**NC3169 Annual (Virtual) Meeting**

**October 12 and 13, 2022**

**Day 1: October 12, 2022**

Attending: Lexi MacMillan Uribe, Texas A&M AgriLife; RJ Gibbs, Michigan State University Extension; Annie Roe, University of Idaho; Nurgul Fitzgerald, Rutgers University; Andrea Leschewski, South Dakota State University; Qing Chen, Rutgers University; Geb Bastian, South Dakota State University; Michelle Schott-Pierce Cornell University; Sucie Chen, Rutgers University; Mike Puglisi, University of Connecticut; Karina Diaz Rios, University of California; Karen Franck, University of Tennessee; Kylie Pybus, Washington State University; Helen Chipman, NIFA-USDA; Halimat Oyeneye, Rutgers University; Susan Baker, Colorado State University; Michelle Krehbeil, Kansas State University; Kate Yerxa, University of Maine Cooperative Extension, Sarah Amin, University of Rhode Island

**Welcome: Geb Bastian**

* Welcome to the new co-chair – RJ Gibbs
* Review the google sheet so that Geb Bastian has the correct information to get you counted as part of the group. <https://docs.google.com/spreadsheets/d/187yAnlXMma9D5woM7QZ8DxtJe1In8c7u/edit#gid=781012531>
  + Action Item: Please send corrected information to RJ [–gibbsro2@msu.edu](mailto:–gibbsro2@msu.edu)
* Even people who are currently enrolled in NIMMS need to re-enroll for NC4169. Participation in NC3169 does not transfer over to the new project.

**Welcome: Dr. Helen Chipman** (Slides will be available.)

* NC3169 intentionally brings together program and research since EFNEP does not fund research. This allows the program to be grounded in research.
  + - This group has been active since 2008.
* USDA Strategic Plan: Fiscal Year 2022-2026
  + Goal 4: Provide all Americans safe, nutritious food
    - EFNEP is included in Objective 4.1 Increase food security through assistance and access to nutritious and affordable food.
    - USDA NIFA national priority of nutrition security
    - LGU – National Framework for Health Equity and Well-Being
  + NIFA vision: Catalyze transformative discoveries, education, and engagement to address agricultural challenges
  + Very strong leadership currently and support for EFNEP
    - NIFA headquarters in DC and operations in Kansas City but most people are working remotely and will be working remotely for the foreseeable future
    - Look at non-AFRI competitive grants for opportunities including opportunities to partner with other agencies and groups.
  + FY23 AFRI has not been announced.
    - Partnership opportunities and new investigator seed grants – consider these potential opportunities
  + AFRI Diet, Nutrition, and the Prevention of Chronic Diseases – A1344 – up to $1 million (12% approval)
  + Look at PowerPoint for helpful links about funding and NIFA information
  + Consider volunteering to serve as a grant reviewer for NIFA
  + Research is meant to be supportive to EFNEP
  + It would be good to invite Carinthia Cherry, EFNEP Coordinator, to future NC4169 meetings.

**EFNEP**

* + - $70 million funding for EFNEP in FY2022
  + Challenge with program reach in EFNEP
  + An increasing trend is programming to refugee and immigrant populations.
  + More than 70% of adult participants are people of color and/or of Hispanic ethnicity.
  + More than 88,000 adults and 300,000 youth are reached each year.

2020 – 2024 EFNEP Goals

* + - Provided employment to 1,363 peer educators
    - Increase EFNEP participants by 2% of 2019 totals
  + 50/50 K-5 and 6-12
    - 95% of adults with positive changes in diet

EFNEP Program developments

* + - Use of technology still using peer educator model
    - Question of dosage—must look more at how participants are engaging with content and doing outside of the shared experience
    - Development and implementation of resources/methods for older youth/young adults with limited financial resources
    - WebNEERS direct data app
    - Data collection (recalls, surveys)
    - Training

Multistate and Individual Project Reviews:Need to submit individual project reviews into NIFA reporting system

Multistate 5-year plans

* Must be research focused; can be informed by and can inform education and outreach/extension
* Can report on elements of other funded grants that are included in the 5-year plan; just clarify, so clear that not duplication in funding
* Institutional (Jurisdictional) reports also need to be reported.
  + How you specifically align with the big picture of NC3169 and report only on what you’ve been working on.
  + Title: Helpful if individual projects are consistent or near consistent with multistate 5-year regional plan
* Primary critical issue needs to be consistent
* Non-technical summary—objects and methodology need to be institutional specific
* If it’s integrated, you need to explain why
* Classification information – needs to be accurate
* Need to have IRB information if working with human subjects
* Please contact Helen with any questions.

