# NC3169 Annual Meeting Minutes May 2025

Date: 05/15/2025

Start Time: 9:38 AM

Note Taker: Saima Hasnin

## 1. Quality of Life (QoL) Updates – Presenter: Annie Roe

### Objective:

Changes in EFNEP participants’ Quality of Life (QoL) using validated QoL data collection tools.

### Progress:

Tool Developed:

- Survey is developed. Scale: “Not at all important/satisfied” to “Extremely important/satisfied”.

- EFNEP participant perceptions and class delivery (qualitative data on dosage and instructor engagement) – Completed.

Survey Validation Process (Ongoing):

- Cognitive interviews conducted with 44 subjects across 10 states.

- Sub-committee analyzed data and recommended terminology changes.

- Reliability and validity testing scheduled for Summer 2025.

- Tool expected to be available by Summer 2026.

### Future Planning:

National Longitudinal Study (Pilot):

- Assess impact of EFNEP on QoL.

- Determine attribution of QoL changes to EFNEP participation.

- Identify best practices and QoL improvements.

- Planning to conclude by end of 2026.

## 2. Behavioral Cost-Benefit Analysis (CBA) – Presenter: Annie Roe

### Objective:

Estimate economic value of EFNEP in chronic disease risk reduction.

### Progress:

- Identified relevant chronic diseases (excluding infant diseases and LBW).

- Mapped 24-hour dietary recall and adult questionnaire metrics with disease risk.

- Defined and completed mapping “optimal nutrition behavior”.

### Next Steps:

- Finalize variables for analysis.

- Establish threshold cut-off points for disease risk reduction (pre/post-test).

- Awaiting FY2024 data.

### Implications:

- Inform policy decisions based on economic impact.

## 3. Biomarker CBA – Presenter: Andrea L.

### Objective:

Evaluate chronic disease biomarker improvements due to EFNEP implementation.

### Year 3 Progress of Data Collection and Analysis:

-500 participants (250 EFNEP / 250 control)

- Pre-tests: 432 completed

- Post-tests: 348 completed

- 6-month follow-up: 266 completed

- 1-year follow-up: 187 completed

- Preliminary descriptive results available.

### Next Steps:

- Data processing is underway.

- Methods paper published in JNEB 2023.

- Presented at SNEB (2 posters, 1 invited talk).

- Rigorous results from analysis is expected in July 2025.

## 4. Spanish Food and Physical Activity Questionnaire (FPAQ) – Presenter: Lexi U.

### Background of Original FPAQ:

* 30-item survey administered pre- and post-program.
* Scientific tool to assess food and physical activity behaviors.

### Progress:

### Psychometric Evaluation:

Phase 1: Completed with native Spanish speakers with nutrition/PA background.

Phase 2: Ongoing cognitive interviews (20/23 interviews analyzed) in TX, CA, NJ, OK.

### Next Steps:

- Implement changes based on findings.

- No back-translation or factor analysis planned.

**- Phase 3:**

- Submit IRB.

- Conduct criterion validity and feasibility assessments.

- Test-retest reliability (3-week interval).

### Additional Discussion:

- English FPAQ validation bibliography.

- Collaboration with Puerto Rico EFNEP.

- Focus on readability and time sensitivity of the tool validation.

## 5. EFNEP Curricula Content Analysis – Presenter: Nurgul F. and Maya A.

### Objective:

Analyze adult EFNEP curricula content, evaluate the EFNEP implementation and comparing effectiveness.

### Progress:

- Team building and literature review completed.

- Study protocols and instruments developed (based on 10-year-old studies).

- FY2024 Activities:

- Surveyed 76 EFNEP programs to identify most-used curricula.

- Data collection and analysis completed.

### Ongoing Work:

- Collecting curricula content.

- Developing guiding tools for content analysis.

### Next Steps:

- Analyze the selected 3 curricula using direct content analysis.

- Evaluation criteria:

- Curriculum characteristics vs. DGA/PA guidelines.

