CalFresh Healthy Living FFY 2019 Narrative Annual Report – Template C

Accessibility Standards:
*This report must comply with **Section 508** of the federal Rehabilitation Act of 1973, as amended (29 U.S.C. section 794d), American with Disabilities Act (ADA) compliance pursuant to California Government Code sections 7405, 11135, and 11546.7. SIAs / LIAs are encouraged to utilize the guidance set forth in **Program Directive 20-01** in the planning and development of messages and materials. **Program Directive 20-01 CalFresh Healthy Living Accessibility Compliance Policy and Procedure** is available on the CDSS CalFresh Healthy Living SharePoint website on the **Resources** tab under the "ADA Accessibility Guides" section.*

Reporting CalFresh Healthy Living Direct Education Priority Outcome Indicators

Please use this Direct-Ed template to provide information on the analyses you've conducted along with the population demographics involved in the tables provided. Each sub-indicator will be reported in two tables. The first table will identify the sub-indicator, survey used, analysis method, and population. The second table will provide the details of the analysis and includes: sub-indicator, question analyzed with response options, sample size, pre/post values, difference, and p-value.

For each set of tables, identify the sub-indicator being reported and the details of the survey and question that addresses that sub-indicator.

- Under "Survey," provide the full name of the survey that was used. Only report one survey and its corresponding questions on the applicable table. For example, the Fruit and Vegetable Checklist should not be reported on the same table as any other survey.
- Under "Data Analysis Method," identify the type of analysis used (e.g., t-test) and the program used to run the analysis (e.g., SPSS, Excel, etc.).
- Under "Population," identify the target population that responded to the survey. This should include total number of respondents, geographic location, ages, and race of respondents. Please identify the question and the response options.
- Under "Questions," provide the question number, the verbiage of the question, and the response options.
- Under "Results," provide the total number included in the analysis, the pre-survey value, the post survey value, the difference between the two, and the p-value obtained in your analysis.

Additionally, please provide the complete survey data that was collected over the year. These data will be aggregated when possible to show intervention outcomes at a state level. The following are CDSS's expectations for submitting survey data.

All data should be cleaned and ready for analysis. CDSS has not provided any data cleaning procedures for survey data, so data should be cleaned according to the procedures already established by each SIA. Additionally, all data should be submitted

in Excel or SPSS with each survey being submitted in its own Excel workbook or SPSS data file. Only one file should be submitted for each survey. This means that all data from each LIA should be combined into one file for each survey. For example, there should only be one file for the Food Behavior Checklist, a separate file for the Fruit and Vegetable Checklist, and so on. Please clearly identify the name of the survey in the file name.

> **Example:** *The following data can be found in* ***mt1Acompletedata.xlsx*** *excel sheet.*

States that are using FNS's SNAP-Ed Evaluation Framework are strongly encouraged to report their State outcomes for one of the Direct Education indicators using this template. Below you will find an example of how to present the data.

Core Indicator:

All states are strongly encouraged to measure the following core indicator for medium-term change from *SNAP-Ed Evaluation Framework*. MT3 is an indicator measuring behavioral change in SNAP-Ed participants in direct education programs.

Indicator Code (MT = medium-term)	Indicator Name
MT3	Physical Activity and Reduced Sedentary Behaviors

> **Example:** *The following data can be found in* ***mt3completedata.xlsx*** *excel sheet.*

Please note that Table 1 and Table 2 must be completed for each indicator. To stay within ADA guidelines, please do not merge cells to these tables.

Reporting CalFresh Healthy Living *Direct Education* Priority Outcome Indicators - FFY 2019

CalFresh Healthy Living, University of California

MT3: Physical Activity and Reduced Sedentary Behaviors

Table 1: Outcome Measures – MT3a Physical activity and leisure sport

MT3a. Physical activity and leisure sport	Survey	Data Analysis Method	Population
	Adult Physical Activity Survey (APAS) – 3 items (pre/post, matched pairs)	*Pre- and post-test data were analyzed using a McNemar test for %s and paired samples t-tests for means via SPSS, and results with a p-value less than 0.05 were interpreted as significant.*	*38 adult participants from Kings and Tulare Counties.* *Age: 82% age 18-59 and 18% age 60+,* *Gender: 89% female, 11% male;* *Ethnicity: 97% Hispanic/Latino;* *Race: 97% White, 1% Asian*

*The following data can be found in **APAS_FY19_CLEAN_N=38.sav** SPSS data file.*

Table 2: Outcome Measure Details – MT3a Physical activity and leisure sport[1]

