

# 2015 NATIONAL COORDINATOR'S CONFERENCE

EXPANDED FOOD AND NUTRITION EDUCATION PROGRAM (EFNEP)



## Interpreting the Diet Summary Report

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**HYATT REGENCY CRYSTAL CITY**  
2799 JEFFERSON DAVIS HWY, ARLINGTON, VA  
MARCH 16-19, 2015



**EFNEP**  
Expanded Food and Nutrition Education

# WebNEERS

- How does it compare to other diet analysis programs?
- We have a gold mine. Excellent source of info. A tremendous asset for EFNEP.
- Cost for diet analysis at a clinic. \$300-500. We are able to offer at no cost to participants.
- Learning WebNEERS reports' strengths and weaknesses will give confidence.

## Goal

- ◆ Encourage more use of the Diet Summary Report

## Objectives

- ◆ Coordinator uses report for educator training opportunities.
- ◆ Coordinator identifies best approach for reporting to legislators
- ◆ Coordinator learns 3 quick ways to help educator identify good diets of participants.
- ◆ Coordinator understands why report has inconsistencies.


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HYATT REGENCY CRYSTAL CITY  
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### 3 Quick Indicators of good recalls

How can you use this DSR report to learn if your educators are collecting quality recalls? Assume you are at the State EFNEP Office and are not available to do site visits with all your educators.

1. Calories
2. Number of foods
3. SoFAS

### 3 Quick Indicators of good recalls

How can you use this report to learn if your educators are collecting quality recalls?

1. Looking at total calories [Part II] is one fast way to check.
2. Check number of food items on the Recall List Report .

Recalls with too few calories are termed 'biologically implausible'. This means insufficient calories to sustain physiological status.

Talk to educators. A good training opportunity. Look for 1800 kcals minimum.

# 2 Quick Indicators of good recalls: calories, Part II

Good recall = accurate

3. Ranges of Caloric Intake

	<1400	36.1%		41.7%
	1401-1800	25%		22.2%
	1801-2000	2.8%		5.6%
	2001-2200	11.1%		8.3%
	2201-2400	5.6%		0%
	>2400	19.4%		22.2%

## 2 Quick Indicators of good recalls: calories

Female, sedentary

19-25 yr 2000 calories/day

26-50 1800

3. Ranges of Caloric Intake

<1400	36.1%		41.7%
1401-1800	25%	<b>Red flag</b>	22.2%
1801-2000	2.8%		5.6%
2001-2200	11.1%		8.3%
2201-2400	5.6%		0%
>2400	19.4%		22.2%



## 2 Quick Indicators of good recalls: calories, Part II

Female, sedentary

19-25 yr 2000 calories/day

26-50 1800

3. Ranges of Caloric Intake				
	<1400	36.1%		41.7%
61% of recalls are not biologically plausible	1401-1800	25%		22.2%
	1801-2000	2.8%		5.6%
	2001-2200	11.1%		8.3%
	2201-2400	5.6%		0%
	>2400	19.4%		22.2%

Recall List Report can offer guidance: sort by educator

		# foods		Calories/day
9983 - F Age 20				
10/07/2013 Entry		9	30 - 60 minutes	1309.9
11/25/2013 Exit	Red flag	6	30 - 60 minutes	1808.1
9984 - F Age 41				
10/07/2013 Entry		8	More than 60 minutes	834.8
11/25/2013 Exit		7	More than 60 minutes	1151.3