**Dietary Assessment & Behavior (DAB) Updates**

Spanish FPABQ: Lexi MacMillan-Uribe and Karina Diaz-Rios

* Phase I – Translation
  + Phase I is completed – 19 experts reviewed the Spanish FPAQ (11 reviewed the original and then 8 reviewed the revised FPAQ)
* Phase 2 – Cognitive Interviews
  + Cognitive interview testing will be completed with the revised Spanish FPAQ
* Phase 3 – more reliability and validity testing
* Next steps will focus on cognitive interviews starting with the interview guide. Cognitive interviews will be with 10 – 30 native Spanish speakers and will be recruited primarily from CA and TX which collectively have 45% of the nation’s Hispanic population.

Please contact Lexi ([macmillanuribe@ag.tamu.edu](mailto:macmillanuribe@ag.tamu.edu)) or Karina ([kdiazrios@ucmerced.edu](mailto:kdiazrios@ucmerced.edu)) if you are interested in helping

Retrospective Pre: Qing Chen and Nurgul Fitzgerald

* Phase 1 – Cognitive Interviews: completed. 46 cognitive interviews were conducted.
* Phase 2 – Questionnaire testing: underway with testing 2 side-by-side questionnaires (one with Before and one with Now). 281 surveys collected in 2022. Data analyses will start once the data have been submitted by the states.
* Phase 3 – Cognitive interviews with participants who completed the questionnaires: slated to start in January 2023. This will be follow-up cognitive interviews with participants who completed questionnaires.

Impact Statements - Kylie

* This project has been completed and a manuscript has been accepted for JOE that reviews the process. Four trainings were conducted with EFNEP coordinators in August/September and a fillable template will be available soon for EFNEP coordinators to record their impact statements.

24-Hour Diet Recalls

* Phase 1 – Coordinator Survey: completed last year with surveys received from 56 Coordinators.
* Phase 2 – Interviews with Paraprofessionals & Form Review: underway with 25 interviews completed with paraprofessionals. It is hoped to complete a few more interviews with paraprofessionals from North Central region states and from Tiers 3 and 4.
  + Dawn Easterly is coordinating the form review and she has received 42 forms to date and is reaching out to coordinators individually to request forms.
  + It is anticipated that Phase 2 data collection will be completed by December 2022 and data analyses will be completed by spring 2023 with recommendations and training taking place in summer/fall 2023.
* Phase 3 – Data syntheses
* Phase 4 – Recommendations and training

**QoL Update: Annie Roe**

Review of past work of the group: conducted three pilot studies using University of Toronto’s QoL assessment tool. In a longitudinal quantitative study, educators and participants ranked importance and satisfaction of nine areas of life in three domains (Becoming, Being, and Belonging) at three time points. Two subsequent qualitative studies with educators (phone interviews) and participants (focus groups) were conducted using semi-structured, open-ended questions with additional probes, developed, and reviewed by EFNEP and QoL experts to establish content validity.

Utilizing pilot study data, NC3169 developed a quantitative QoL assessment tool for use as a stand-alone outcome assessment to quantify EFNEP participants’ QoL outcomes or in conjunction with other measures to predict sustained behavior change.

Original plan: 10 interviews from the participating states of AR, CO, ID, KS, ME. Conduct cognitive interviews to establish face validity from multiple states and include 3 primary EFNEP racial/ethnic groups (non-Hispanic White, Hispanic, non-Hispanic Black).