MT3a. Physical activity and leisure sport	Question(s) *(List questions and reponse options)*	Result: n=	Pre	Post	Diff	p-Value
	In the past week, how many days did you exercise for at least 30 minutes? (0 days, 1 day, 2 days, 3 days, 4 days, 5 days, 6 days, 7 days)	*n=38*	*3.32 mean days* ——— *24% excercised for 30+ minutes on 5 or more days per week*	*3.82 mean days* ——— *37% excercised for 30+ minutes on 5 or more days per week*	*0.50* ——— *18%*	*0.087* ——— *0.227*

Reporting CalFresh Healthy Living *Direct Education* Priority Outcome Indicators - FFY 2019

MT3a. Physical activity and leisure sport	**Question(s)** *(List questions and reponse options)*	**Result: n=**	**Pre**	**Post**	**Diff**	**p-Value**
	In the past week, how many days did you do workouts to build and strengthen your muscles?	*n=38*	*2.71 mean days* ——— *71% build and strengthen muscles on 2 or more days per week*	*3.24 mean days* ——— *87% build and strengthen muscles on 2 or more days per week*	*0.53* ——— *16%*	*0.149* ——— *0.109*
	How often do you make small changes on purpose to be more active? (Never, Rarely-about 20% of the time, Sometimes-about 40% of the time, Often-about 60% of the time, usually-about 80% of the time, Always)	*n=38*	*3.66*	*4.53*	*0.87*	*0.000*

[1]CFHL, UC began piloting the Adult Physical Activity Survey in FFY 2019. This table includes all results (significant and non-significant). See evaluation report #4 for more detail about pilot results and variations observed in physical activity outcomes.

Reporting CalFresh Healthy Living *Direct Education* Priority Outcome Indicators - FFY 2019

MT1: Healthy Eating Behaviors

Table 1a: Outcome Measures – MT1 Healthy Eating Behaviors

MT1. Healthy Eating Behaviors	Survey	Data Analysis Method	Population
	Visually-Enhanced Food Behavior Checklist (FBC)--16 items (pre/post, matched pairs)	*Pre- and post-test data were analyzed using a McNemar test for the % reporting 'yes, often' or 'yes, always' and paired samples t-tests for mean cups via SPSS and results with a p-value less than 0.05 were interpreted as significant.*	*674 CalFresh Healthy Living, UC adult participants from Alameda, Fresno, Madera, Merced, San Joaquin, Santa Clara, Shasta and Stanislaus.* *For those reporting demographics, Age: 82% age 18-59 and 18% age 60+; Gender: 83% female, and 17% male; Ethnicity: 66% Hispanic/Latino; Race: 3% African American/Black, 19% Asian, 3% American Indian or Alaska Native, 72% White and 2% Two or more races.*

*The following data can be found in **FBC_FY19_CLEAN_N=674.sav** SPSS data file.*

Table 2a: Outcome Measure Details – MT1 Healthy Eating Behaviors

MT1. Healthy Eating Behaviors	Question(s) *(List questions and reponse options)*	Result: n=	Pre	Post	Diff	p-Value
MT1c. *Ate more than one kind of fruit*	*Do you eat more than one kind of fruit each day? (no; yes, sometimes; yes, often; yes, always)*	*n=665*	*35% 'often' or 'always'*	*58% 'often' or 'always'*	*24%*	*.000*
MT1d. *Ate more than one kind of vegetable*	*Do you eat more than one kind of vegetable each day? (no; yes, sometimes;*	*n= 670*	*42% 'often' or 'always'*	*65% 'often' or 'always'*	*23%*	*.000*

Reporting CalFresh Healthy Living *Direct Education* Priority Outcome Indicators - FFY 2019

MT1. Healthy Eating Behaviors	**Question(s)** *(List questions and reponse options)*	**Result: n=**	**Pre**	**Post**	**Diff**	**p-Value**
	yes, often; yes, always)					
MT1h. *Drank fewer sugar-sweetened beverages (e.g., regular soda or sports drinks)*	*Do you drink regular soda? (no; yes, sometimes; yes, often; yes, everyday)*	*n=667*	*76% 'no' or 'sometimes'*	*88% 'no' or 'sometimes'*	*13%*	*.000*
MT1h. *Drank fewer sugar-sweetened beverages (e.g., regular soda or sports drinks)*	*Do you drink fruit drinks, sports drinks or punch? (no; yes, sometimes; yes, often; yes, everyday)*	*n=672*	*70% 'no' or 'sometimes'*	*84% 'no' or 'sometimes'*	*14%*	*.000*
MT1l. *Cups of fruit consumed per day*	*Fruit: How much do you eat each day? (none, ½ cup, 1 cup, 1½ cups, 2 cups, 2½ cups, 3 cups or more)*	*n=672*	*1.09 Mean cups*	*1.48 Mean cups*	*.39*	*.000*
MT1m. *Cups of vegetables consumed per day*	*Vegetables: How much do you eat each day? (none, ½ cup, 1 cup, 1½ cups, 2 cups, 2½ cups, 3 cups or more)*	*n=672*	*1.19 Mean cups*	*1.59 Mean cups*	*.40*	*.000*

