**SAES ANNUAL REPORT**

**Multistate Project NC 2169:** *EFNEP Related Research, Program Evaluation, and Outreach*

**Date of Annual Meeting:** October 15-‐17, 2015

**Period the Report Covers:** October 2014 to September 2015

**Participant List:**

* Auld, Garry, Colorado State University
* Baker, Susan, Colorado State University
* Barale, Karen, Washington State University
* Blake, Stephanie, USDA/NIFA
* Boeckner, Linda, University of Nebraska
* DaSilva, Vanessa, University of Arizona
* Forsythe, Hazel, University of Kentucky
* Fuller, Serena, via technology, University of Arkansas
* Franck, Karen, University of Tennessee
* Guenther, Patricia, University of Utah
* Hamernik, Deb, University of Nebraska-Lincoln
* Kahn, Tarana, Clemson University
* Li, Cheng, Rutgers University
* Misner, Scottie, University of Arizona
* Olson, Beth, University of Wisconsin
* Palmer-­‐Keenan, Debra, Rutgers University
* Procter, Sandy, Kansas State University
* Scholl, Jan, Pennsylvania State University
* Walsh, Jennifer, University of Florida
* Wardlaw, Mary Kay, University of Wyoming
* Weatherspoon, Dave, Michigan State University
* Wilson, Mary, University of Nevada
* Yerxa, Kate, University of Maine

**Brief Summary of Minutes of Annual Meeting**

**Advisor report:** **Dr. Deb Hamernik**

* + Project in its 3rd year, and there will be a mid-term review this year.
  + NIMMS was hacked several years ago – Clemson is rebuilding the software and will be testing in the fall. There is limited access to documents until it is rebuilt.
  + Funding –discussed uses for Hatch Act funds.

**Federal Partner Report – Stephanie Blake**

* + Personnel Updates
  + New NIFA Website – easier to search for grants
  + Reviewed grant opportunities
  + Other EFNEP committees that could connect to NC2169: PSE Evaluation Committee, Supervisory Roles, Social Media, Youth Evaluation
  + “Share Your Science” <http://nifa.usda.gov/share-your-science>
  + IFSN Seminar Series – <http://nifa.usda.gov/resource/institute-food-safety-and-nutrition-ifsn-seminar-series>

**Work Group Updates:**

* Update from Dietary Assessment and Behavior (DAB) Workgroup
  + Behavior Checklist
    - Nutrition Practices– G. Auld
    - Food Safety, Security and Physical Activity – Jennifer Walsh, Karen Franck, Tarana Kahn
    - Food Resource Management - Karen Barale
  + 24hr Recall – Garry Auld
  + Focus Groups Dietary Recall – Serena Fuller via Skype
  + Infant Feeding Practices: Beth Olson – Investigating evaluation items that can be used with low-income families; Topics identified that are most commonly taught; next trying to develop evaluation questions based upon the most common, and then sub categories
  + EFNEP Database – Jan Scholl
* Update from Quality of Life (QoL) Workgroup
  + QoL Focus Group – Garry Auld
  + Cost Benefit – Monetizing Benefits of Nutrition Education Program with Changes in Body Mass Index - Dave Weatherspoon
* Review of pilot proposal funded by the W-RNECE– Patricia Guenther
  + Evaluation of a novel, low cost, low burden, scalable technology for evaluating EFNEP and SNAP-Ed effectiveness

**Review Publication Guidelines**

* Discussion about authors on publications: If you are a person that only collects data (no writing or significant editing)

**Communication site**

* Google Sites to create one location to post minutes, project proposals and updates, and fundingopportunities.
* Kate Yerxa and Linda Boeckner agreed to work to create the site.