- Scale development in progress.

### Planned Analyses:

- Match implementation characteristics with FY24 behavioral outcomes.

- Assess inclusion of QoL and PA topics and their impact on engagement and outcomes.

## 6. 24h Dietary Recall – The project ended. No updates.

## 7. Physical Activity Education Barriers (EFNEP DAB) - Presenter: Sarah A.

### Objectives

• Examine EFNEP peer educators’ implementation of physical activity (PA), including facilitators and barriers during adult program delivery.

• Develop and evaluate training and technical assistance resources to support peer educators in delivering PA content.

### Timeline & Progress

• Fall 2022 – Winter 2023: Data analysis completed.

• Summer 2024: Research presentation delivered.

• Current Status: Recruiting national samples of peer educators. Adapting previously used methods. Planning both programmatic and research components.

### Qualitative Interview Topics

* Peer educator implementation of PA.
* Perceptions of participant engagement.
* Class environment (urban vs. rural, weather conditions).
* Facilitators and barriers to PA instruction.
* Future needs and directions for PA programming.

### Preliminary Results (Northeast Region)

• Sample: 15 interviews, diverse backgrounds including Hispanic ethnicity.

**Key Findings:**

- Educators’ personal backgrounds and attitudes influenced PA instruction.

- Emphasis on participant interests, motivational strategies, and empathetic teaching.

- Use of both curriculum-based and self-developed tools.

- Creative integration of PA into class time and efforts toward sustainability.

- Identified barriers to PA delivery.

- Desire for more programming support, culturally relevant materials, and subsidized gym memberships.

- Self-reported PA behavior data collected from educators.

### Ongoing Work

• Additional interviews in progress - Michigan (2), Oklahoma (2), Texas (3), California (2).

• Target completion: End of June 2025.

• Manuscript submission planned for Fall 2025.

### Future Steps

• Summer 2025: Develop Brightspace/D2L site for peer educator PA training using an implementation science framework.

• Summer 2025: IRB submission for pre-pilot research.

• Fall 2025 – Spring 2026: Conduct pilot study.

• Collaboration: Supervisor/coordinator perspective study in partnership with the curriculum content analysis sub-committee.

# 8. EFNEP Youth Evaluation Updates: Tomisin M. and Gemma B.

### Objective: Food and physical activity behavior in adolescents, questionnaire (FPAQ- A) validation and assessment.

### FPAQ-A Reliability and Validity Study

* Completed: cognitive interviews (19 participants)
* EFA
* Inter-item correlations, alpha
* Sensitivity analyses
* Sample size selection: 200 participants, convenience sampling.
* Phase 1: Test-retest reliability
* Confirmatory factor analysis

### 2nd Study: Validity Study

* ASA 24: Dietary Assessment
* FPAQ-A HEI score
* PA Measurements with Actigraphs.

### Progress:

* Data collection from multiple states.
* IRB updates:
* Cover letter and parent consent form translation into Spanish
* Working on ActLife Licensing
* Looking forward to collaborating with University of California
* Data collection updates: Fall of 2024 at SD. Current data collection ongoing at Cornell University.

### Meeting Break: 12.30 PM – 1.30 PM

### Next Session Starts at 1.30 PM.

# CBA Working Group – Open Session for All

Topic: Cost-Benefit Analysis (CBA) Tool Development and EFNEP Data Utilization

The project is funded by an AFRI grant. A tool is being developed to calculate the cost-benefit impact of Extension programs, using an Excel-based template.

**Key Questions Raised by Partners:**

1. How many variables are required for the tool?
2. Can biomarkers and additional tools be integrated?
3. What is the minimum sample size needed?
4. Can the tool be embedded in WebNEERS (NIFA’s data system)?

* WebNEERS already collects relevant data.
* Automatic output formatting on a designed template was suggested.
* EFNEP partners may lack resources to implement the tool; researchers may be better suited for this.
* Even limited biomarker data (1–2 markers) could be sufficient.
* EFNEP standard data may support CBA analysis.