Table 1b: Outcome Measures – MT1 Healthy Eating Behaviors

MT2. Food Resource Management Behaviors	Survey	Data Analysis Method	Population
	Plan Shop Save Cook (PSSC)--7 items (pre/post, matched pairs)	*Pre- and post-test data for the % reporting 'almost always' or 'most of the time' were analyzed using the McNemar test via SPSS and results with a p-value less than 0.05 were interpreted as significant.*	*997 CalFresh Healthy Living, UC adult participants from Butte, Fresno, Imperial, Kern, Kings, Placer, Riverside, San Francisco, San Mateo, Santa Clara, Shasta, Stanislaus and Tulare.* *For those reporting demographics, Age: 77% age 18-59 and 23% age 60+; Gender: 81% female, and 19% male; Ethnicity: 69% Hispanic/Latino; Race: 3% African American/Black, 12% Asian, 3% American Indian or Alaska Native, 1% Native Hawaiian or Pacific Islander, 80% White and 2% Two or more races.*

Table 2b: Outcome Measure Details – MT1 Healthy Eating Behaviors

MT1. Healthy Eating Behaviors	Question(s) *(List questions and reponse options)*	Result: n=	Pre	Post	Diff	p-Value
MT1f. *Used MyPlate to make food choices*	*How often do you use MyPlate to make food choices? (never, seldom, sometimes, most of the time, almost always)*	*n=917*	*16% 'often' or 'always'*	*49% 'often' or 'always'*	*34%*	*0.000*

MT2: Food Resource Management Behaviors

Table 1a: Outcome Measures – MT2 Food Resource Management Behaviors

MT2. Food Resource Management Behaviors	Survey	Data Analysis Method	Population
	Plan Shop Save Cook (PSSC)--7 items (pre/post, matched pairs)	*Pre- and post-test data for the % reporting 'almost always' or 'most of the time' were analyzed using the McNemar test via SPSS and results with a p-value less than 0.05 were interpreted as significant.*	*997 CalFresh Healthy Living, UC adult participants from Butte, Fresno, Imperial, Kern, Kings, Placer, Riverside, San Francisco, San Mateo, Santa Clara, Shasta, Stanislaus and Tulare.* *For those reporting demographics, Age: 77% age 18-59 and 23% age 60+; Gender: 81% female, and 19% male; Ethnicity: 69% Hispanic/Latino; Race: 3% African American/Black, 12% Asian, 3% American Indian or Alaska Native, 1% Native Hawaiian or Pacific Islander, 80% White and 2% Two or more races.*

*The following data can be found in **PSSC_FY19_CLEAN_N=997.sav** SPSS data file.*

Reporting CalFresh Healthy Living *Direct Education* Priority Outcome Indicators - FFY 2019

Table 2a: Outcome Measure Details – MT2 Food Resource Management Behaviors

MT2. Food Resource Management Behaviors	**Question(s)** *(List questions and reponse options)*	**Result: n=**	**Pre**	**Post**	**Diff**	**p-Value**
MT2b. *Read nutrition facts or nutrition ingredients lists*	*How often do you use the "Nutrition Facts" on the food label to make food choices? (never, seldom, sometimes, most of the time, almost always)*	*n=993*	*25% 'Almost always' or 'Most of the time'*	*57% 'Almost always' or 'Most of the time'*	*32%*	*0.000*
MT2g. *Not run out of food before month's end*	*How often do you run out of food before the end of the month? (never, seldom, sometimes, most of the time, almost always)*	*n=991*	*43% 'Never' or 'Seldom'*	*60% 'Never' or 'Seldom'*	*16%*	*0.000*
MT2h. *Compare prices before buying foods*	*How often do you compare unit prices before buying food? (never, seldom, sometimes, most of the time, almost always)*	*n=995*	*42% 'Almost always' or 'Most of the time'*	*64% 'Almost always' or 'Most of the time'*	*23%*	*0.000*
MT2j*. Shop with a list*	*How often do you shop with a grocery list? (never, seldom, sometimes, most of the time, almost always)*	*n=996*	*40% 'Almost always' or 'Most of the time'*	*66% 'Almost always' or 'Most of the time'*	*26%*	*0.000*

Reporting CalFresh Healthy Living *Direct Education* Priority Outcome Indicators - FFY 2019

Table 1b: Outcome Measures – MT2 Food Resource Management Behaviors

MT2. Food Resource Management	Survey	Data Analysis Method	Population
	Visually-Enhanced Food Behavior Checklist (FBC)--16 items (pre/post, matched pairs)	*Number and percent of respondents*	*674 CalFresh Healthy Living, UC adult participants from Alameda, Fresno, Madera, Merced, San Joaquin, Santa Clara, Shasta and Stanislaus.* *For those reporting demographics, Age: 82% age 18-59 and 18% age 60+; Gender: 83% female, and 17% male; Ethnicity: 66% Hispanic/Latino; Race: 3% African American/Black, 19% Asian, 3% American Indian or Alaska Native, 72% White and 2% Two or more races.*

