

Collection of Accomplishments 2008-2013

NC1169 Multistate Research Project: EFNEP Related Research, Program Evaluation, and Outreach

Awards

Jan Scholl and Penn State Team won the 2013 AgNIC (Agricultural Network Information Cooperative) Partnership Award for 4-H and EFNEP research databases. The partnership award is for effective and efficient use of resources from USDA's National Institute for Food and Agriculture. <http://sites.psu.edu/librarynews/2013/06/24/penn-state-team-wins-the-2013-agnic-partner-of-the-year-award/>

Jan Scholl and the Penn State team also won the 2013 Oberly Award for Bibliography in the Agricultural or Natural Sciences from the Association of College and Research Libraries' Science and Technology Section. <http://www.ala.org/news/press-releases/2013/03/2013-acrl-sts-oberly-award-goes-scholl-paster-and-team>

Jan Scholl and Amy Paster won the 2012 National Extension Association of Family and Consumer Sciences (NEAFCS) Internet Education Technology Award.

Publications

Published

Date: Nov/Dec 2013

Title: EFNEP's Impact on the Quality of Life of its Participants and Educators.

Journal: Journal of Nutrition Education and Behavior

Authors: **Auld, G.**, Baker, S., Bauer, L., Koszewski, W., Procter, S., Steger, M.

Objective: Determine how EFNEP affects the Quality of Life (QOL) of its participants and educators.

Design: Longitudinal, multi-state in which QOL was measured at three times for participants (pre, post, 3-month delayed post) and educators (before and 6 and 12 months after training). The University of Toronto's Quality of Life Profile (QOLP) was used to measure QOL.

Setting: Both group's QOL was measured in Colorado, Kansas, Missouri, and Nebraska. Georgia and Texas measured educators; Minnesota and Virginia measured participants.

Participants: English speaking EFNEP participants (135) and educators (23).

Main Outcome Measures: QOLP scores in three domains, each with 3 subdomains – Being (who one is), Belonging (connection with social and physical environment) and Becoming (achieving personal goals).

Analysis: Chi square and t tests compared group demographics; Repeated Measures Analysis of Variance detected changes over time; Analysis of Covariance examined the influence of demographic variables.

Results: Both groups had QOLP scores above 1.5 (on a plus/minus 10 point scale) which is considered very acceptable. Participants improved from pre to post in the Being domains and social belonging; most improvements were sustained at 3 months. Educators improved in the Belonging domains and a number of scores continued to improve at one year after training.

Conclusions and Implications: EFNEP appears to affect different QOL aspects for participants and educators but, for both groups, longer-term improvements were seen. QOL has the potential to be a useful assessment of EFNEP impacts.

Result: Published November 2013 <http://dx.doi.org/10.1016/j.jneb.2013.06.008>

Date: January 2013

Title: Long-term evaluation of EFNEP and SNAP-Ed

Journal: Forum for Family and Consumer Sciences

Authors: Mary Kay Wardlaw, Susan Baker

Abstract: Nutrition education programs targeting low-income populations are provided across the United States with varying behavioral assessments. However, few programs have conducted research with graduates more than one year after their participation. A mixed-method research project using quantitative and qualitative techniques assessed the long-term impacts of the Expanded Food and Nutrition Education Program (EFNEP) and the Supplemental Nutrition Assistance Program Education (SNAP-Ed) in Wyoming. Adults who participated in the Wyoming program at least one and up to four years previous to the research, completed an eighteen-item behavior checklist. Each participant filled out the behavior checklist when they enrolled in classes, when they graduated, and at follow-up. These three checklists were matched for each respondent to observe changes in behavior over time. Semi-structured interviews were conducted to learn more about changes related to food and nutrition behaviors, as well as other life changes attributable to their involvement in the program.