* Preliminary Results:
  + Demographics
    - * N=18 (AR 7, CO 6, ID 4, ME 1)
      * 15 females; 3 didn’t answer
      * Mostly HS or some college
      * 16 white, 2 black
      * 3 Hispanic
  + Number of Interviewees per Item
    - * Range of 1-8 per item for How Important and How Satisfied
      * Identified a few items that have more input than others
  + Issues with Individual Items
    - * Going to Community Food Sources such as farmers’ markets and farm stands
    - 1 person asked if that could include food banks
      * Ability to shop for healthy foods
    - Ability was interpreted as ability to pay or get to the store
    - Might need to explore different wording to address knowledge and skills to shop for healthy foods
      * Learning about New Things
    - 1 person thought it should be about health or nutrition
  + Format:
    - * 10 preferred alternating ALL of How Important with ALL of How Satisfied
        + Less confusing
      * 3 preferred Important and Satisfied with each item
      * A few people seemed confused by both formats

NC4169:

* Temporal reliability and construct validity
* Verification of E-QoL as a predictor of participants’ sustained behavior change
* Electronic QoL instrument
* NEW: Determine if program delivery and perceived social support are related to EFNEP participants’ and paraprofessionals’ changes in quality of life.

**CBA: Andrea Leschewski**

Project timeline: 1/22 to 12/2026

Cost Benefit Analysis Group Breakout Attendance: Andrea Leschewski, Geb Bastian, Nurgurl Fitzgerald, RJ Gibbs, Susan Baker, Helen Chipman, Michael Pulglisi, Michelle Scott-Pierce, Dawn Earnesty, Lola Adedokun, Annie Roe

Overview

* Two projects
* Biomarker Cost-Benefit
  + AFRI grant
* Behavioral Cost-Benefit
  + FPAQ and 24HDR

**NC4169 Brainstorming Session – Methods and Milestones**

Methods

* Discussed other methodology to include in addition to CBA specific.
  + Impact of EFNEP on biomarkers
* 1-2 paragraphs for each group
* Keep the 5-year timeline in mind
  + Dream big, promise realistic!
  + Think about planning time.

Milestones

* This should be a timeline (5-year, starting 10/1/2023)
* AFRI timeline will be used for the biomarker project
* Behavioral CBA timeline
  + Discussed which year, set of data
  + FY19 utilized the 20-item questionnaire. Now EFNEP is using the 30-item questionnaire – this is the data we will use
* Discussed the diet quality data and HEI
  + Next update is 2025 (HEI)
  + Plan for the analysis to occur before 2025
    - What does HEI update mean for the analysis? Depends on if HEI will be a variable identified in the optimal nutritional behavior criterion

YEAR 1

* + - * Methodology development
      * Identify criteria to define optimal nutritional behaviors

YEAR 2

* + - * Analysis
      * Utilize the FY22 data for cost benefit equation

YEAR 3

* + - * Write up and dissemination
      * Development of online tool (in conjunction with biomarker CBA project)

YEAR 4-5

* + - * Evaluation of the online tool

Next Steps for NC4169

* Andrea will draft the methodology and merge the timelines for the two groups

**NC3169 Behavioral Cost Benefit**

Discussion on background work of behavioral CBA project

* Annie gave a brief overview
* Question on including quality of life years
* Cost effectiveness approach is also another methodology to consider

NEXT MEETING for Behavioral CBA: November 9: 12pm PT, 1pm MT, 2pm CT, 3pm ET

* Follow-up on diseases

1. Cancer – Nurgul, Margaret
2. Cardiovascular Disease – Annie, Mike Puglisi
3. Osteoporosis – Annie, Michelle Scott-Pierce
4. Type II Diabetes – Margaret
5. Foodborne Illness – Annie, Geb Bastian
6. Infant Diseases – Annie (Perhaps Beth Olson??; Susan will reach out)
   1. Breastfeeding CBA (methodology)
   2. Folic acid
   3. Food safety

**Day 2 -October 14, 2022**

Attending: RJ Gibbs, Michigan State University Extension; Annie Roe, University of Idaho; Nurgul Fitzgerald, Rutgers University; Andrea Leschewski, South Dakota State University; Qing Chen, Rutgers University; Geb Bastian, South Dakota State University; Mike Puglisi, University of Connecticut; Karen Franck, University of Tennessee; Kylie Pybus, Washington State University; Helen Chipman, NIFA-USDA; Halimat Oyeneye, Rutgers University; Karina Diaz Rios, University of California; Susan Baker, Colorado State University; Kate Yerxa, University of Maine; Lola Adedokun, University of Kentucky; Dawn Earnesty, Michigan State University, Sarah Amin, University of Rhode Island

**Leadership Elections**

* Geb Bastian & RJ Gibbs – co-chairs
* COB-Andrea Leschewski
* QoL-Annie Roe & Kate Yerxa (note taker)
* DAB-Mike Puglisi & Karen Franck (note taker)
  + There are no term limits for leadership roles but try to get new members to help out with leadership roles to help mentor new leaders.
  + Special thanks to Susan Baker for all of her help with the group, instrumental in helping with a side project—APLU—team excellence in Extension award

**NIMSS information**

Have to rejoin NIMMS for NC4169 because participation does not roll over: <https://www.nimss.org/> (might be registered on an older email).