*The following data can be found in **FBC_FY19_CLEAN_N=674.sav** SPSS data file.*

Table 2b: Outcome Measure Details – MT2 Food Resource Management Behaviors

MT2. Food Resource Management Behaviors	Question(s) *(List questions and reponse options)*	Result: n=	Pre	Post	Diff	p-Value
MT2b. *Read nutrition facts or nutrition ingredients lists*	*Do you use this label when food shopping? (no, yes sometimes, yes often, yes always)*	*n=668*	26% 'Yes often, Yes always'	56% 'Yes often, Yes always'	*29%*	*.000*
MT2g. *Not run out of food before month's end*	*Do you run out of food before the end of the month? (no; yes, sometimes; yes, often; yes, always)*	*n= 667*	82% 'No' or 'Yes sometimes'	89% 'No' or 'Yes sometimes'	*7%*	*.000*

Reporting CalFresh Healthy Living *Direct Education* Priority Outcome Indicators - FFY 2019

Priority Indicators at the Environmental Setting Level Reported in PEARS

Table 3: Measure Details – MT5 Nutrition Supports Adopted

SNAP-Ed Indicators	CFHL, UC Summary Result from PEARS FFY2019
Nutrition Supports MT5a. Number and proportion of sites or organizations that make at least one change in writing or practice to expand access or improve appeal for healthy eating	*267 sites/organizations in 28 counties made at least one nutrition supports PSE change* *(Note: Only those PSEs reported to be in the implementation and maintenance stages are summarized here.)*
MT5b. Total number of policy changes	***PSE Change Details**: 141 nutrition supports policy changes* • *Established or improved food/beverage, physical activity and/or wellness-related policies (40)* • *Initiated or expanded implementation of guidelines on use of food/beverages in the classroom, as rewards, or during celebrations or educational programs (37)* • *Initiated or expanded implementation of guidelines for meal foods/beverages (30)* • *Established or improved a monitoring or reporting system for food/beverage, physical activity, and/or wellness related policy (13)* • *School wellness or child care wellness policy (12)* • *Initiated or expanded implementation of guidelines for healthier snack options or healthier competitive food/beverage options (4)* • *Policy for increasing nutrition education or cooking activities (2)* • *Food is not used as reward or punishment (1)* • *Established or improved a nutrition policy (1)* • *Adjustments to school lunch schedule by offering recess before lunch (1)* *These changes were reported by county teams in the Program Evaluation and Reporting System (PEARS). Specific reported changes are categorized as "policy" changes by PEARS. One change was erroneously categorized in PEARS as environmental, but is actually a policy change and included here: "Established or improved food/beverage, physical activity and/or wellness-related policies".*
MT5c. Total number of systems changes	***PSE Change Details**: 220 nutrition supports systems changes* • *Improved free water access, taste, quality, smell, or temperature (32)* • *Initiated, improved or expanded healthy fundraisers (32)* • *Initiated or expanded farm-to-table/use of fresh or local produce (30)* • *Improved menus/recipes (variety, quality, etc.) (29)* • *Improved child feeding practices (e.g. served family style, adults role model healthy behaviors, staff sit with children, children decide when they are full, etc.) (27)* • *Initiated or expanded a mechanism for distributing onsite garden produce to families or communities (22)*

Reporting CalFresh Healthy Living *Direct Education* Priority Outcome Indicators - FFY 2019

SNAP-Ed Indicators	CFHL, UC Summary Result from PEARS FFY2019
	• *Initiated, improved or expanded opportunities for parents/students/community to work in the garden (14)* • *Implemented a system for youth, parent and/or client leadership or involvement in decision-making (9)* • *Improved enrollment procedures to increase NSLBP meal participation including universal breakfast/ lunch (4)* • *Initiated, improved or expanded professional development opportunities on nutrition and physical activity (4)* • *Initiated, improved, or expanded opportunities for parents to participate in decision making through a wellness committee(4)* • *Implemented novel distribution systems to reach high-risk populations, such as home delivery for the elderly, farmers market, etc. (2)* • *Improved food purchasing/donation specifications or vendor agreements towards healthier food(s)/beverages (2)* • *Implemented nutrition standards for foods/beverages accepted and distributed (2)* • *Initiated, improved or expanded use of federal food programs (CACFP, TEFAP, summer meals, NSLBP, etc.) including improvements in enrollment procedures (2)* • *Include fresh produce in food pantry offerings (1)* • *Began, expanded, or promoted acceptance and use of SNAP/EBT/WIC (1)* • *Implemented, improved or expanded healthy fundraisers (1)* • *Implemented guidelines for healthier competitive foods options (1)* • *Initiated or expanded the collection or gleaning of excess healthy foods for distribution to clients, needy individuals, or charitable organizations (1)* *Same confirmation process as **MT5b** above*

