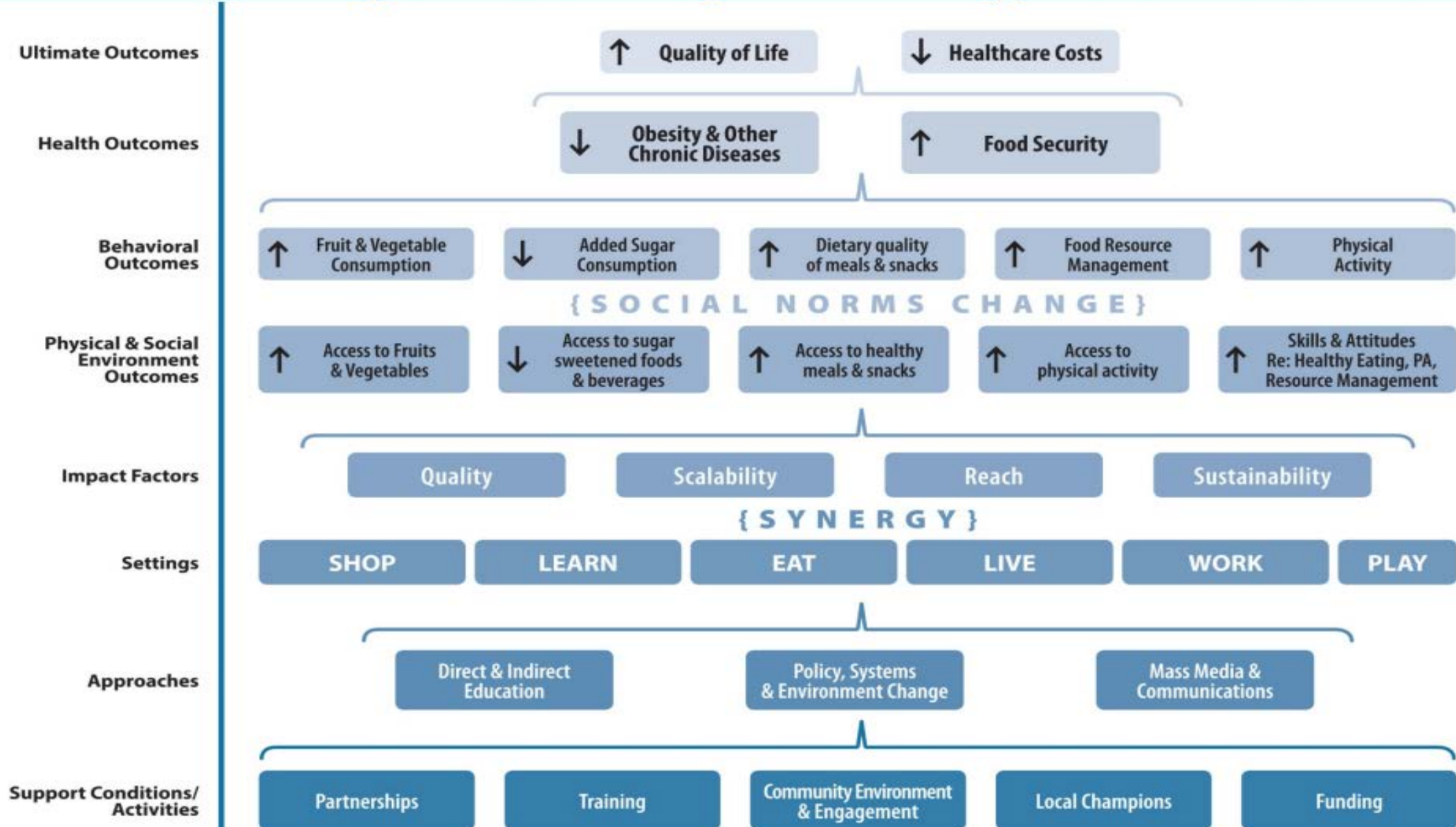
Nutrition, Physical Activity, and Obesity Prevention Indicators