**2016 Meetings and Leadership:**

* **Virtual Mid-­‐Year Meeting:** April 29, 2016; 8-­‐11 PT, 9-­‐12 MT, 10-­‐1 CT, and 11-­‐2 ET
* **Annual Meeting:** HOLD – October 26-28, 2016 and November 2-4, 2016, Tucson, Arizona
* **Revised timeline for checklist revision:**
  + December 2015 Complete cognitive interviews
  + January – February 2016 Reliability testing
  + February 2016 Questions to National Office
  + March 2016 – Update given at EFNEP Coordinator Meeting
  + March – August –2016 Validity testing
  + By October 1, 2016 (FY17) will be the roll out for the revised checklist
* **Revised timeline for Quality of Life Tool:**
  + October 2015 – Submit Paraprofessional interview manuscript to JNEB
  + November 2015 – Review focus group transcripts
  + December 2015 – Complete review of Toronto QoL tool
  + January 2016 to August 2016 – Draft focus group QoL manuscript
  + September 2016 – submit focus group QoL manuscript (JNEB)
* **Leadership:**
  + Susan Baker and Karen Barale as NC2169 co-­‐directors
  + Jennifer Walsh as chair for the DAB group, and Linda Boeckner will be the note taker for the group.
  + Kate Yerxa and Sandy Proctor will serve as co-­‐chairs for the QoL group.

**Accomplishments**

**Activities, short-­‐term outcomes & outputs (all are part of milestone 1, October 2014-­‐September 2015):**

**Objective 1.** To test the validity and reliability of the EFNEP 24HDR methods. To test the validity and reliability of the EFNEP 24HDR methods.

* Completed comparison of EFNEP paraprofessional-conducted 24 hr dietary recall with RD-conducted 24 hr dietary recall with individuals
  + Outputs: Findings in two states were comparable
* Began comparison of RD conducted 24 hr group recalls with RD conducted individual recalls
  + Outputs: Determine whether the findings of group versus individual recalls are comparable
* Planned comparisons of paraprofessional group 24 hr recalls with RD group 24 hr recalls.

**Objective 2.** To identify and/or develop valid behavior checklist survey items that assess diet quality, nutrition-­‐ related behavior, and food resource management related behaviors due to EFNEP participation.

* **Dietary Quality & nutrition-­‐related behavior**

Completed cognitive interviews of EFNEP participants to determine their understanding of

concepts. Tested, revised twice and retested.

* + Outputs: Fourteen items identified for the nutrition domain of the EFNEP Food Behavior Checklist that will demonstrate changes from the program leading to improved dietary behaviors.
* **Food Resource Management**

Completed two rounds of cognitive interviews of EFNEP participants to determine their

understanding of the concepts

* + Outputs: Identified 12 items for the EFNEP Food Behavior Checklist that will demonstrate changes from the program leading to improved resource management

**Objective 3.** To determine if EFNEP participation influences Quality of Life (QoL) and if improved QoL is associated with sustained positive behavior changes

* Submitted Educator QoL related manuscript based on interview data
* Preparing focus groups manuscript of participants for submission to Journal of Nutrition Education and Behavior.
* Began development of quality of life tool.
  + Output: basis for development of an instrument to provide quantitative evidence of EFNEP’s impact on improving quality of life.

**Objective 4.** To investigate EFNEP outcomes that indicate cost benefit and cost effectiveness of the program to participants and communities.

* Developed and tested a new method to test the use of BMI as a health status indicator. Benefits are calculated specifically for each individual given BMI change, gender, age, and diseases
  + Output: The BMI based approach is expected to create a unique and better approach to estimate the effectiveness of health education

**Impacts:**

* Identification of differences in expert-­‐conducted 24-­‐hour dietary recalls and those conducted by well-­‐ trained EFNEP paraprofessionals will result in developing EFNEP dietary assessment of higher validity and precision
* Determination of most important educational concepts in the EFNEP curricula and how well these are understood by EFNEP participants will provide an evidence-­‐base for Food Behavior Checklist items that can assist in evaluating improvements made from EFNEP education
* Ability to quantify whether/to what degree EFNEP participation improves quality of life will provide additional justification for the value of the program
* Cost-­‐benefit analysis will provide an indication of whether the program costs are made up for by reductions in health care costs.