Reporting CalFresh Healthy Living *Direct Education* Priority Outcome Indicators - FFY 2019

SNAP-Ed Indicators	CFHL, UC Summary Result from PEARS FFY2019
MT5d. Total number of environmental changes	***PSE Change Details**: 395 nutrition supports environmental changes* • *Edible gardens (establish, reinvigorate or maintain food gardens) (143)* • *Initiated or expanded use of the garden for nutrition education (111)* • *Initiated or expanded use of onsite garden produce for meals/snacks provided onsite (48)* • *Improved appeal, layout or display of meal food/beverages to encourage healthy and discourage unhealthy selections (45)* • *Improve appeal, layout or display of snack or competitive foods to encourage healthier selections (12)* • *Established or improved salad bar (9)* • *Improved or expanded cafeteria/dining/serving areas or facilities (8)* • *Improved façade/outdoor space (6)* • *Eliminated or reduced amount of competitive foods/beverages (3)* • *Improved facilities or equipment to accommodate healthier options or make them more convenient/appealing/accessible (2)* • *Improved or expanded kitchen/food preparation facilities that allow for healthier or more appealing options (e.g. refrigeration, appliances that allow for scratch cooking, etc.) (2)* • *Installed healthy eating and active living mural (2)* • *Improved or expanded cafeteria, dining or serving areas or facilities (2)* • *Increased space/amount/variety of healthy options (includes shelf space, number of booths, options on menus) (1)* • *Established healthy food/beverage defaults (whole wheat bread, salad, or fruit instead of fries, water instead of soda, etc.) (1)* *Same confirmation process as **MT5b** above*
MT5e. Total number of promotional efforts for a PSE change	***PSE Change Details**: 95 promotional efforts for a nutrition supports PSE change* • *Used interactive educational display (that will stay at the site), other visual displays, posters, taste testing, live demonstrations, audiovisuals, celebrities, etc. to prompt healthy behavior choices close to the point of decision (64)* • *Ensured meal service staff encourage healthy selections (18)* • *Initiated or improved menu labeling (e.g. calories, fat, sodium, added sugar counts) (8)* • *Initiated or enhanced limits on marketing/promotion of less healthy options (4)* • *Took steps to improve the appeal of the school meal program in order to increase meal participation (1)* *Same confirmation process as **MT5b** above.*
MT5f. Reach*: Total potential number of persons who encounter the improved environment or are affected by the policy change on a regular	***PSE Change Details**: an estimated 166,462 unduplicated persons were reached by the nutrition supports adopted at 267 sites/organizations.* *Reach estimates were also reported through PEARS and were most commonly based on enrollment information.*

SNAP-Ed Indicators	CFHL, UC Summary Result from PEARS FFY2019
(typical) basis and are assumed to be influenced by it.	

*Only reported for PSEs in the implementation and maintenance stages (N=397).

Additional SNAP-Ed Evaluation Framework Indicators – Individual Level

Table 4a: Measures – ST1-ST3 Short Term Goals and Intentions

ST1-ST3 – Short Term Goals and Intentions	**Survey**	**Data Analysis Method**	**Population**
	Intent to Change Surveys (ITCs) – 2 items (administered following single sessions/ workshops)	*Data were analyzed to produce frequencies via Excel with results presented for both current practices and future intentions.*	*7,092 adult participants from 24 counties.* *Age: 68% age 18-59 and 8% age 60+, 24% missing,* *Gender: 62% female, 14% male, 25% missing;* *Ethnicity: 46% Hispanic/Latino, 27% Non-Hispanic/Non-Latino, 27% Missing;* *Race: 42% missing, 43% White, 6% Black, 5%Asian, 2% American Indian/ Alaskan Native, 1% Native Hawaiian/Pacific Islander, 2% Two or more races*

Table 4b: Measure Details –ST1 Healthy Eating Goals and Intentions

ST1. Healthy Eating Goals and Intentions	**Question(s)** *(List questions and reponse options)*	**n=sample size**	**Results**	**Results**
ST1a. *Fruit – current practice*	*During the past week, did you eat fruit at least 2 times a day? (yes, no)*	*n=93*	*74% Yes*	*26% No*
ST1a. *Fruit – intention to improve*	*(For those responding "no") Within the next week, how often will you eat fruit? (more often, same as before)*	*n=24*	*100% More Often*	*0% Same as Before*

Reporting CalFresh Healthy Living *Direct Education* Priority Outcome Indicators - FFY 2019