* Reach out to Geb to see about getting into the system if you are not registered.
* Create New Appendix E
  + NC\_temp3169 – when the project is approved it will then turn to NC4169
  + Make sure you are affiliated with your current institution
  + It’s okay to leave official representative blank if you are not sure
* Objectives

1. CBA
2. QoL
3. 24-Hour Diet recall, youth evaluation, Spanish FPAQ
4. New curricula analyses

* Align objectives with the activities that you are going to be working with and your AES goals if applicable. In NIMSS:
  + Scientist year—fill out % time in scientist year (professor)
  + Professional year (agents, etc.)
  + Research
  + KA – overall focus of your research – Human Nutrition – 703 Nutrition Education & Behavior
  + SOI – Subject of Investigation – People and Communities – pick an applicable code
  + FOS – Field of Science – Social and Behavioral – 3010 Economics for CBA; 3020 Education – matching this up with your discipline and your focus
  + Extension
  + Put your time related to Extension activities for those with Extension appointments
  + Need to be careful that you don’t convey that there are a lot of FTEs tied into Extension because this is a research project
  + Knowledge Area = 703
  + Need to check in with AES and Extension Director if there are questions.
  + Once you hit submit this will be approved by Extension Director and AES.
  + Multistate Hatch Project
  + Write up a proposal that identifies what type of research you plan to do as part of this project
* Contact Geb if you have any questions. Also check with your Extension Director and AES.

**NC4169 Progress**

* + - December 1, 2022: full proposal needs to be finished.
    - Need Methods from each subgroup
    - Doesn’t need to be a full methods section but needs to have enough information so another scientist could read it and understand
    - Milestones
    - Timeline--list of bullets for each year
    - RJ and Geb will set a deadline but probably before Thanksgiving

**Accomplishments Reports**

* Due 60 days after today – December 13, 2022
* Annual report of everything we’ve done from October 1 – September 30, 2022
* Need the list of accomplishments that each person has done & outputs by each person in this workgroup – tangible or intangible final product – report, data information, observations, presentations, publications, grants awarded, etc.
* Deadline will be in November.

**Future Meetings - 2023**

* Mid-Year Meeting: Geb will send out a Doodle Poll to identify the best date in April 2023 for the virtual meeting. (Potential dates are April 21 and 28.)
* Annual Meeting: Discussion about the best process/location for future meetings.
* Potential ideas:

1. Include with another conference (FNCE, SNEB, EFNEP)
2. Have the meeting in a bigger city and have a conference planning committee.

* Has to be a full year between annual meetings but there is an exception to change the time of year moving forward so we could meet earlier in 2023 if we decide to move the date of the meeting permanently.
* Geb is going to contact some people to start brainstorming about ideas for the next annual meeting.

**QoL Working Group Meeting:**

Overview of what has been accomplished: NC3169

Extensive rounds of cognitive interviews will be conducted with EFNEP participants from multiple states and three primary EFNEP racial/ethnic categories of participants (non-Hispanic White, Hispanic, non-Hispanic Black). These interviews will establish face validity, i.e., the consistent and intended interpretation of items and response options.

* Demographics of current interview subjects”
  + N=18 (AR 7, CO 6, ID 4, ME 1)
  + 15 females; 3 didn’t answer
  + Mostly HS or some college
  + 16 white, 2 black
  + 3 Hispanic
* Idaho has funding to support continuing the cognitive interview from the states that participate - Maine will investigate the ability to continue to deliver the electronic gift cards.

Action Plan: Priority recruitment from NE and NC regions, with more recruits who are Hispanic and Black - Annie will update recruitment numbers by November 1, 2022.