# 3 Quick Indicators of good recalls: SoFAS, Part IV

## IV. Healthy Eating Index Summary

A. Healthy Eating Index component and total scores (11 adult(s), 100%)

	Maximum Points	Entry		Exit	
		Mean	+/- STDDEV	Mean	+/- STDDEV
Total Fruits (includes 100% juice)	5	4	1.6	4.3	1.2
Whole Fruit (not juice)	5	3.9	1.9	4.5	1.4
Total Vegetables	5	3	1.4	3.1	1.5
Dark Green and Orange Vegetables and Legumes	5	0.5	1.4	1.3	1.8
Total Grains	5	4.1	1	4.9	0.2
Whole Grains	5	0.6	0.7	1.9	1.9
Milk	10	5.2	3.8	5.7	3.8
Meat and Beans	10	8.7	1.7	7.9	2.9
Oils	10	6.7	3.8	4	3.6
Saturated Fat	10	3.8	3.8	4.7	4
Sodium	10	4.2	3.1	2.1	2.9
Calories from Solid Fats, Alcoholic beverages, and Added Sugars (SoFAAS)	20	18	3.2	18.4	2
Total	100	62.9	10.5	63	11

Not reality. Does this high score reflect omissions on recalls? Check recalls for "additions".



B. Healthy Eating Index Total Score Distribution (11 adult(s), 100%)

	Entry Average	Exit Average
0-50 (poor)	18.2%	18.2%
51-80 (needs improvement)	72.7%	81.8%
81-100 (good)	9.1%	0%

## V. Selection

Number	Percent	Region
11	100%	Los Angeles County

# 3 Quick indicators of good recalls: SoFAS, Part I

SoFAS = Solid Fats & Added Sugars

Recommendation: As few as possible, but no more than 19% of calories

8. Solid Fats and Added Sugars (SoFAS):	Mean consumed at Entry and Exit	364 calories	207.4	396 calories	386.9
	<10 % of Calories	3%		11%	
	10-15 % of Calories	39%		19%	
	16-20 % of Calories	19%		25%	
	21+ % of Calories	39%		44%	
	Percent with Positive Change at Exit			56%	

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	21+ % of Calories	39%		44%	
	Percent with Positive Change at Exit			56%	

When I see 61% of participants have better than the recommendation for SoFAS, I see a recall problem ie. a training problem.

Red flag

### 3 Quick Indicators of good recalls: summary

How can you use this DSR report to learn if your educators are collecting quality recalls?

1. Too few total calories
2. Too few foods
3. Low calories from SoFAS

# Issues for webNEERS....inconsistencies....Why?

- Dietary Guidelines & Healthy Eating Index 2005
  - Milk
  - Meat and Beans
  - Total Vegetable
  - SoFAAS
  - **Add** refined grains
  - **Reduce** total fat
  - Penalties for sodium, solid fats, added sugars
- Dietary Guidelines & Healthy Eating Index 2010
  - Dairy
  - Total Protein
  - **Seafood and plant proteins**
  - Total Vegetables
  - **Greens and Beans**
  - SoFAS
  - **Reduce** refined grains
  - **Add** PUFA, MUFA
  - Penalties for **refined grains**, sodium, solid fats, added sugars



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# Issues for webNEERS

## Dietary Guidelines & Healthy Eating Index 2005

- Milk....Part IV
- Meat and Beans
- Total Vegetable
- SoFAAS
- **Add** refined grains
- **Reduce** total fat
- Penalties for sodium, solid fats, added sugars

## Dietary Guidelines & Healthy Eating Index 2010

- Dairy ....Part I
- Total Protein
- Seafood and plant proteins
- Total Vegetables
- Greens and Beans
- SoFAS
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- Penalties for refined grains, sodium, solid fats, added sugars



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- Milk....Part IV
- Meat and Beans....Part IV
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- Penalties for sodium, solid fats, added sugars

## Dietary Guidelines & Healthy Eating Index 2010

- Dairy ....Part I
- **Total Protein....Part I**
- **Seafood and plant proteins**
- **Greens and Beans**
- Total Vegetables
- SoFAS
- **Reduce** refined grains
- **Add** PUFA, MUFA
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- SoFAAS....Part IV
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- Dairy
- Total Protein....Part I
- **Seafood and plant proteins**
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# Issues for webNEERS

## Dietary Guidelines & Healthy Eating Index 2005

- Milk
- Meat and Beans
- Total Vegetable
- SoFAAS
- **Add** refined grains...Part I?, IV
- **Reduce** total fat
- Penalties for sodium, solid fats, added sugars