ST1. Healthy Eating Goals and Intentions	**Question(s)** *(List questions and reponse options)*	**n=sample size**	**Results**	**Results**
ST1b. *Vegetables – current practice*	*During the past week, did you eat more than 1 kind of vegetable each day? (yes, no)*	*n=660*	*79% Yes*	*21% No*
ST1b. *Vegetables – intention to improve*	*(Results for those responding "no") Within the next week, how often will you eat more than 1 kind of vegetable each day? (more often, same as before)*	*n=138*	*84% More Often*	*16% Same as Before*
ST1d. *Whole Grains – current practice*	*During the past week, did you eat whole grains or whole grain products every day? (yes, no)*	*n=86*	*63% Yes*	*37% No*
ST1d. *Whole Grains – intention to improve*	*(Results for those responding "no") Within the next week, how often will you eat whole grains or whole grain products? (more often, same as before)*	*n=32*	*94% More Often*	*6% Same as Before*
ST1e. *Low-fat or Fat-free Dairy – current practice*	*During the past week, did you eat or drink lower-fat milk products at least 2 times a day? (yes, no)*	*n=171*	*66% Yes*	*34% No*
ST1e. *Low-fat or Fat-free Dairy – intention to improve*	*(Results for those responding "no") Within the next week, how often will you eat or drink lower-fat milk products? (more often, same as before)*	*n=58*	*40% More Often*	*60% Same as Before*
ST1n. *Cut back on Foods High in Solid Fats – current practice*	*During the past week, did you eat fried foods 2 or more times? (yes, no)*	*n=47*	*62% Yes*	*38% No*

Reporting CalFresh Healthy Living *Direct Education* Priority Outcome Indicators - FFY 2019

ST1. Healthy Eating Goals and Intentions	**Question(s)** *(List questions and reponse options)*	**n=sample size**	**Results**	**Results**
ST1n. *Cut back on Foods High in Solid Fats – intention to improve*	*(Results for those responding "yes") Within the next week, how often will you eat fried foods? (more often, same as before)*	*n=29*	*83% Less Often*	*17% Same as Before*
ST1n. *Cut back on Foods High in Added Sugars – current practice*	*During the past week, did you drink a sweet beverage (regular sodas, sports drinks, fruit punches, teas or other drinks sweetened with sugar) every day? (yes, no)*	*n=1,172*	*72% Yes*	*28% No*
ST1n. *Cut back on Foods High in Added Sugars – intention to improve*	*(Results for those responding "yes") Within the next week, how often will you drink a sweet beverage? (same as before, less often)*	*n=844*	*77% Less Often*	*23% Same as Before*

Table 4c: Measure Details – ST2 Food Resource Management Goals and Intentions

ST2. Food Resource Management Goals and Intentions	**Question(s)** *(List questions and reponse options)*	**n=sample size**	**Results**	**Results**
***ST2b**. Read Nutrition Facts Label – current practice*	*The last time you shopped, did you use the "Nutrition Facts" on the food label to choose foods? (yes, no)*	*n=1,152*	*44% Yes*	*56% No*
***ST2b**. Read Nutrition Facts Label – intention to improve*	*(Results for those responding "no") The next time you go shopping, will you use the "Nutrition Facts" on the food label to choose foods? (no, maybe, yes)*	*n=648*	*62% Yes*	*38% No or Maybe*
***ST2j.** Shop with a List – current practice*	*The last time you bought food, did you make a list before going to the store? (yes, no)*	*n=401*	*53% Yes*	*47% No*
***ST2j.** Shop with a List – intention to improve*	*(Results for those responding "no") The next time you buy food, will you make a list before going to the store? (no, maybe, yes)*	*n=190*	*59% Yes*	*41% No or Maybe*
***ST2l.** Use unit pricing to find best values – current practice*	*The last time you shopped, did you compare unit prices before choosing foods? (yes, no)*	*n=349*	*50% Yes*	*50% No*
***ST2l.** Use unit pricing to find best values – intention to improve*	*(Results for those responding "no") The next time you shop, will you compare unit prices before choosing foods? (no, maybe, yes)*	*n=173*	*70% Yes*	*30% No or Maybe*

Table 4d: Measure Details – ST3 Physical Activity Goals and Intentions

ST3. Physical Activity Goals and Intentions	**Question(s)** *(List questions and reponse options)*	**n=sample size**	**Results**	**Results**
***ST3**. Physical Activity (hours) – current practice*	*During the past week, did you engage in moderate physical activity for at least 2½ hours?*	*n=56*	*79% Yes*	*21% No*
***ST3**. Physical Activity (hours) – intention to improve*	*(Results for those responding "no") Within the next week, how often will you engage in moderate physical activity?*	*n=12*	*100% More Often*	*0% Same as Before*
***ST3**. Physical Activity (minutes) – current practice*	*(Results for those responding "no") During the past week, were you physically active for at least 30 minutes most days?*	*n=65*	*72% Yes*	*28% No*
***ST3**. Physical Activity (minutes) – intention to improve*	*Within the next week, will you be physically active for at least 30 minutes a day?*	*n=18*	*83% More Often*	*17% Same as Before*

