CalFresh Healthy Living, University of California
NPI Brownbag 6/30

Bringing the resources, expertise and commitment of UC to local communities
CFHL, UC Team Members

• Kamal Khaira, Program Director
• Barbara MkNelly, Evaluation Analyst
• MaryAnn Mills, Program Team Manager
Who’s on the Call?

• Type into the chat box:
  • Name
  • How long you’ve worked for NPI
  • A major project you work on/area of focus
Poll: Who Works in SNAP-Ed?

- Do you currently work on SNAP-Ed programming/evaluation?
  - Yes
  - No

1. Join a Zoom meeting as a participant.
2. Click the Participants button.
3. Click one of the icons to provide feedback to the host. Click the icon again to remove it.

Note: You can only have one icon active at a time.
SNAP-Ed Mission

Educational strategies, accompanied by environmental supports, designed to facilitate voluntary adoption of food and physical activity choices and other nutrition-related behaviors among the SNAP-Ed target audience.

- Improve nutrition
- Increase physical activity
- Maintain appropriate calorie balance during each stage of life
CalFresh Healthy Living Mission

Supports healthy, active and nourished lifestyles by teaching Californians about good nutrition and how to stretch their food dollars, while also building partnerships in communities to make the healthy choice, the easy choice.
CalFresh Healthy Living, UC Mission

University of California teaches people eligible for SNAP about good nutrition, how to make their food dollars stretch further, and how to be physically active at any age. Effective, evidenced-based nutrition education and physical activity classes are aligned with policy, systems and environmental change strategies to create long lasting community change.
CFHL, UC Infrastructure

CalFresh Healthy Living, UC
Based out of UC Davis

Delivers obesity prevention programming to adults, families and youth in 32 unique counties through

University of California Cooperative Extension (UCCE) Offices

University of California Agriculture and Natural Resources (UC ANR)

2021 UC ANR Award: ~$12 million
Delivered by UCCE teams in 32 counties (16 County Clusters)
• 9 Nutrition & Family/Youth Advisors – not SNAP-Ed funded
• 21 Supervisors/Managers
• ~120 Community Educators

• Partnerships with 4-H, Master Gardeners, EFNEP
By the Numbers – FFY2019

• ~140 ANR Employees or 15% of 910 total (as of 1/20)
• > 2,500 extenders – classroom teachers, afterschool and preschool staff help deliver program
• 1,150 delivery sites
  • most commonly schools (450) and ECEs (298).
• Almost 100,000 direct education participants
• Policy Systems and Environmental Changes adopted reaching >175,000 people at almost 400 sites
  • Most commonly increased or improved opportunities for structured physical activity and edible gardens
QUESTIONS
CFHL, UC Program
Chat In…

• What do you already know about our program and the services we provide?
**CFHL, UC Settings**

- Early Child Education (ECE)
- Schools
  - Before & After School
- Community
  - Public Housing
  - Food Pantries
  - Community Centers
Comprehensive Programming

Direct Education

FOOD & BEVERAGE INTAKE

PHYSICAL ACTIVITY

Policy, Systems, Environmental Changes

HEALTH OUTCOMES
ECE Setting

Wellness Policy

Mealtime:
- Smarter Mealtimes
- Taste Tests
- Water Access and Appeal

Classroom:
- Evidence-Based Nutrition Education
- Teacher training

Community:
- Parent Education
- Parent Engagement

Physical Activity
- Evidence-based PE Curriculum
- Stencils
- Active Recess

Garden
- Evidence-based education
School Setting

Youth Engagement
- Youth Leadership
- YPAR

Cafeteria:
- Smarter Lunchrooms
- Taste Tests
- Water Access and Appeal
- Food Waste Reduction