## Dietary Guidelines & Healthy Eating Index 2010

- Dairy
- Total Protein
- **Seafood and plant proteins**
- Total Vegetables
- **Greens and Beans**
- SoFAS
- **Reduce** refined grains
- **Add** PUFA, MUFA
- Penalties for **refined grains**, sodium, solid fats, added sugars



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# Issues for webNEERS

## Dietary Guidelines & Healthy Eating Index 2005

- Milk
- Meat and Beans
- Total Vegetable
- **Dark green and orange veg, beans**
- SoFAAS
- **Add** refined grains\*\*
- **Reduce** total fat <35%\*\*
- Penalties for sodium, solid fats, added sugars

## Dietary Guidelines & Healthy Eating Index 2010

- Dairy
- Total Protein
- **Seafood and plant proteins**
- Total Vegetables
- **Greens and Beans**
- SoFAS
- **Reduce** refined grains\*\*
- **Add** PUFA, MUFA\*\*
- Penalties for **refined grains\*\***, sodium, solid fats, added sugars



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# DSR: 2 Quick Indicators of quality teaching

If educators want to use this report to examine their teaching effectiveness, are there easy, quick indicators to identify behavior change among participant recalls? In the DSR, there are some easy ways.



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# DSR: 2 Quick Indicators of quality teaching

Your educators want to identify if their participants are learning. In WebNEERS, there are some easy ways.

- ❖ High intake of fruits & vegetables, Part I
- ❖ Higher score on healthy eating index [HEI], Part IV



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# Quick indicator of quality teaching: Fruits & vegetables

B. Mean, standard deviation and percent eating a specific quantity of fruits and vegetables combined

		Entry		Exit	
		Mean	+/- STDDEV	Mean	+/- STDDEV
1. Fruits and Vegetables:	Mean consumed at Entry and Exit	3.4 Cups	2.1	3.4 Cups	1.3
	0 Cups	0%		0%	
	1 Cups	22%		17%	
	2 Cups	22%		28%	
	3 Cups	25%		22%	
	4-5 Cups	22%		31%	
	6+ Cups	8%		3%	

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		Mean	+/- STDDEV	Mean
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	2 Cups	22%		28%
	3 Cups	25%		22%
	4-5 Cups	22%		31%
	6+ Cups	8%		3%

If the educator wants to know if the class increased F&V intake? Look at the means.

If the educator wants to know if the class increased F&V intake? Look at the means.

# Quick indicator of a quality teaching: HEI

## IV. Healthy Eating Index Summary

A. Healthy Eating Index component and total scores (11 adult(s), 100%)

	Maximum Points	Entry		Exit	
		Mean	+/- STDDEV	Mean	+/- STDDEV
Total Fruits (includes 100% juice)	5	4	1.6	4.3	1.2
Whole Fruit (not juice)	5	3.9	1.9	4.5	1.4
Total Vegetables	5	3	1.4	3.1	1.5
Dark Green and Orange Vegetables and Legumes	5	0.5	1.4	1.3	1.8
Total Grains	5	4.1	1	4.9	0.2
Whole Grains	5	0.6	0.7	1.9	1.9
Milk	10	5.2	3.8	5.7	3.8
Meat and Beans	10	8.7	1.7	7.9	2.9
Oils	10	6.7	3.8	4	3.6
Saturated Fat	10	3.8	3.8	4.7	4
Sodium	10	4.2	3.1	2.1	2.9
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B. Healthy Eating Index Total Score Distribution (11 adult(s), 100%)

	Entry Average	Exit Average
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## V. Selection

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# Quick indicator of a good diet: HEI

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Total Grains	5	4.1	1	4.9	0.2
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Calories from Solid Fats, Alcoholic beverages, and Added Sugars (SoFAAS)	20	18	3.2	18.4	2
Total	100	62.9	10.5	63	11

Can you help educator target her teaching? Each component connects to 1 ESBA lesson.

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# Confusing indicator of quality teaching?

