

2015 NATIONAL COORDINATOR'S CONFERENCE

EXPANDED FOOD AND NUTRITION EDUCATION PROGRAM (EFNEP)



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



EFNEP
Expanded Food and Nutrition Education

Adult Behavior Checklist Revision

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Colorado State University
Karen Barale
Washington State University
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University of Kentucky
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Clemson University
Jennifer Walsh
University of Florida

Overview

- Goal
- Project Approach and Teams
- Timeline
- Domain Status Reports
- Request for Feedback
- How you can help!

Goal: Stronger Evaluation Tool

- Publications proving tool's effectiveness
- Great confidence in outcomes
- National EFNEP outcomes more respected within the discipline



Project Approach and Teams



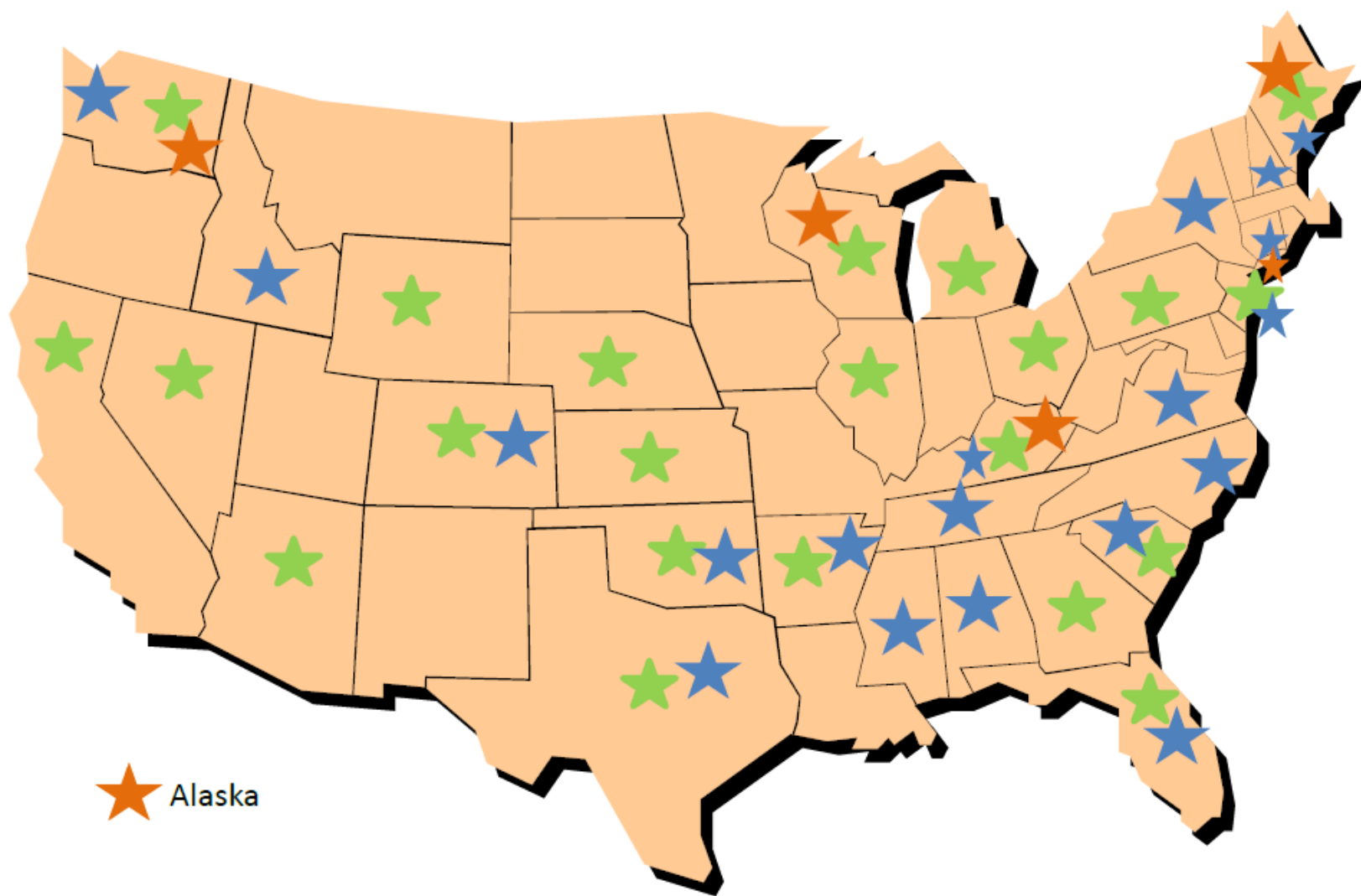
Focus on Five Domains

Team	Domain
NC-2169 Multi-state Research Group	Nutrition Practices
Behavior Checklist Task Committee	Physical Activity Food Safety Food Security
Food Resource Management Workgroup	Food Resource Management