	READINESS & CAPACITY SHORT TERM (ST)	CHANGES MEDIUM TERM (MT)	EFFECTIVENESS & MAINTENANCE LONG TERM (LT)	
<b>INDIVIDUAL</b> 	<b>GOALS AND INTENTIONS</b> ST1: Healthy Eating ST2: Food Resource Management ST3: Physical Activity and Reduced Sedentary Behavior ST4: Food Safety	<b>BEHAVIORAL CHANGES</b> MT1: Healthy Eating MT2: Food Resource Management MT3: Physical Activity and Reduced Sedentary Behavior MT4: Food Safety	<b>MAINTENANCE OF BEHAVIORAL CHANGES</b> LT1: Healthy Eating LT2: Food Resource Management LT3: Physical Activity and Reduced Sedentary Behavior LT4: Food Safety	<b>POPULATION RESULTS (R)</b>  <b>TRENDS AND REDUCTION IN DISPARITIES</b> 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
<b>ENVIRONMENTAL SETTINGS</b> EAT, LIVE, WORK, LEARN, SHOP, AND PLAY 	<b>ORGANIZATIONAL MOTIVATORS</b> ST5: Need and Readiness ST6: Champions ST7: Partnerships	<b>ORGANIZATIONAL ADOPTION AND PROMOTION</b> MT5: Nutrition Supports MT6: Physical Activity and Reduced Sedentary Behavior Supports	<b>ORGANIZATIONAL IMPLEMENTATION AND EFFECTIVENESS</b> LT5: Nutrition Supports Implementation LT6: Physical Activity Supports Implementation LT7: Program Recognition LT8: Media Coverage LT9: Leveraged Resources LT10: Planned Sustainability LT11: Unexpected Benefits	
<b>SECTORS OF INFLUENCE</b> 	<b>MULTI-SECTOR CAPACITY</b> ST8: Multi-Sector Partnerships and Planning	<b>MULTI-SECTOR CHANGES</b> 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	<b>MULTI-SECTOR IMPACTS</b> 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 IN SOCIETAL NORMS AND VALUES

# SNAP-Ed in California

## Complete Theory of Change Model





# Outcomes Measured & Results

	Short-Term	Medium-Term	Long-Term	UC Condition Change
Individual Level	Goals and Intention - Participants motivated to change - Increased knowledge about healthy eating and physical activity	Behavioral Changes - Increased skills & positive behavioral changes related to healthy eating and physical activity.	Effectiveness & Maintenance - Maintenance - Follow-up	Public Value: - Promoting healthy people and communities.
Environmental Level	Organizational Motivators - Need - Partnerships-capacity, funding, expertise. - Community champion	Organizational adoption and promotion - Individual organizations' role/responsibilities	Organizational implementation & Effectiveness - Program Sustainability - Program Success - Follow-up	Condition change: - Improved community health and wellness.

# Lessons Learned

## Before the Program

- ✓ Needs assessment is important!
- ✓ Program planning-a must!
- ✓ -clear goals/objectives
  - evaluation planning
  - capacity, funding, expertise
  - condition change is long-term.
- ✓ Evaluation framework and theory of change model matters.
- ✓ IRB considerations- ensure that interview protocol and consent forms are in participants' language.
- ✓ Involve experts when developing interview protocol.

## During Program Implementation

- ✓ Process evaluation is helpful for program monitoring, modification, & effectiveness.
- ✓ Evaluation tools-ensure information is completed by the participants.
- ✓ Quantitative evaluation posed a challenge- participants rushed.

## After the Program

- ✓ Evaluation- what worked and areas for improvement.
- ✓ Partnerships are critical for obesity prevention efforts.
- ✓ Regular meetings-anchor organization!
- ✓ Motivated nutrition educator-know your participants social & cultural norms.
- ✓ Dissemination of findings to the funders and at the local, state, national level.

# Dissemination of Findings

## Collaborators:

Deepa Srivastava, Ph.D., Vikram Koundinya, Ph.D., Angie Keihner, MS, Michele Nicole Byrnes, MPH.

- ✓ UC Delivers
- ✓ Poster presentations
- ✓ CFHL, UC Newsletters
- ✓ Sharing findings with the community partners
- ✓ Conference abstracts-in process
- ✓ Journal article-in process

Have a Fruitful & Active Holiday Season!  
Thank you!