**Policy and Programmatic Considerations:**

* Linking lesson attendance to behavior or biomarker changes (dosage effect).
* Michelle shared Cornell Cooperative Extension findings:
* Compressing lessons negatively impacts behavior change.
* Key predictors: lesson dosage, duration, fidelity, and community meal participation.
* Biomarker CBA found dosage and duration to be significant predictors.
* Premature program termination affects national reporting.

**State-Level Variability Considerations:**

* Differences in outcomes across states.
* Emphasis on cost per enrollment rather than behavior change.
* State comparability and tiering are important factors.
* HIPAA compliance concerns for WebNEERS if biomarker data is included.

**Behavioral CBA – Future Directions**

What more could be done with this data? Key ideas:

* Dietary and physical activity variables as mediators.
* Scoring for lifespan vs. healthspan.
* Heat map development to show chronic disease risk factor changes.
* May be include DASH and NCI diet scores.
* Stratification by rural/urban location.
* Combining food environment index and food insecurity scores.
* Exploring social determinants of health.
* Reference article on allostatic load and dietary impact: https://pubmed.ncbi.nlm.nih.gov/38158187/
* Stress biomarker collection methods: saliva (acute), hair (chronic).

**Next Steps**

* No set regular meetings: working group will continue to meet as needed.
* Updates will be shared during the week of May 26th.
* New members and their students should complete the provided Excel spreadsheet.
* Come up with publications.
* The team will reach out to the whole group when they have the tool ready.

## EFNEP Dataset Availability

Public dataset (uncleaned). Contains dietary data, food groups, and HEI scores (ASA-24 based).

**ReadMe File**: Available via Box folder from Gemma B.

* Use restricted to EFNEP evaluation.
* At least one user must be an EFNEP coordinator or have deep EFNEP knowledge.
* Not for secondary data use.

Codebook Limitations:

* Not all changes are documented.
* Users should consult Michelle and Gemma before using the data.
* Gemma will work on improving the codebook.

**Next Steps: WebNEER Data Cleaning Taskforce team for data cleaning developed by Gemma B.**

## Nutrition Education and EFNEP evaluation for people with disability discussion- introduced by Lola A. and asking for collaboration.

* Annie Ross did similar programming in Idaho with older adults.
* Gemma B. would be able to assist with some programming and publication. She is currently working on developing materials for Nutrition Education for audience with ASD. Gemma B. will present about formative evaluation of a pilot intervention in SNEB.
* *Next Steps*: Lola will initiate the meeting activities. There is a column in the Membership List. The disability definition has to be decided. Lola was leaning towards the intellectual disability.

1. **Next Step for Lexi U.** sending the Extension educators’ facilitating guidelines.

**\*\*\*\*\*\*\* Meeting Adjourned: 4 PM \*\*\*\*\*\*\*\***

# Meeting Notes – May 16, 2025

Start: 9 AM

## Housekeeping

NIMSS & Google Spreadsheet: Please fill out the Google Spreadsheet if you wish to receive email updates.

## General Updates

Develop a timeline and progress map for all projects.

We are currently in Year 2 and ahead of schedule (3 meetings planned over 2 years).

## 24-Hour Dietary Recalls

Next Steps: Brainstorming and dissemination of standardized reports to Year 4.

Collaboration: Connect with Texas (Sumati V., Lexi U.).

Data Integration:

* Annie R. exploring alignment with EFNEP questions, FFQ, and diet quality data.
* CBA team will focus on EFNEP survey only.
* New York data shows high correlation between 24-h recall and EFNEP questions.

Data Analysis:

* Pre-data set not analyzed due to incompleteness; Nurgul F. to explore further analyses (e.g., criterion-related validity).
* Kentucky conducted SEM and propensity score matching. Relevant papers:
* JNEB Paper 1: <https://www.jneb.org/article/S1499-4046(20)30622-9/abstract>
* JNEB Paper 2: <https://pubmed.ncbi.nlm.nih.gov/29625915/>

Identified Gap: Literature gap in food resource management.

