

CalFresh Healthy Living, UC Town Hall: Agenda

- Koa Family Program
 - Dr. Neal Kohatsu, and Dr. Desiree Backman
Center for Healthcare Policy and Research
(00:01:26)
- PA Break
 - Amber Viveros, CFHL, UCCE Fresno/Madera
(00:39:51)
- Health & Wellness County Highlight
 - Beatriz Rojas, CFHL, UCCE Kern
(00:45:24)
- State Office Updates
(00:51:13)



PREVENTION

POLICY & PRACTICE GROUP



The Koa Family Program: A Community-Based, Telewellness Intervention for Women with Overweight or Obesity and Low Income

Desiree Backman, DrPH, MS, RD
Chief, Prevention Policy & Practice Group
UC Davis Center for Healthcare Policy & Research
drbackman@ucdavis.edu

Neal Kohatsu, MD, MPH, FACPM
Chief Health Strategist, Prevention Policy & Practice Group
UC Davis Center for Healthcare Policy & Research
ndkohatsu@ucdavis.edu

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Overview

- Background
- Methods
- Results
- Discussion



Financial Support



**Supplemental
Nutrition
Assistance
Program**



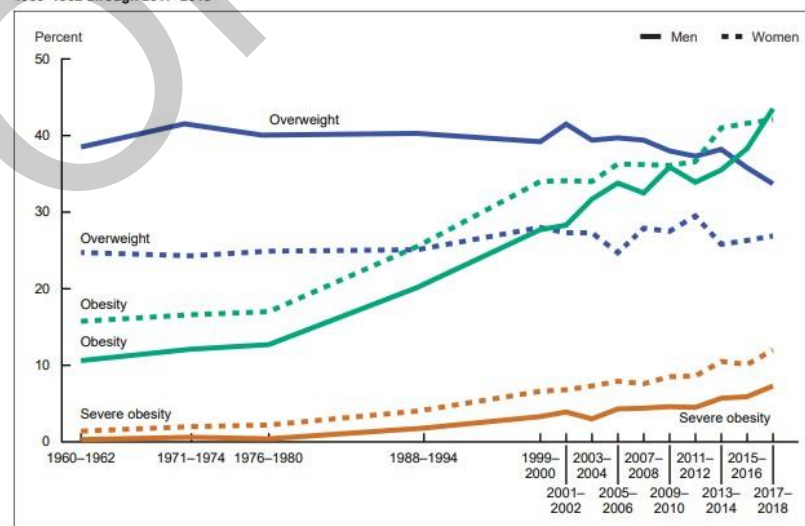
Background



Obesity Prevalence

- Obesity prevalence rising since 1980
- Obesity prevalence 50% by 2030
- ↑ cardiovascular disease, type 2 diabetes, cancer, other chronic diseases
- COVID-19 weight gain/increased mortality

Figure. Age-adjusted trends in overweight, obesity, and severe obesity among men and women aged 20–74: United States, 1960–1962 through 2017–2018



NOTES: Data are age adjusted by the direct method to U.S. Census 2000 estimates using age groups 20–39, 40–59, and 60–74. Overweight is body mass index (BMI) of 25.0–29.9 kg/m². Obesity is BMI at or above 30.0 kg/m². Severe obesity is BMI at or above 40.0 kg/m². Pregnant women are excluded from the analysis.
SOURCES: National Center for Health Statistics, National Health Examination Survey and National Health and Nutrition Examination Surveys.