Result: Published December, 2012 <http://www.ncsu.edu/ffci/publications/2012/v17-n2-2012-summer-fall/index-v17-n2-december-2012.php>

Date: 2011

Title: Major concerns of families 1984 and 2009: A twenty-five year comparison of public policy issues (including food and nutrition) by the National Extension Association of Family and Consumer Sciences

Journal: Journal of NEAFCS

Authors: Scholl, Jan, Syracuse, Cheryle, & Kneip, Christine

Abstract: The members of the National Association of Extension Family and Consumer Sciences (NEAFCS) have been in a unique position of being able to address family concerns at community and county levels. In 1984 and 2009, corresponding to the Association's 50th and 75th anniversaries, national studies were conducted to determine the major concerns of America's families. In 1984 a random sample of members was surveyed by surface mail. In 2009 the entire NEAFCS membership was surveyed by electronic mail. In 1984 the top four issues were: medical costs, pay equity for women, preschool childcare, and the elder care. In 2009, the top four issues were: employment, health care, financial security, and taxes. Reasons for the differences in findings are discussed and recommendations are made for a similar study in 25 years, for the association's centennial anniversary.

Result: Published Volume 6, 2011: pp. 76-85. www.neafcs.org/assets/documents/journal/neafcs-2011-journal.pdf

Date: Fall 2011

Title: Locating analyzing and making available a century research studies, 1911-2011

Journal: Journal of Youth Development

Authors: Scholl, J., & Paster, A.

Abstract: For years, 4-H has emphasized the value of being a research-based youth organization in its long term association with the land-grant university system. But, it was the general consensus among state and national leaders that the program had no research base. The main objectives of this study were to: locate and document research studies conducted (between 1911-2010) in order to support or dispel notions about the lack of 4-H research and its focus on cows and cooking, to make information about the research studies available to the larger community of youth program practitioners and researchers and provide a general review of research topics by decade. Three thousand five hundred and fifty six studies were found over a thirteen year period and only one percent of these related to "cows or cooking." To make the data available to current and future youth professionals and researchers, the information about each study was transferred to an Internet web-site. Finally, a full century of research topics were summarized.

Result: Published Volume 6, Number 3, Fall 2011: Pages 65-91.
www.nae4ha.com/assets/documents/JYD_110603final.pdf

Date: March, 2011

Title: Establishing a Research Base for the Expanded Food and Nutrition Education Program,

Journal: Family and Consumer Sciences Research Journal

Authors: Scholl, Jan; Paster, Amy; and Jankowski, Brianne.

Abstract: The purpose of this qualitative study was to identify and categorize the research representing the first 40 years (1969–2009) of the Expanded Foods and Nutrition Education Program (EFNEP). The program that is part of the Cooperative Extension Service was developed to help low-income individuals learn about nutrition and enable them to prepare healthy meals for their families. Five hundred and fifty (550) studies about the EFNEP program clientele, curricula, and staff were found. The topics that occurred most often in the studies were diet, knowledge and practices (92 studies), and program evaluation (100 studies). Filemaker Pro™ software was used to sort, make comparisons, and serve as a foundation for an on-line searchable database.

Result: Published. Vol. 39, Issue 3, Pp 279-288, March 2011.

<http://onlinelibrary.wiley.com/doi/10.1111/j.1552-3934.2010.02066.x/abstract>

Date: Winter, 2011

Title: Film drama educated the public about food

Journal: Convivium Artium

Authors: Scholl, J

Result: <http://flan.utsa.edu/conviviumartium/convivium/Home.html>.