## Dietary Assessment and Behavior (DAB)

Next Meeting: June 17

Action: Update your interest in joining sub-committees.

## CBA Biomarkers

Progress: Content analysis milestones met; some interviews moved to Year 3.

Next Steps: Continue data collection and begin analysis in Year 3.

## FPAQ-A

Status: Early stages (Year 2).

Action: Continue IRB protocol development and university partner engagement.

## Curricula Content Analysis

Objective 4: On schedule.

Upcoming Tasks:

* Clean guidelines, materials, and codebooks in the next two weeks.
* Add task list tab to the Google Spreadsheet for whole NC3169 tracking.

Meetings:

* June 10 (2 PM): Meeting with Sarah Amin.
* June 24 (2 PM): Finalize methods and instruments (1.5 hours).

Methodology:

* Mixed methods survey for EFNEP educators using 3 curricula.
* Survey to assess implementation characteristics, deviations, unmet needs, reinforcement methods.
* Validation (face/content): June–August.

Discussion Points:

* Implementation domains, representativeness, adaptability.
* Focus groups preferred for follow-up.
* Stratified analyses for non-using states.

Reach out to potential programs again:

* Maya A. to follow up with non-responding states.
* Shea Cantu, Leslie, Michelle, Teresa, Michael P., Verona, Gina, and Tiffany W. to assist with state contacts.

Participant Interviews:

* 20 interviews on EFNEP impact on QoL and nutrition literacy.
* Collaboration with QoL and PA sub-committees.
* Timeline may shift to accommodate EFNEP personnel interviews.

## PA Educator Barriers

Progress: Ahead of schedule.

Pre-Pilot: Summer 2025 – Spring 2026 (led by Maruth E.).

* Recruitment: Ongoing in Northeast (9 interviews).

Goals: Capture educator efficacy and attitudes.

Develop manuscript and IRB protocol.

Evaluation: FY 2026–2027 using RE-AIM:

* Process measures, feasibility, capacity, time.
* Peer educator interviews.

Larger Trial: FY 2027 with control group.

Consider SNAP-Ed inclusion expanding beyond EFNEP.

* Survey to assess training similarities and educator characteristics.
* Visual PAQ version (Karina R.): Face validity complete, test-retest ongoing.
* Follow-up interviews planned.
* Meeting Frequency: Monthly.

## Presentation: RJ G. (Michigan State University Extension) – EFNEP PA Facilitation Training

Topics Covered:

* National PA recommendations and EFNEP relevance.
* MSU Extension PA resources (website and YouTube).
* Leslie shared plans for incentivized PA breaks in educator meetings.

## Discussion: QoL Survey Discussion: 2.35 PM – 5.15 PM

For the QoL survey items, cognitive interviews were done, then a sub-committee looked at the data and analyzed them. Many of the items were acceptable only few to discuss.

Below are listed questions that were discussed in very detail and Annie R. has recorded suggestions on her end-

* Physical Health Importance. Capture overall health too.
* Mental Health- Having hopes in the future.
* How I feel about myself?
* Providing for my family.
* Community food sources. Farmer’s market.
* Having access to professional services. Remove etc. and using such as.
* My ability to shop for healthy foods.
* Things I do for fun (Casual definitions)
* Participating activities with family vs. children. (should these be separate questions or same)

Suggestions:

* Thinking more about the importance of the questions, before dropping more items.
* Gemma B. will check the NC2169 notes to see if there are more important nuances in the scale development.