Money spent on food per person per month...Part I

- What is the EFNEP goal?
- How do you interpret this data?
- WebNEERS assumes that reducing food expenditures translates to a better diet. Not true.

# Confusing indicator ? \$ spent on food/person/month

## E. Money spent on food per person per month

		Entry		Exit	
Number of Participants Reporting		15		18	
		Mean	+/- STDDEV	Mean	+/- STDDEV
Family Size		4.5	1	4.6	0.9
Money spent on food per person per month		\$109.4	\$34.9	\$88.1	\$36.1
Distribution of money spent on food per person per month					
	\$<50	0%		16.67%	
	\$50-99	46.67%		44.44%	
	\$100-124	26.67%		22.22%	
	\$125-149	13.33%		11.11%	
	\$150-174	6.67%		0%	
	\$175+	6.67%		5.56%	

	Number of Families	Amount Saved
Total cost savings	15	\$1200
Average cost savings	15	\$80



Game 1.....What is wrong with this picture?

b. From Fat	Mean intake	10.2 %	3.9	10.7 %	4.7
	<20%	8.3%		13.9%	
	20-35%	47.2%		66.7%	
	>35%	44.4%		19.4%	

# Game 1.....What is wrong with this picture?

Fats and Cals from Fats

## II. Summary of Calorie / Nutrient Improvement

### A. Mean caloric intake and percentage of calories

		Entry	
		Mean	+/- STDDEV
1. Grams Consumed			
	Carbohydrates	227.4	89.3
	Fats	65.5	32.9
	Protein	74.5	28.2
	Alcohol	0.5	3
2. Caloric Intake		1774.1	654.8

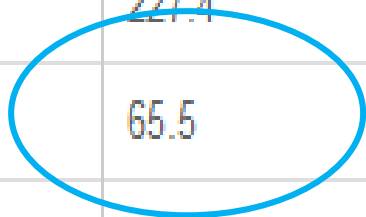
# Game 1.....What is wrong with this picture?

## II. Summary of Calorie / Nutrient Improvement

### A. Mean caloric intake and percentage of calories

		Entry	
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1. Grams Consumed			
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	Protein	74.5	28.2
	Alcohol	0.5	3
2. Caloric Intake		1774.1	654.8

66 gm fat x 9 kcal/gm = 594  
594/1774 = 33% kcal from fat



# Game 1..... What is wrong with this picture?

These numbers [green circles] are in error.

b. From Fat	Mean intake	10.2 %	3.9	10.7 %	4.7
	<20%	8.3%		13.9%	
	20-35%	47.2%		66.7%	
	>35%	44.4%		19.4%	

65 gm fat, 1774  
calories, calories from  
fat?  $[65 \times 9] / 1774 =$   
.33 or 33%

# Game 2...Solid fats + added sugars i.e. empty calories

Underreporting of SoFAS?

		entry		exit	
8. Solid Fats and Added Sugars (SoFAS):	Mean consumed at Entry and Exit	364 calories	207.4	396 calories	386.9
	<10 % of Calories	3%		11%	
	10-15 % of Calories	39%		19%	
	16-20 % of Calories	19%		25%	
	21+ % of Calories	39%		44%	
	Percent with Positive Change at Exit			56%	

Training opportunity.  
Recalls incomplete??