Submitted, Not Published or In Review

Date: January, 2013

Title: Limitations of Dietary Assessments Used With Low Income Groups

Journal: Journal of the Academy of Nutrition and Dietetics

Authors: Nancy M Betts, PhD, RD; Mary Kay Wardlaw, PhD; Susan Baker, EdD; Karen Barale, MS, RD; Mary Wilson, MS, RD; Marilyn Townsend, PhD, RD; Hazel Forsythe, PhD, RD

Abstract: Obesity and related chronic diseases occur at disproportionately higher levels among low income groups. It has been suggested that for those with low incomes, food pricing results in high consumption of inexpensive, filling foods of high energy density and low nutrient density. However, food choices of low income adults have not been well-characterized due in large part

to the limitations of dietary assessment methods. This article reviews methods of assessing dietary intake and the published research of the methods used with low income adults. It is suggested that a food behavior checklist be considered for assessing dietary intake and dietary quality among low-income groups.

Result: In review

Date: 2012

Title: Perceptions of Assessing Adult EFNEP Participants' Dietary Intake

Journal: Journal of Extension

Authors: Betts N, Baker S, Wardlaw MK, Barale K

Result: Rejected, looking for new venue

Date: 2012

Title: Dietary assessment methodology in low-income populations

Journal: Journal of the Academy of Nutrition and Dietetics

Authors: Betts N, Baker S, Barale K, Wardlaw MK, Wilson M, Forsythe H, Wong SS.

Result: Rejected but can resubmit with revisions

Date: Summer, 2012

Title: The feasibility of using a web-based automated 24-hour dietary recall instrument with Expanded Food and Nutrition Education Program (EFNEP) participants

Journal: Journal of Nutrition Education and Behavior

Authors: Spears K, Wilson M, Wong S, Barale K, Baker S, Betts N, McGirr K, Phelps J, Wardlaw M.

Result: Rejected, In revision for resubmission

Date: November, 2011

Title: Extension Educators' Perspectives on Promoting Children's Healthy Eating As Obesity Prevention Through SNAP-Ed and EFNEP

Journal: Family and Community Health

Authors: Armstrong Shultz J, Wood DK, Rexford R, Manenica K, Barale K.

Result: Rejected, in revision for resubmission

POSTERS

2013 EFNEP Coordinator's Conference, Washington, DC -- March 11-14, 2013 Four Posters

3.B.1. NC1169 AES Multistate Research Project: EFNEP Related Research, Program Evaluation, and Outreach

Exhibitor: Mary Kay Wardlaw, wardlaw@uwyo.edu

Description: The NC12169 team invites EFNEP coordinators to participate in this critical project. The current 5-year project seeks to identify existing reliable methods for measuring dietary quality among EFNEP participants and evaluate and select the best assessment through qualitative and quantitative criteria, and to determine quality of life constructs affected by EFNEP. The team has applied for another 5-year project expanding on the initial objectives.

3.B.2. Impact of EFNEP on the Quality of Life of Program Participants and Paraprofessional Educators

Exhibitors: Natalia Infante, graduate student; Susan Baker, susan.baker@colostate.edu

Description: The purpose of this research are to identify the impact of EFNEP on the quality of life of its paraprofessional educators and program participants; to develop a measurement instrument for quality of life of EFNEP participants; and to justify continued and/or increased funding for EFNEP.

3.B.3. Assessing Validity of the Behavior Checklist Questions for Evaluating Nutrition Behavior Change in Adult EFNEP Participants

Exhibitors: Erin Murray, graduate student; Susan Baker, susan.baker@colostate.edu

Description: The objective of this research study seeks to develop valid national behavior checklist survey questions that measure diet quality and nutrition-related behavior change among adult EFNEP participants.

3.B.4. An Evaluation of the Use of a 24-Hour Recall as a Measure of Change in Nutrient Intake in Participants in the Expanded Food and Nutrition Education Program (EFNEP)

Exhibitors: Susan MH Gills, graduate student; Susan Baker, susan.baker@colostate.edu

Description: The objective of this research is to evaluate the 24-hour recall (24HR) as a measure of change in nutrient intake in participants in the Expanded Food and Nutrition Education Program (EFNEP).

Other Outputs

Dissertations and Theses:

Wardlaw, Mary Kay. (2009). Understanding long-term effects of nutrition education on low-income adults in Wyoming, Dissertation, University of Wyoming.