★ NC 2169

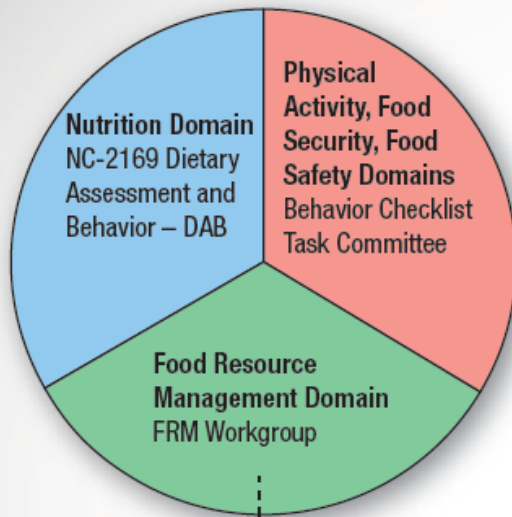
★ Behavior Checklist

★ Food Resource Mgt



★ Alaska

2015 Behavior Checklist Revision Process



Food Resource Management Workgroup

Developing outlines of primary and supporting strategies to teach FRM in EFNEP, including assessment and evaluation tools.

Phase 1

1. Select curricula
2. Domain content analysis
3. Expert panel review – domain content themes

Phase 2

1. Identify domain questions
2. Expert panel on questions
3. Revise questions

Phase 3

1. Field test questions
2. Cognitive testing of questions
3. Revise

Phase 4

1. Re-test
2. Collaborate on final checklist
3. Submit checklist to National Office

Future Work

- Field test full instrument for validity and reliability
- Continue NC2169 domain validity and reliability testing
- Assess retrospective pre/post and other checklist formats
- Update WebNEERs for FY17

All Group Conference Calls

- How much representation should be given to each of the five domains within the behavior checklist?
- What is the best format of the questions?
- What is the optimal number of items per domain?

Phase 1

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3 Curricula Reached most (78%) EFNEP Graduates

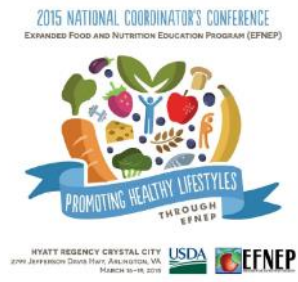
- Eating Smart • Being Active (Colorado/California)



- Eating Smart & Moving More (North Carolina)



- Healthy Food & Healthy Family (Texas)



Content Analysis of the EFNEP Curricula

- Content addressed by all three curricula
- Level of method the content was addressed (
1.lecture only 2. Lecture & Discussion 3.
Lecture, discussion & interactive activity)
- Content was addressed once, twice or repeatedly.

Expert Review Panel

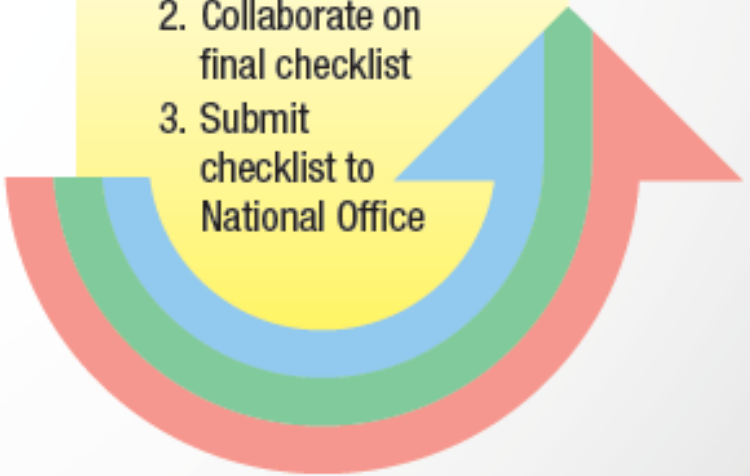
- Community leaders with background on related subject matters
- Researchers/NIFA Sub-committee members
- EFNEP Coordinators
- NC2169 members





Phase 3

1. Field test questions
2. Cognitive testing of questions
3. Revise



Phase 4

1. Re-test
2. Collaborate on final checklist
3. Submit checklist to National Office

What does this mean to you?