# Game 2....Solid fats + added sugars

## Underreporting of SoFAS?

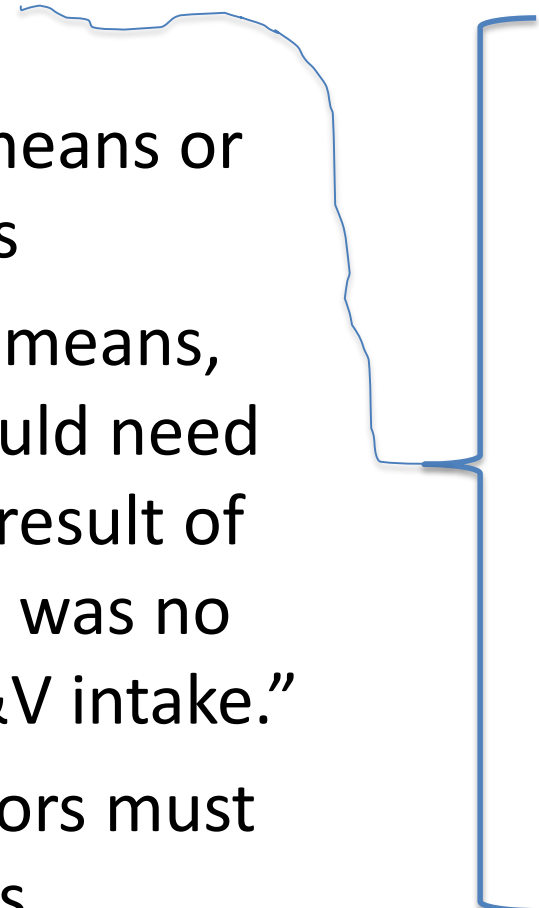
		entry		exit	
8. Solid Fats and Added Sugars (SoFAS):	Mean consumed at Entry and Exit	364 calories	207.4	396 calories	386.9
<i>Recommendation is 0-19% of kcals. Most people have greater intake. On 1800 cal diet, 19% is 342 cals from SoFAS.</i>	<10 % of Calories	3%		11%	
	10-15 % of Calories	39%		19%	
	16-20 % of Calories	19%		25%	
	21+ % of Calories	39%		44%	
	Percent with Positive Change at Exit			56%	

# Report to supervisors, legislators....how to look good

	Entry	Exit	Change	Positive change
Stephanie	3.0 cups	3.1 cups	+0.1 cups	yes
Janice	3.5	3.6	+0.1 cups	yes
Marilyn	5.5	5.3	-0.2 cups	no
Total	12.0 cups	12.0 cups	0	no
Mean/average	4.0 cups	4.0	0	no
Number making [+]change				2 people = 67%
Number making [-]change				1 person= 33%

## Report to supervisors....how to look good



- Do....use % participants
  - Don't...use means or mean intakes
  - If report the means, then you would need to say, "As a result of EFNEP, there was no change in F&V intake."
  - Journal authors must report means
- 
- 67% of participants made a positive change in fruit & vegetable intake.
  - 67% of participants increased their F&V intake.
  - As a result of EFNEP, 2/3 of participants eat more F&V.



## Educator training....a teachable moment from the DSR

- ❖ Solid fats vs. saturated fat
- ❖ Oils vs. solid fats
- ❖ 3 types of fatty acids: saturated, monounsaturated, polyunsaturated



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# Solid fats

What counts?

All contain these fatty acids:

- Saturated  
(relatively high in a solid fat)
- Monosaturated
- Polyunsaturated  
(relatively low)

- Coconut [solid at 70°, liquid at 80°]
- Palm & palm kernel
- Butter
- Beef fat
- Pork fat or lard
- Chicken fat
- Shortening
- Stick margarine

Each example has a solid and liquid state. So call a solid fat if solid at 70°. Call the same item an 'oil' if liquid at 70°. Confusing.



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# Oils

What counts?

All contain these fatty acids:

- Saturated (relatively low in an oil)
- Monosaturated
- Polyunsaturated

Every fat has these 3 fatty acids.

Every oil has these same 3 fatty acids.

The ratios are key.

- Cottonseed
- Peanut
- Soybean
- Olive corn
- Sunflower
- Canola
- Safflower
- Walnut
- Soft margarine