**Publications**

***Peer-­‐reviewed Journals:***

* Weatherspoon, DD, Miller, SR, Steele, ME, Newkirk,,CJ, Santiago, O, Dembele, AS, Hoerr, SL. What Social, Program, and Behavioral Factors Influence the Healthy Eating Index for EFNEP and SNAP-Ed Adult Participants? *American Journal of Lifestyle Medicine.* October 7, 2015.doi: 10.1177/1559827615607194 http://ajl.sagepub.com/content/early/2015/10/01/1559827615607194.full.pdf+html
* Scholl, J. (2015, June). Extension family and consumer sciences theses and dissertations, 1913-2013. *Family and Consumer Sciences Research Journal*, 43(4), 357-377.
* Guenther, P.M**.**,andLuick, B.R. (2015) Improved overall quality of diets reported by Expanded Food and Nutrition Education Program participants in the Mountain Region, *Journal of Nutrition Education and Behavior* 47:421-426.
* Murray, E., Auld, G., Inglis-Widrick, R., Baker, S**.** (2015). *Nutrition Content in a National Nutrition Education Program for Low-Income Adults: Content Analysis and Comparison to the U.S. Dietary Guidelines.* Journal of Nutrition Education and Behavior, 14(6),566-573.
* Natker, E. Baker, S., Auld, G., McGirr, K., Sutherland, B., Cason, K. (2015). *Formative Evaluation of EFNEP Curriculum: Ensuring the* Eating Smart • Being Active *Curriculum Is Theory-Based*. Journal of Extension, 53(1). Available at: <http://www.joe.org/joe/2015february/rb1.php>.
* Auld, G., Baker, S., Conway, L., Dollahite, J., Lambia, M.C., McGirr, K. (2015). *Outcome Effectiveness of a Widely Adopted EFNEP Curriculum.* Journal of Nutrition Education and Behavior, 47:19-27.

***Posters:***

* Baker, S., Barale, K., Franck, K., Kahn, T., Walsh, J. A New Behavior Checklist – What It Means for You. Expanded Food and Nutrition Education Program (EFNEP) Coordinators’ Meeting. Washington, D.C., March 2015
* Brewster, P.J., Guenther, P.M., Jordan, K.C., Hurdle, J.F. Development and validation of a novel household grocery food purchase quality score. FASEB Journal 29:131.3 (abstract). Presented at Experimental Biology, Boston, March 2015
* Brite-Lane A, Phelps J, Fuller S, Crook T and Hakkak R. Evaluating Effectiveness of the Arkansas Expanded Food and Nutrition Education Program on Changing Food Resource Management and Nutrition Practice Outcomes. FASEB J April 2015 29:911.7
* Dawahare, M (Grad Student), Durr, C (Grad Student), Walters, J, Forsythe, H. EFNEP Participants Perceptions of the 24 hour recall University of Kentucky School of Human Environmental Sciences All-School Conference and Symposium. 2015.
* Murray, E., Baker, S., Auld, G. (July 2015). Nutrition Education Content in Curricula Used to Teach EFNEP Adults and a Comparison to the U.S. Dietary Guidelines. 2015 Annual Meeting of the Society of Nutrition Education and Behavior. Pittsburgh, PA. Conference Proceedings Volume 47, Issue 4, Abstract S61.
* Schneider, C, Neelon, M, Algert, S, Johns, M, Lamp, C, Towsend, M. What Does a Quality EFNEP Recall Look Like? Expanded Food and Nutrition Education Program (EFNEP) Coordinators’ Meeting. Washington, D.C. March 2015.
* Scholl, J. Presentation on the EFNEP Database at American Evaluation Association in Denver, Colorado. October, 2014.
* Spencer, R, Thomsen M, Nayga R, Fuller S. Effect of the Commercial Food Environment on Expanded Food and Nutrition Education Program (EFNEP) Participant's Diet Quality. Food Distribution Research Society Annual Conference, Philadelphia, PA October 9-12, 2015.
* Townsend, M, Schneider, C, Donohue, S, Barale, K, Wilson, M, Smiley, J. Sharing Resources to Improve the Quality of the EFNEP Group 24H Diet Recalls. Expanded Food and Nutrition Education Program (EFNEP) Coordinators’ Meeting. Washington, D.C. March 2015.
* Walsh J, Hinkle A. Exploring Quality of Life of EFNEP Participants. Presented at the Extension Professional Association of Florida Annual Meeting, Naples, FL, August 2015.
* Yerxa, K, Bonnett, R, Camire, ME. An Evaluation of the Long-term Knowledge and Behavior Change for Participants in UMaine Extension's Expanded Food and Nutrition Education Program. Expanded Food and Nutrition Education Program (EFNEP) Coordinators’ Meeting. Washington, D.C. March 2015..