Reporting CalFresh Healthy Living *Direct Education* Priority Outcome Indicators - FFY 2019

Table 5a: Measures – ST1 Healthy Eating Goals and Intentions

ST1. Healthy Eating Goals and Intentions	Survey	Data Analysis Method	Population
	Youth Taste Testing Tool (Youth TTT) – 5 items (administered by teachers/ educators immediately following food tastings)	*Data were analyzed via SPSS to produce the % of participants willing to eat the food again and ask for it at home.*	*2,553 class tastings with 53,096 youth participants from 30 counties.* *Grade: 9% Preschool, 18% Kindergarten, 38% 1st-3rd grade, 18% 4th-6th grade, 3% 7th-8th grade, 13% Multiple/mixed grades*

Table 5b: Measure Details – ST1 Healthy Eating Goals and Intentions

ST1. Healthy Eating Goals and Intentions	Question(s) *(List questions and reponse options)*	n=sample size	Results
ST1a-ST1e. *Target foods include: fruit, vegetables, lean proteins, whole grains, low-fat or fat-free dairy*	*How many of you are willing to eat the food again? (# of students)*	*n=2,544 classes with 52,949 students*	*71% Yes*
ST1a-ST1e. *Target foods include: fruit, vegetables, lean proteins, whole grains, low-fat or fat-free dairy*	*How many of you are willing to ask for this food at home? (# of students)*	*n=2,531 classes with 52,724 students*	*66% Yes*

Reporting CalFresh Healthy Living *Direct Education* Priority Outcome Indicators - FFY 2019

Table 6a: Measures – ST1 Healthy Eating Goals and Intentions

ST1. Healthy Eating Goals and Intentions	Survey	Data Analysis Method	Population
	Adult Taste Testing Tool (Adult TTT) – 4 items (administered by educators immediately following food tastings)	*Data were analyzed via SPSS to produce the % of participants willing to try the food again and serve it at home to their family.*	*292 class tastings with 3,298 adult participants from 15 counties.* *No demographic data*

Table 6b: Measure Details – ST1 Healthy Eating Goals and Intentions

ST1. Healthy Eating Goals and Intentions	Question(s) *(List questions and reponse options)*	n=sample size	Results
ST1a-ST1e. *Target foods include: fruit, vegetables, lean proteins, whole grains, low-fat or fat-free dairy*	*How many of you are willing to try the food again? (# of adults)*	*n=292 classes with 3,298 adults*	*93% Yes*
ST1a-ST1e. *Target foods include: fruit, vegetables, lean proteins, whole grains, low-fat or fat-free dairy*	*How many of you are willing to serve this food at home to your family? (# of adults)*	*n=290 classes with 3,263 adults*	*91% Yes*

Additional SNAP-Ed Evaluation Framework Indicators – Environmental Settings Level

Table 7: Measure Details – ST5 Needs, Readiness and Effectiveness

SNAP-Ed Indicators	CFHL, UC Summary Result from PEARS FFY2019
ST5b. Organizations or sites that have conducted a needs assessment or environmental scan focused on SNAP-Ed priority areas, the results of which have documented needs for changes in policies, systems, and environmental supports.*	*In total, 84 (20%) of the 422 PSE sites/organizations in any stage conducted a needs or readiness assessment focused on SNAP-Ed priority areas. A few sites conducted multiple types of assessments at a PSE site (see summary table below).* • *One or more needs assessments/ environmental scans were conducted for the PSE(s) at this site/organization – 83 (20%)* • *One or more organizational readiness assessment were conducted for the PSE(s) at this site/organization – 1 (<1%)* *Assessment tools reported for more than 1 site included: Smarter Lunchrooms Movement Scorecard (64 sites), Playground Stencil Assessment (9 sites), UCCE Alameda Community Garden Assessment (7), Shaping Healthy Choices Health Check (4 sites), Walkability Assessment – Safe Routes to School (3 sites)*

Table 8: Measure Details – MT6 Physical Activity Supports Adopted

SNAP-Ed Indicators	CFHL, UC Summary Result from PEARS FFY2019
Physical Activity Supports MT6a. Number and proportion of sites or organizations that make at least one change in writing or practice to expand access or improve appeal for physical activity	*223 sites/organizations in 31 counties made at least one physical activity supports PSE change* *(Note: Only those PSEs reported to be in the implementation and maintenance stages are summarized here.)*
MT6b. Total number of policy changes	***PSE Change Details:** 81 physical activity supports policy changes* • *Established or improved food/beverage, physical activity and/or wellness-related policies (40)* • *Established or improved a monitoring or reporting system for food/beverage, physical activity, and/or wellness related policy (13)* • *School wellness or child care wellness policy (12)* • *Initiated or expanded incorporation of physical activity into the school day or during classroom-based instruction (not recess/free play or PE) (10)* • *Increased school days/time spent in physical education (4)* • *Adjustments to school lunch schedule by offering recess before lunch. (1)* • *Physical activity training opportunities are provided (not including playground safety) for staff 2X year or more (1)*