Community
- Parent Education
- Parent Engagement

Physical Activity
- Evidence-based PE Curriculum
- Stencils
- Active Recess

School Wellness Policy

Classroom:
- Evidence-Based Nutrition Education
- Teacher Training

Garden
- Evidence-Based Education
Community Setting

**Wellness Policy**
- Nutrition Standards

**Education:**
- Evidence-Based Nutrition Education
- Food Resource Management
- Recipe demonstrations

**Physical Activity**
- Walking Groups
- PA Breaks

**Gardens**
- Evidence-Based Education
COVID-19 Response

• Maintaining Relationships
• Virtual Direct Education:
  • Flipped classroom approach
  • Live virtual lessons
  • Delivery through a teacher extender
• Indirect Education
• School Food Service Support
• Gardens
QUESTIONS
Program & Evaluation
Practitioner Oriented

- Have recommended evaluation tools and SMART Objectives (when relevant) for:
  - Curricula,
  - Youth Engagements Approach, and
  - Policy Systems & Environmental (PSE) Strategies

- Available [here](#)

- Evaluation expectations increase with [funding level](#)
# SNAP-ED EVALUATION FRAMEWORK

**Nutrition, Physical Activity, and Obesity Prevention Indicators**

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<th>Individual</th>
<th>Environmental Settings</th>
<th>Sectors of Influence</th>
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<td><strong>Organizational Motivators</strong></td>
<td><strong>Multi-Sector Capacity</strong></td>
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<td>Short Term (ST)</td>
<td>Medium Term (MT)</td>
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<td><strong>Goals and Intentions</strong></td>
<td><strong>Behavioral Changes</strong></td>
<td><strong>Maintenance of Behavioral Changes</strong></td>
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<td>ST1: Healthy Eating</td>
<td><strong>Medium Term (MT)</strong></td>
<td>LT1: Healthy Eating</td>
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<td><strong>Behavioral Changes</strong></td>
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<td>ST3: Physical Activity and Reduced Sedentary Behavior</td>
<td><strong>Medium Term (MT)</strong></td>
<td>LT3: Physical Activity and Reduced Sedentary Behavior</td>
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<td>ST4: Food Safety</td>
<td><strong>Behavioral Changes</strong></td>
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<td><strong>Organizational Adoption and Promotion</strong></td>
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<tr>
<td>MT5: Nutrition Supports</td>
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<td>MT6: Physical Activity and Reduced Sedentary Behavior Supports</td>
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<td>LT6: Physical Activity Supports Implementation</td>
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<td>LT7: Program Recognition</td>
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<td>LT8: Media Coverage</td>
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<td>LT11: Unanticipated Benefits</td>
<td><strong>Organizational Implementation and Effectiveness</strong></td>
<td>LT14: Agriculture Sales and Incentives</td>
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**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: Broadbanding
- R9: Healthy Weight
- R10: Family Meals
- R11: Quality of Life
Range of evaluation tools

• **Short-term**
  - Taste Test Tool – originally classroom now large group often cafeteria
  - Intent to Change – 2 Qs

• **Medium-term**
  - Participant pre/post survey
  - Teacher observation – students and their own behaviors

• **Environmental Assessment**
  - Smarter Lunchrooms Movement (SLM) scorecard
  - Stencil and garden assessment
  - NPI – Site Level Assessment Questionnaires (SLAQ)
Large group taste test tool
COVID-19 Response - Evaluation

- A lot of end of school year “post” data not possible
- Increased attention to analysis of participant “pre” data
- Some new methods used – telephone interview, online collection
- New evaluation question impact of COVID-19 on CFHL, UC services
QUESTIONS
Examples of Collaboration

ANR System-Wide Committees/Workgroups
  • Serving together with NPI

California SNAP-Ed Evaluation
  • Both members of statewide working groups – share evaluation tools and reporting guidance

Initiatives and Resources
  • Food Waste Reduction Campaign
  • Community referral template

Piloting New Approaches:
  • Team Up for Good Health Curriculum
  • Site Level Assessment Questionnaires (SLAQ)
Chat or speak other ideas you have that might be promising for additional collaboration
Thank You!

Kamal Khaira - kjkhaira@ucdavis.edu
MaryAnn Mills - mamills@ucdavis.edu
Barbara MkNelly – bmknelly@ucdavis.edu