

SNAP-Ed Toolkit: Effectiveness Examples for Intervention Developers

January 24, 2020



UNC
CENTER FOR HEALTH
PROMOTION AND
DISEASE PREVENTION



Effectiveness: What to include in this section

The most complete answers in this section should address the following:

- Was the acceptability of the intervention by partners or participants examined, and are the instruments used for this attached?
- Is there detailed evidence showing how intended outcomes were achieved?
- Does the intervention address multiple levels of the SNAP-Ed Evaluation Framework?
- Do supporting materials provide enough detail for the reviewer to understand how the evaluation was conducted?
- Do supporting materials provide information on unintended outcomes, the evidence base, and lessons learned for future users of the intervention?

Effectiveness: Example Intervention



Motivating Adolescents with Technology to CHOOSE Health is a teacher-developed interdisciplinary approach to student wellness that integrates physical activity, nutrition, and technology education.

- Developer: MATCH Wellness, Inc.
- Type: Direct Education, PSE Change
- Classification: Research-tested
- About: Designed to decrease BMI and increase healthy eating and physical activity among 7th-grade students

Question 22: What intended outcomes were achieved and to what extent?

	Outcome/Indicator	Outcome Measure(s) Addressed	Extent Achieved	Numerator (if applicable)	Denominator (if applicable)
Outcome 1	R9. Healthy Weight	R9b. % of SNAP-Ed eligible persons at healthy weight, children and teens	In 2018, 61% of overweight participants decreased their weight status post-intervention	1201	1983
Outcome 2	MT1. Healthy Eating	MT1g. # reporting drinking water at least once per day	In 2017, 62% of participants reported drinking water at least once per day post-intervention	1543	2498
Outcome 3	MT1. Healthy Eating	MT1h. # reporting drinking any kind of sugar-sweetened beverage 1 time per week or less	In 2017, 7% of participants reported drinking sugar-sweetened beverage 1 time per week or less post-intv.	166	2479
Outcome 4	MT1. Healthy Eating	MT1i. % reporting consuming low-fat or fat-free milk products	In 2017, 75% of participants reported consuming low or fat-free milk products yesterday or this week	1874	2484

Effectiveness: Example Intervention



- Developer: University of South Carolina School of Medicine & Arnold School of Public Health
- Type: PSE Change
- Classification: Emerging
- About: Improve food security and health through fresh food access and affordability; Fresh Food Box every 2 weeks includes 12-14 varieties of fruits and vegetables and recipe card

Question 22: What intended outcomes were achieved and to what extent?

	Outcome/Indicator	Outcome Measure(s) Addressed	Extent Achieved	Numerator (if applicable)	Denominator (if applicable)
Outcome 1	ST5/Need and Readiness	ST5b and ST5c	33 partner sites and 6 new FoodShare hubs demonstrated need and readiness	n/a	n/a
Outcome 2	MT5/Nutrition Supports Adopted	MT5d	33 partner sites and 3 new FoodShare hubs have adopted the model	n/a	n/a
Outcome 3	n/a	n/a	n/a	n/a	n/a
Outcome 4	n/a	n/a	n/a	n/a	n/a
Outcome 5	n/a	n/a	n/a	n/a	n/a

Effectiveness: Example Intervention



- Developer: University of New Mexico Prevention Research Center
- Type: Social marketing, PSE change
- Classification: Practice-tested
- About: Social marketing campaign where community collaborates to engage students, parents, teachers, staff, and other stakeholders to “Eat Smart” in order to “Play Hard”

Question 22: What intended outcomes were achieved and to what extent?

	Outcome/Indicator	Outcome Measure(s) Addressed	Extent Achieved	Numerator (if applicable)	Denominator (if applicable)
Outcome 1	ST1	ST1a	Increased consumption of fruits		
Outcome 2	ST1	ST1b	Increased consumption of vegetables		
Outcome 3	ST3	ST3a	Increased frequency of physical activity		
Outcome 4	MT12	MT12a	Number of local counties where they conducted local campaigns		
Outcome 5	MT12	MT12b	Number of total media impressions		

Effectiveness: Example Intervention



FRESH
CONVERSATIONS

- Developer: Iowa Department of Public Health
- Type: Direct education
- Classification: Research-tested
- About: Nutrition education program designed to support healthy aging and independence; includes monthly interactive sessions and newsletters

Question 22: What intended outcomes were achieved and to what extent?