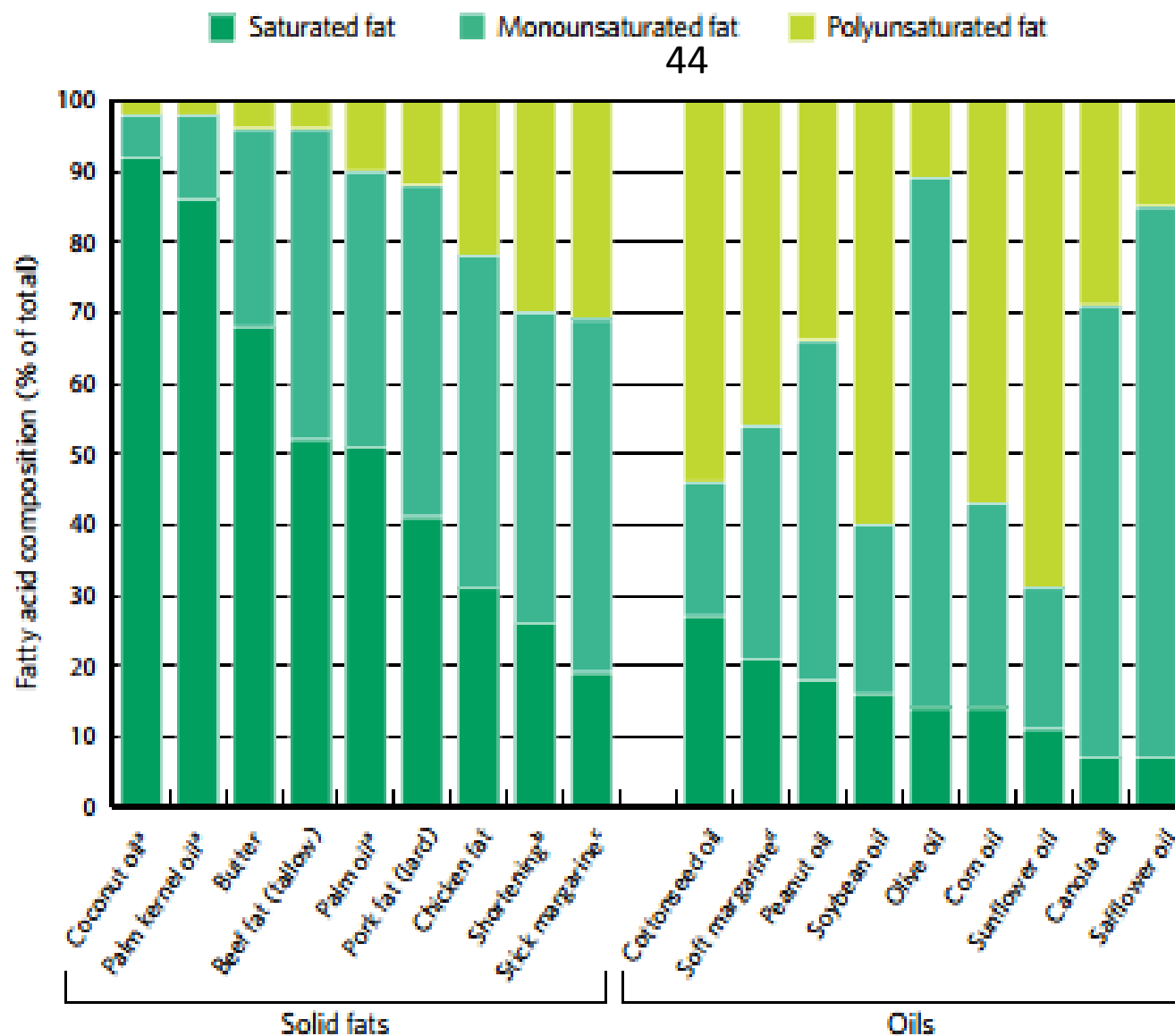


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# FIGURE 3-3. Fatty Acid Profiles of Common Fats and Oils



a. Coconut oil, palm kernel oil, and palm oil are called oils because they

d. The primary ingredient in soft margarine with no *trans* fats is liquid

# Main sources in American diets

## Saturated fat

- cheese
- pizza
- grain-based desserts (cake, cookies, etc.)
- dairy desserts (ice cream, whipped cream cake, etc.)
- chicken dishes
- sausages, hot dogs, bacon
- milk

## Solid fats

- grain-based desserts
- pizza
- cheese
- sausage, hot dogs, bacon
- French fries
- dairy desserts
- milk, eggs, butter



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