Hlavacek, Megan. (2010). Qualitative Study to determine quality of life factors based on reported EFNEP Success Stories. University of Nebraska, Master Thesis.

Bauer, Laura. (2010). Assessment of the Quality of Life (QOL) Profile as an EFNEP evaluation tool. Colorado State University, Master Thesis.

Monahan, Brianna. (2013). Economic Evaluation of the Eat Well Nutrition Education Program, University of Maine, Master Thesis.

Database:

Searchable database for studies related to 4-H and EFNEP. Searches can be done by keyword or author. Some studies go back prior to EFNEP starting, as far as 1922, to capture some early extension research on obesity.

Citation: Scholl, Jan, and Paster, Amy (2011). *National EFNEP Research Database*. Retrieved from <http://www.libraries.psu.edu/psul/lifesciences/agnic/EFNEP/EFNEPdatabase.html>

Sponsored Session:

Date: July, 26, 2011

Society for Nutrition Education and Behavior Annual Conference Session

Title: Empowering Nutrition Educators and Participants by Improving Quality of Life

Abstract: Quality of life (QOL) is the degree of satisfaction or dissatisfaction with personal, social, economic and environmental expectations beyond basic human needs. This session will focus on the relationship between QOL and nutrition education of limited resource audiences. Session specifics include: An overview of QOL literature, results of recent nutrition education research that addresses QOL indicators, and the measurable impact EFNEP has on participants' QOL. Enhance your nutrition education program impact reporting through skills learned at this session. Come learn how nutrition education empowers participants to improve their QOL.

Amount: \$3,000

Sponsored by Department of Human Nutrition and K-State Research and Extension, Kansas State University

Funding

Date: June 2012

Source: NIH RO1

PIs: Mary Wilson, Karen Spears

Project: ASA 24 with Hispanic low Income females to compare validity of 24-Hour dietary recall methods with adult Hispanic Women.

Result: Returned with suggestions for resubmission.

Date: 2010-2013

Source: College of Applied Human Sciences-AES (CUS Project #15-6171)

Amount: \$67,500

PI: Garry Auld, Susan Baker

Project: Expanded Food and Nutrition Education Program (EFNEP) Related Research: Assessment of EFNEP's Impact on Paraprofessionals' Quality of Life

Result: Received

Date: 2013-2015

Source: Colorado State University College of Health and Human Sciences AES (CSU Project #15-xxxx0)

Amount: \$50,000

PI: Garry Auld, Susan Baker (also Pagliassotti, M., Weir, T.)

Project: Expanded Food and Nutrition Education Program (EFNEP) Related Research: Assessment of EFNEP Methods to Evaluate Dietary Quality and Nutrition Behavior Change. The overall objectives of this project are to critically evaluate the efficacy of the current 24 hr recall methodology used to assess dietary intake of participants in the Expanded Food and Nutrition Education Program (EFNEP) and to explore the feasibility and validity of biomarkers of food intake in the EFNEP program.

Result: Received

Date: Spring, 2012

Source: University of Wyoming AES

Amount: \$3600

PI: Mary Kay Wardlaw

Project: Funds paid to Colorado State University for testing for multi-state AES research project and for travel to EFNEP National Meeting for Graduate Student Researcher (Airfare, lodging, per diem).

Result: Received

Date: Fall, 2013

Source: University of Wyoming AES

Amount: \$3600

PI: Mary Kay Wardlaw

Project: Funds paid to Colorado State University for testing for multi-state AES research project and for travel to EFNEP National Meeting for Graduate Student Researcher (Airfare, lodging, per diem).

Result: Received

Date: 2012-2013

Source: Oklahoma State University AES

Amount: \$20,000

PI: Nancy Betts

Result: Received

Date: Fall 2013

Source: Washington State University

PI: Karen Barale

Project: Sabbatical leave for research on behavior checklist

Result: Received