	Outcome/Indicator	Outcome Measure(s) Addressed	Extent Achieved	Numerator (if applicable)	Denominator (if applicable)
Outcome 1	MT1	MT1c	a 2018 survey revealed 82.1% of FC participants agreed to strongly agreed that FC helped them eat more than one fruit daily. A 2015 impact study showed moderate intake frequency of fruits.		
Outcome 2	MT1	MT1d	a 2018 survey revealed 82.3% of FC participants agreed to strongly agreed that FC helped them eat more than one fruit daily; A 2015 impact study showed moderate intake frequency of vegetables.		

Question 22: What intended outcomes were achieved and to what extent?

Outcome 3

MT1

MT1f

a 2018 survey revealed 61.7% of FC participants agreed to strongly agreed that they used MyPlate to make food choices

Outcome 4

MT1

MT1h

a 2018 survey revealed 77.8% of FC participants agreed to strongly agreed that FC helped them drink fewer beverages with added sugar

Outcome 5

MT1

MT1i

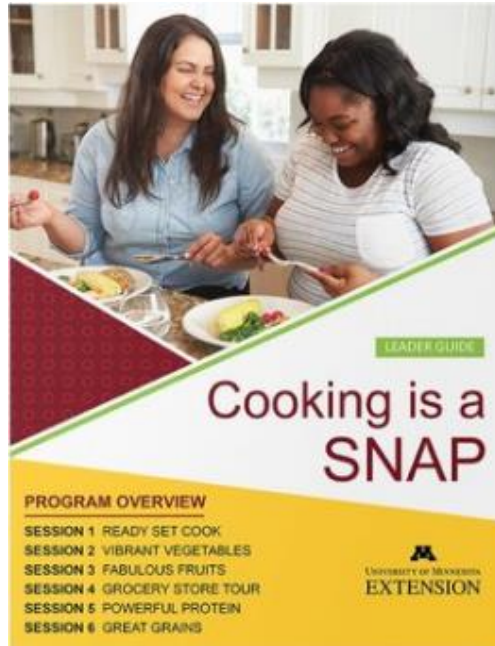
a 2018 survey revealed 71.3% of FC participants agreed to strongly agreed that FC helped them consume dairy and/or soy products daily; a 2015 impact study found high dietary intake frequencies of dairy

Question 22: What intended outcomes were achieved and to what extent?

Outcome 8	MT3	MT3a	a 2018 survey revealed 79.6% of FC participants agreed to strongly agreed that FC helped them be more physically active.		
Outcome 9	MT4	MT4a	A 2015 impact study found the majority of FC participants washed their hands when working with food		
Outcome 10	MT4	MT4b	A 2015 impact study found the majority of FC participants used separate cutting boards for produce and meats, and washed their cutting boards in between uses.		

Note: Not all intended outcomes have been displayed.

Maintenance: Example Intervention



- Developer: University of Minnesota Extension
- Type: Direct education
- Classification: Practice-tested
- About: In-person culinary nutrition education course where participants practice food preparation skills to make cooking and eating at home easier and more rewarding

Question 22: What intended outcomes were achieved and to what extent?

	Outcome/Indicator	Outcome Measure(s) Addressed	Extent Achieved	Numerator (if applicable)	Denominator (if applicable)
Outcome 1	<div data-bbox="614 663 813 713" style="border: 1px solid black; padding: 5px; width: fit-content; margin: auto;">MT1</div>	<div data-bbox="832 663 1031 713" style="border: 1px solid black; padding: 5px; width: fit-content; margin: auto;">MT11,m,j</div>	<div data-bbox="1051 410 1251 969" style="border: 1px solid black; padding: 5px;"> L: "I eat ___ cups of fruit most days" Most statistically significant improvement (p<.001). M: "I eat ___ cups of vegetables most days" Most statistically significant improvement (p<.001). J: "At least half of the grains I eat are whole grains" Positive increase noted, but not statistically significant (p>.05) </div>	<div data-bbox="1269 663 1470 713" style="border: 1px solid black; width: 100%; height: 45px;"></div>	<div data-bbox="1489 663 1690 713" style="border: 1px solid black; width: 100%; height: 45px;"></div>

Question 22: What intended outcomes were achieved and to what extent?

Outcome 2

MT2 MT2a,h,j,m

A: "I am confident in my ability to shop for healthy foods in the grocery store"
Most statistically significant improvement (p<0.01). H: "I compare prices when I shop"
Positive increase noted, not statistically significant (p>0.05). J: "I use a list when I grocery shop"
Significant positive behavior changes (p<0.05). M: "I am confident in my ability to prepare a healthy meal for my family"
Most statistically significant improvement (p<0.01).

Outcome 3

MT3 MT3a

A: "I am physically active for 30 minutes a day"
Significant positive behavior changes (p<0.05)

Outcome 4

MT4 MT4a

A: "I am confident in my ability to clean and prepare my kitchen for cooking"
Significant positive behavior changes (p<0.05)