Choosing Scale: no major problem. But there are some differences in preferences-

* 60% participants liked not at all satisfied …. Extremely satisfied (does not have neutral point) (this was suggested by the group)
* 30% participants liked Very unsatisfied …. Very satisfied (have a neutral point)
* 8% participants liked very dissatisfied to Very satisfied (have a neutral point)

Next Step Discussion

* After finalizing the survey items, Concurrent Validity and pilot survey
* Question for checking validation methods: Do we want to find the EFNEP related changes in QoL? Is there a single survey or multiple survey to assess concurrent validity?
  + There are a few surveys that Annie R. showed.
* Construct validity will be helpful, but it can be done using the same dataset.
* Test-retest reliability. Probably at the same time when they receive the SNAP benefits, so 1 month gap. This is because the 3rd and 4th weeks after receiving the SNAP benefits the money run out, so it will affect their perspectives.
* The survey will be electronic. Maybe it is better that they get done with the survey right after the class.
* EFNEP participants will be recruited intentionally- delayed start of EFNEP will go to control group.
* Approximate number of participants? (n = ~ 200) $45 per participant. For Pilot only 40 participants.
* Timing? At the beginning of EFNEP, and one time after. May be recruit with SNAP-Ed to recruit easily.
* Total study timeline is flexible.
* Participant incentives: probably need funding for this. Use tremendous.com for e-gift cards. Need to be determined based on number of participants and funding.
* Gemma B. will help finalizing the protocol for IRB application.
* Should we get a multi-state sample? Or scale it down?
  + The pilot testing will be with only 1-2 states but the follow up larger trial will be with more states.
* Annie will schedule a meeting with the team.

**\*\*\*\*\*\*\* Meeting Adjourned: 5.15 PM \*\*\*\*\*\*\*\***

# Meeting Minutes: NC3169 Group

Date: May 17, 2025

Time: 9:00 AM (Pacific Time)

## 1. Attendance Reporting

Attendance was recorded at the beginning of the meeting.

## 2. Multistate Handbook: Appendix D

Introduction and overview of Appendix D.

Slides and discussions from the meeting will be used to formulate:

* Impact Statements
* Summary of Accomplishments: Including reach, short-term outcomes, and benefits of research.
* Scientific Outputs: Presentations, thesis defenses, conference abstracts, and published articles.
* Graduate Student Training: List of students involved in research and training.

## 3. EFNEP National WebNEERS Data Repository

Researchers must develop research questions (RQs) to evaluate or improve EFNEP.

Gemma B. created a shared Box folder with a read.me file and usage guidelines.

Acknowledgements must be included in any outputs using the data.

Signed MOU recommended for managing data use; doctoral students may include it in their thesis appendices.

Data Cleaning is essential; Michelle and Shei have detailed knowledge.

Institutions must secure IRB approval and a Data Use Agreement (DUA).

## 4. NC3169 Membership List (May 2025)

Updated list is color-coded; members should revise their interests.

* New Sub-Projects Introduced:
* WebNEERS Data Cleaning Taskforce – Led by Gemma B. & Michelle
* FPAQ Construct Validity (Factor Analysis) – Led by Gemma B.
* Developmental/Learning Disabilities – Led by Lola

## 5. DAB Committee

FOIA requests should be communicated to the group and submitted collectively.

Gemma B. will track FOIA requests.

## 6. Elections for 2025–2026

* Co-Chairs: RJ Gibbs, Alexander M. Uribe
* DAB: Chair – Michael P., Notetaker – Maya A.
* QoL: Chair – Annie Roe, Notetaker – Shea C.
* CBA: Chairs – Annie Roe & Andrea L., Notetaker – Krystal H.

## 7. Research Acknowledgements

All research articles and presentations must acknowledge NIFA funding.

## 8. Data Sharing

Use Box for sharing research data and documentation.

## 9. Upcoming Meetings

* Next Team Meeting: October 17, 2025, from 10:00 AM to 2:00 PM (Pacific Time). Zoom invite to be sent by Alexandra M. Uribe and RJ Gibbs.
* Annual Meeting: May 2026 in Dallas, TX. Preferred Dates: May 14–16 (Thursday–Saturday). Date Range: May 13–31

Meeting Adjourned.