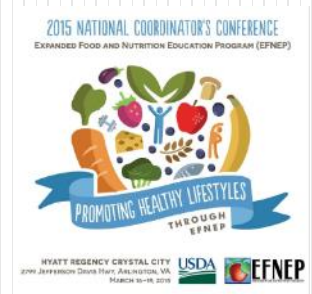
- How often do you plan meals **ahead of time**?
- How often do you **run out of food** before the end of the month?
- Do you exercise **regularly**?

Timeline

March – May	Complete Cognitive Interviews
June – August	Reliability Testing
August	Draft Core and Bank Questions Submitted to National Office
September - December	Validity Testing
January 2016	Final Questions Submitted to National Office
October 2016	National Implementation of New Behavior Checklist

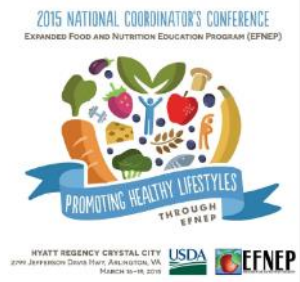
Domain Status Report

Nutrition Practices



Nutrition Domain Subcommittee

- Susan Baker, Colorado State University
- Garry Auld, Colorado State University
- Erin Murray, Colorado State University
- Nancy Betts, Oklahoma State University



Nutrition Domain– Progress Report

Currently:

- Round 1 of cognitive interviews
- Testing 20 questions and 2 different response options
- Colorado only
- 34 interviews completed thus far
- 10 questions evaluated per interview



Nutrition Domain - Goals

- **Mid-March** — finish round 1 interviews
- **End of March** - Revise questions
- **April** — Rounds 2 and 3 of interviews to occur in other regions of the country



Nutrition Domain - Findings

Preliminary findings:

- Recalling foods eaten over a day is preferred to over a week time period. This is a much easier cognitive task and will increase accuracy.
- The term "most days" in questions was confusing - preferred typical day or normal day to recall intake.
- Children eat breakfast and lunch at school - cooking/eating patterns are influenced by this. Main meal tends to be dinner.
- Those who drink soda may not drink other sweetened drinks; those who "never" drink soda may drink other sugar-sweetened drinks regularly.

Nutrition Domain

- We still need interviews with participants
 - Northeast, South, and Midwest regions
 - African Americans, Latinos and Caucasians
 - Rural and urban locations
 - English speaking for now
- Interested in helping? Contact Susan Baker
 - 970-491-5798
 - Susan.baker@colostate.edu



Domain Status Reports

Food Security, Food Safety, and Physical Activity



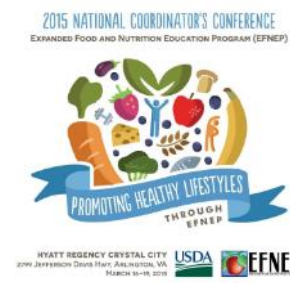
Food Safety Concepts-Identified

- CLEAN
- SEPARATE
- COOK
- CHILL



Food Safety Sub-Committee

- Edith Ezekwe, Alcorn State
- Janie Burney, University of Tennessee
- Theresa Henson, University of Arkansas
- Yenory Hernandez, Texas A & M
- Joyce McGarry, Michigan State
- Mattie Rasco, Alcorn State



Food Security Concepts-Identified

- Time and extent of hunger in household
- Culturally relevant and sensitive solutions to hunger
- Emergency food assistance program use



Food Security Sub-Committee

- Olga Santiago, Michigan State University
- Judith Midkiff, Virginia Tech University
- Debbie Luppold, University of New Hampshire



Physical Activity Concepts-Identified

- **Factual Knowledge Concept-** Recommended amount of PA, Frequency, duration and intensity, Moderate and Vigorous
- **Behavioral Skill Building Concept-** Stretching /Flexibility, Warm-Up/ Cool-Down
- **Self-Regulation/Monitoring Concept-** Goal-setting, personal planning & Preparation