* Establish temporal reliability and construct validity - follow the FPAQ validation methodology
  + Reliability methodology (from FPAQ)
  + Two states from each EFNEP region (8 in total)
  + Convenience sample of 30 total Hispanic, black, and white low-income females with young children who are eligible for EFNEP classes but not enrolled
  + 1 month between test-retest
* Sample Size: want to be able to detect difference between the two
  + Goal: 50, but Rutgers (Nurgul) will supply sample size calculations from retrospective pre-post
  + Use an online survey format

**Plans for NC4169:**

Objective 2: Investigate the impact of EFNEP education on participants’ and educators’ quality of life

* 2a. Determine if participants’ changes in quality of life are attributable to EFNEP using a validated EFNEP-tailored questionnaire
* 2b. Determine if program delivery and perceived social support are related to EFNEP participants’ and paraprofessionals’ changes in quality of life

Methods: A survey will be developed to capture EFNEP participants’ perceptions of EFNEP programming in relation to social support, engagement, and experiential learning. A second survey will be developed to capture quantitative data on class delivery, including instructor year of service, number of lessons, and number of hours. The E-QoL survey will be administered before and after a series of EFNEP classes. The surveys on participant perceptions and class delivery will be administered upon class completion. Data will be assessed for relationships between program delivery and change in QoL.

**DAB Working Group Minutes**

Attending: Susan Baker, Karen Franck, Kylie Pybus, Nurgul Fitzgerald, Helen Chipman, Dawn Earnesty, Mike Puglisi, Annie Roe, Geb Bastian, Sarah Amin, Karina Diaz Rios, Qing Chen, Lola Adedokun, Teresa Henson, RJ Gibbs

NC4169 – Mike reviewed objectives and milestones. Mike will send out the milestones to the group for review and to provide dates. Mike reviewed the methods. People need to look through the methods and revise if needed.

* 24-Hour Diet Recall pen and paper plans to be completed before NC4169 except for dissemination.
* Retrospective pretest plans to be completed before NC4169 except for data analyses and dissemination.

**Spanish FPAQ Discussion**

* Trying to recruit a student to help or part-time staff to help with collecting and analyzing data for Spanish FPAQ.
* Need help from other institutions for the team and to recruit Spanish-speaking participants—New York, Connecticut, Colorado, and Rhode Island are willing to help with recruitment.
* Will be recruiting native Spanish speakers rather than bilingual speakers at this time—might recruit bilingual speakers at a later time.

**Internal Consistency of Entire FPAQ Discussion**

Geb was working on this last year to get a FOYA of the past year’s EFNEP data. He plans to get this done by year 5 and Nurgul is going to help with this.

**NC4169 Objectives discussion**

Objective 1. Examine the content and implementation characteristics, and effectiveness of EFNEP curricula that target adults’ nutrition and physical activity-related behaviors.

Objective 1a. Examine the facilitators and barriers among EFNEP educators for successful implementation of physical activity content in EFNEP lessons.

1. Conduct semi-structured interviews with EFNEP educators (where/how many states/educators?) to examine their perceived barriers and facilitators in providing PA content.

* Sarah Amin has a student who could work on this starting now and Mike also has a student. Start in RI and CT. Look for representative of tiers. Mike is working with a student who is looking at barriers to physical activity for Hispanic adults. Aim to triangulate some of the findings from what Mike is doing and others. Combine this with QoL work. Would be open to expanding to other states that are interested. Use this pilot to refine and standardize the script. Nurgul will also be helping with this.

Objective 1b. Develop sets of best practices for effective teaching modalities that correspond with successful implementation, participant engagement and/or behavior change.

Make sure that the analyses with 1a align with 1b.

* Susan Baker is going to help with this with information from the FPAQ. There is the potential to conduct a formal process evaluation. It would be good to compare online with face-to-face delivery to make recommendations and best practices for online format. Starting in 2023, WebNEERS data will provide information about how individuals participate in online and face-to-face.
* There was a discussion about conducting surveys with coordinators and educators to determine what they taught from the curricula and what components they added in. There is the potential to collect data from participants as well but that might be outside the scope of what’s feasible for this project.
* This project will be aligned and coordinated with QoL as much as possible.
* An implementation framework could be used to help frame this project as it moves forward.
* Need to get some more EFNEP coordinators involved to help with this. Dr. Chipman offered to discuss this at the upcoming November/December coordinator trainings.
* Objectives will be finalized at a follow-up meeting on November 2 at 12 ET.