***Student theses and/or dissertations:***

* None

**Curricula and Educational Materials**

Scholl, J, and Paster, A. *National EFNEP Research Database*. [http://www.libraries.psu.edu/psul/lifesciences/agnic/EFNEP/EFNEPdatabase.html.](http://www.libraries.psu.edu/psul/lifesciences/agnic/EFNEP/EFNEPdatabase.html) Searchable database for studies related to 4-­‐H and EFNEP has been updated. Searches can be done by keyword or author. Some studies go back prior to EFNEP starting, as far as 1922, to capture early extension research on obesity.

**Funding (include grants and contracts)**

Source: University of Florida Agriculture Experiment Station

Amount: $9,888

Start and End Dates: March 2015 to September 30, 2015

Title: EFNEP Related Research, Program Evaluation and Outreach

Project Director: Jennifer Walsh

Source: University of Wyoming Agriculture Experiment Station

Amount: $4000

Start and End Dates: July 1, 2014 - June 30, 2015

Title: Special funding for NC 2169 EFNEP Related Research

Project Director: Mary Kay Wardlaw

Source University of Wyoming.

Source: University of Tennessee Extension Department of Family and Consumer Sciences

Amount: $1000

Start and End Dates: January 1, 2015 to December 31, 2015

Title: Special funding for EFNEP Behavior Checklist cognitive interviews

Project Director: Karen Franck

Source: USDA Regional Nutrition Education Center of Excellence-West

Amount: $45,000

Start and End Dates: July 15, 2015, to July 15, 2016

Title: Evaluation of a Novel, Low Cost, Low Burden, Scalable Technology for Evaluating Expanded Food and Nutrition Education Program and Supplemental Nutrition Assistance Program-Education Effectiveness.

Project Directors: Carrie M. Durward (PD), John F. Hurdle (Co-PD), Patricia M. Guenther (Co-PD)

Source: Colorado State University Agriculture Experiment Station

Amount: $42,000

Start and End Dates: October 1, 2013 to September 30, 2015

Title: Expanded Food and Nutrition Education Program (EFNEP) Related Research: Assessment of EFNEP Methods to Evaluate Dietary Quality and Nutrition Behavior Change.

Project Director(s): Baker, S., Auld, G., Pagliassotti, M., Weir, T.

Source: Colorado State University Department of Food Science and Human Nutrition

Amount: $10,000

Start and End Dates: July 1, 2015 to June 30, 2016

Title: Expanded Food and Nutrition Education Program (EFNEP) Related Research: Assessment of EFNEP Methods to Evaluate Dietary Quality and Nutrition Behavior Change.

Project Director(s): Baker, S., Auld, G.

Source: USDA

Amount: $1,836,250 to Colorado State University and Washington State University

Start and End Dates: FFY2014-FFY18

Title: Western Region Nutrition Education and Obesity Prevention Center of Excellence

Project Director(s): Susan Baker, Colorado State University and Karen Barale, Washington State University

$56,000 approved to conduct reliability and validity testing of new behavior checklist.

$28,800 approved for 24 hour telephone recalls for long-term EFNEP evaluation.

$57,886 approved for long-term evaluation through biometric measures