Physical Activity Sub-Committee

- Linda Drake, University of Connecticut
- Olga Santiago, Michigan State University
- Debra Garrard Foster, Oklahoma State University
- Amanda Scott, Texas A&M
- Yenory Harnandez, Texas A&M
- Teresa Henson, University of Arkansas
- Jody Gatewood, Iowa State University
- Char Byington, University of Idaho
- Nicole Peritore, University of Kentucky
- Lorelei Jones, NC State University,
- Carol Ball, Mississippi State University



Cognitive Testing

- Food Safety, Food Security and Physical Activity items were tested together
- 17 total items
 - 5 Food Safety
 - 8 Food Security
 - 4 Physical Activity

Cognitive Testing Round One

- 10 interviewed in South Carolina
 - 10 women (all just started the program)
 - 6 African American & 4 Caucasian
- 8 interviewed in Tennessee
 - 7 women, 1 man
 - 4 African American
 - 2 EFNEP graduates,
6 just started program



Cognitive Testing Round Two

- Scheduled for Florida, South Carolina and Tennessee to be completed by end of March



Physical Activity - Comments

Most challenging words: ‘breathed harder than normal’; ‘Regularly’; ‘Moving more’;

Challenging Concept: ‘Make your muscle stronger’
‘elastic band’???

Response option Challenges: ‘Stages of Changes’
response options....” too many options” break it
down.

Change response options for ‘how many days’
questions into a range e.g 1-2 days. 3-4 days etc.

Physical Activity - Comments

Response options 'never', 'sometimes', 'always' is better unless you provide description for 'rarely' and 'most of the time' because each person's perception is different for 'rarely' and 'most of the time'.

Interesting Comments: “ I wouldn't ask the question about making your muscle stronger separately because you already asked me how many days I exercised when I breathed harder than normal for 30 minutes. Either way this will make your muscle stronger”

Food Safety

- Measuring behavior vs. knowledge
 - I know I should do this but . . .
- Limiting questions
 - Focusing on key behaviors that impact health



Food Security – Comments



“These questions are too personal”

“Isn’t this a nutrition program then why are you asking these questions?”

“Questions are too long and repetitive and also difficult to understand!”

“Change ‘past 4 weeks’ to ‘past month’. 4 weeks seems too much to work on for the answers, ‘past month’ is simpler!”

“Like the response options because it has described the meaning of each options specially for ‘rarely’ and ‘most of the time’!”

Cognitive Testing Round Three

- Arkansas & Texas
- Interested in helping? Contact

Karen Franck

- 865-974-1448
- kfranck@utk.edu

Tarana Kahn

- Cell # 803-237-0775
- taranak@clemson.edu



Domain Status Report

Food Resource Management



Food Resource Management Work Group

- Kate Yerxa, University of Maine
- Kris Grimes, University of Kentucky
- Karen Barale, Washington State University
- Debra Cotterill, University of Kentucky
- Shelly King-Curry , University of Wisconsin
- Katie Mulligan, University of Rhode Island
- Helen Idozorek, University of Alaska

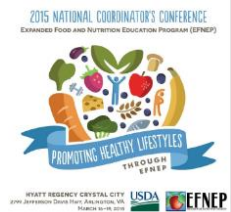


Food Resource Management

- Content areas
 - Plan a meal
 - Use a grocery list
 - Compare prices
 - Cooking at home
 - Budgeting money for food
 - Sales, coupons
 - Food waste

Food Resource Management - Progress

- Testing 22 questions
- 18 interviewed in Washington & Colorado
 - 16 women, 2 men
 - Hispanic, African-American, Native American, White
- Analyzing results to decrease # for further regional testing
- Testing TBD - Kentucky, Maine, New York



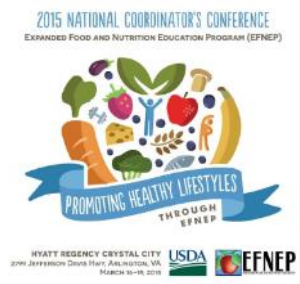
Food Resource Management - Comments

- “When I plan a meal, I go to the refrigerator and look to see what to make just before I cook it.”
- “Spoiled means it’s growing like a science project. Expired means there is a date on it.”
- “I don’t see a difference between most of the time and almost always.”
- “I’m not sure what seldom is.”