Reporting CalFresh Healthy Living *Direct Education* Priority Outcome Indicators - FFY 2019

SNAP-Ed Indicators	CFHL, UC Summary Result from PEARS FFY2019
	These changes were reported by county teams in the Program Evaluation and Reporting System (PEARS). Specific reported changes are categorized as "policy" changes by PEARS. One change was erroneously categorized in PEARS as environmental, but is actually a policy change and included here: "Established or improved food/beverage, physical activity and/or wellness-related policies".
MT6c. Total number of systems changes	***PSE Change Details:*** *115 physical activity supports systems changes* • *Implemented new or expanded restrictions on use of physical activity as punishment (44)* • *Increased or improved opportunities for unstructured physical activity time/free play (43)* • *Improved quality of physical education (19)* • *Initiated, improved or expanded professional development opportunities on nutrition and physical activity (4)* • *Initiated, improved, or expanded opportunities for parents to participate in decision making through a wellness committee (4)* • *Implemented, improved or expanded healthy fundraisers (1)*
MT6d. Total number of environmental changes	***PSE Change Details:*** *353 physical activity supports environmental changes* • *Increased or improved opportunities for structured physical activity (154)* • *Improved quality of structured physical activity (129)* • *Improved or expanded physical activity facilities, equipment, structures, or outdoor space (33)* • *Initiated or improved playground markings/stencils to encourage physical activity (17)* • *Increased or improved opportunities for physical activity during recess (12)* • *Increased access or safety of walking or bicycling paths (4)* • *Installed healthy eating and active living mural (2)* • *Improvements in access to exercise or recreation facilities (1)* • *Increased, improved, or incorporated physical activity/reduced sitting during usual, on-going site activities and functions (1)*
MT6e. Total number of promotional efforts for a PSE change	***PSE Change Details:*** *0 promotional efforts for a physical activity supports PSE change*
MT6f. Reach*: Total potential number of persons who encounter the improved environment or are affected by the policy change on a regular (typical) basis and are assumed to be influenced by it.	***PSE Change Details:*** *an estimated 112,323, unduplicated persons were reached by the physical activity supports adopted at 223 sites/organizations.* *Reach estimates were also reported through PEARS and were most commonly based on enrollment information.*

*Only reported for PSEs in the implementation and maintenance stages (N=397).

Reporting CalFresh Healthy Living *Direct Education* Priority Outcome Indicators - FFY 2019

Table 9: Measure Details – LT5a, LT6a, and LT10 Long Term Environmental Level Indicators

SNAP-Ed Indicators	CFHL, UC Summary Result from PEARS FFY2019
LT5a. Total number of sites that implemented a multi-component intervention with nutrition support changes adopted*	*Of Those Implementing or Maintaining Nutrition Support Changes Adopted (n=267) those implementing* • *Evidence-based education – 239 sites* • *Marketing – 60 sites* • *Parent/community involvement – 137 sites* • *Staff training – 176 sites*
LT6a. Total number of sites that implemented a multi-component intervention with physical activity support changes adopted*	*Of Those Implementing or Maintaining Physical Activity Support Changes Adopted (n=223) those implementing* • *Evidence-based education – 212 sites* • *Marketing – 18 sites* • *Parent/community involvement – 117 sites* • *Staff training – 174 sites*
LT10. Total number (or proportion) of organizations or sites that have adopted and/or implemented a strong sustainability plan to maintain effective educational, marketing, nutrition, or physical activity standards/policies, systems, or environmental changes.*	*278 (70%) of 397 sites in the implementation or higher stages of nutrition/PA-related PSE work reported that efforts had been taken to support sustainability of PSE changes. At those sites with sustainability efforts, the majority reported that multiple sustainability mechanisms were either "plan to adopt", "in process" or already "in place" (see summary table below):* • *268 (96%) Organization or group not dependent on SNAP-Ed funding has assumed responsibility for sustaining the efforts,* • *251 (90%) Support from stakeholders is in place to ensure the sustainability of this PSE work* • *250 (90%) A dependable, on-going source of funding and/or support (other than SNAP-Ed) has been identified* • *219 (79%) A monitoring and reporting system has been implemented* • *205 (74%) One or more policies was adopted, requiring the changes to be maintained*

*Only reported for PSEs in the implementation and maintenance stages (N=397).