Food Resource Management – Next Steps

- We still need interviews with participants
 - South and Midwest regions
 - African Americans, Latinos and White
 - Rural and urban locations
 - English speaking for now
- Interested in helping?
 - Karen Barale
 - 253-798-3262
 - kbarale@wsu.edu



Check Out the Questions

- What are we missing?
 - Did we capture the most important domain concepts?
 - Any suggestions for wording
 - Regional issues
 - Coke — soft drink — pop — soda
- Please complete the review sheet and leave at the registration desk before the end of the conference

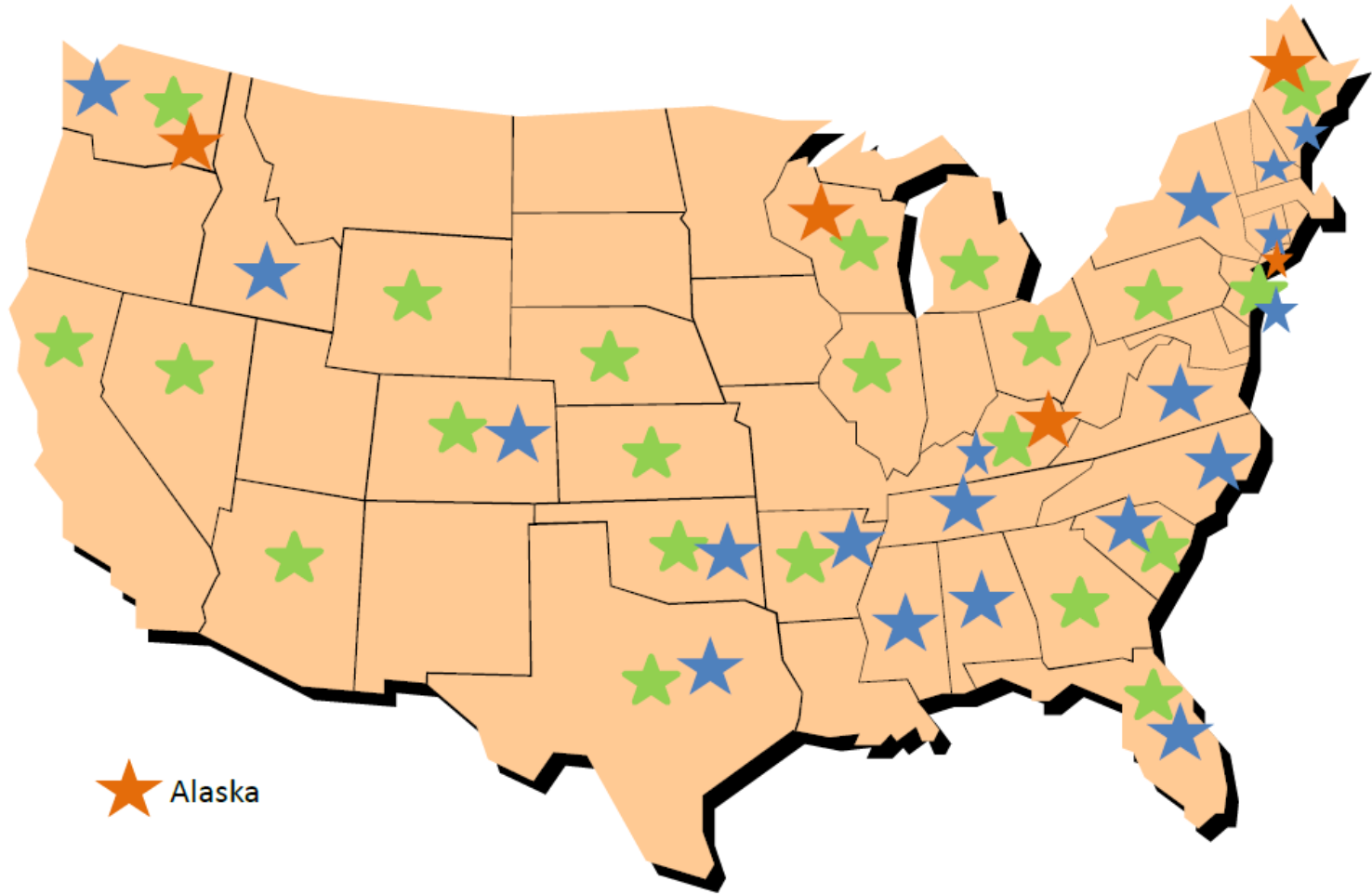
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We need your help!

What questions do you have?