Koa Family Program

1. Whole Health Program
2. Social Media Support
3. Tree Planting and Stewardship Campaign



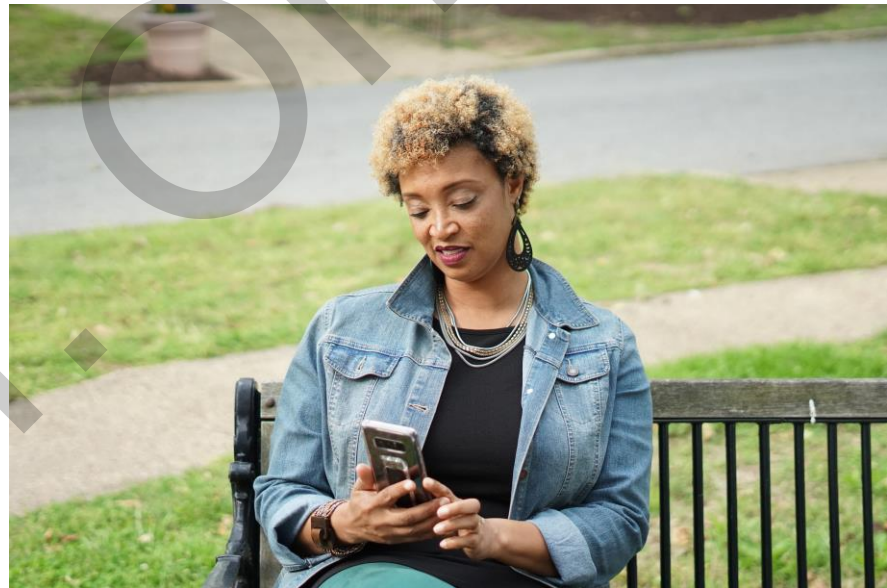
The Whole Health Program

- 17 weekly, 90-minute, group sessions on Zoom
- Facilitated by a lay health coach
- 5 groups; 5-10 members/group
- Session topics: nutrition, physical activity, health & well-being
- CDC PreventT2; USDA MyPlate



Social Media Support

- Private Facebook groups
 - Content posted 3-5 times/week
 - Links to resources for each weekly session
- Text messages
 - Weekly text messages to weigh
 - Weekly morning motivational quotes



Tree Planting and Stewardship Campaign

- Funded by CALFIRE
- Content on greening and health
- Community tree plantings across the Sacramento region (n = 200)
- Fostered individual empowerment
- Supported community engagement
- Improved the community's green infrastructure





The Koa Family Study

Specific Aims

- Determine the effect of the Koa Family Program (KFP) on reducing overweight/obesity among women with low income
- Examine the impact of the KFP on improving weight-related health indicators among women with low income

Methods





Study Description

- Randomized controlled trial
- Seventy women recruited from the Sacramento area
- $25 < \text{BMI} < 40$
- Household income \leq 185% FPL



Measurement

- NHANES Dietary Screener Questionnaire
- BRFSS Physical Activity Core Set
- Stages of Change
- Self-Efficacy
- Demographics
- Remote weight monitoring scales

Results



Weight Change

- ATET was -7.69 lbs at Week 18, compared with baseline
- ATET was -7.72 lbs at Week 25, compared with baseline
- Weight changes were statistically significant



Nutrition

- The intervention group showed greater healthful changes than the control group for consumption of:
 - Fruits and vegetables
 - Sugar
 - Sugar from beverages
 - Whole grains
 - Fiber
- These changes did not reach statistical significance



Physical Activity

- Compared with the control group, the intervention group had a reduction in the percentage “inactive” and an increase in the percentages “active” or “highly active”
- Reduction in “inactive” reached statistical significance





Stages of Change

- Compared with the control group, the intervention group show greater movement toward the “maintenance phase” for:
 - Reduce portion size
 - Reduce fat
 - Plans to lose weight
- These differences were statistically significant

Discussion





Major Findings

- The KFP resulted in an 8-pound weight loss at Week 18 and Week 25
- Improvements in diet, physical activity, Stages of Change, and self-efficacy
- The intervention group showed more favorable change than the control group for nearly every variable



Conclusions and Next Steps

- A community-based, telewellness program can help women with low income and overweight or obesity lose significant weight
- Future studies should explore the effectiveness of the KFP in other populations differing by age, gender, income, and geography
- Plans are underway to explore broader dissemination of the KFP

Thank You





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Agriculture and Natural Resources

PA Break

Amber Viveros
Fresno/Madera

Would You Rather?

https://www.youtube.com/watch?v=RNFTdiwTV_I



Health and Wellness County Highlight



Beatriz Rojas, CFHL, UCCE Kern



Health & Wellness for Staff

Betty Rojas

Staff & Wellness ideas

- Talk about how your day or week is going
- Ice Breaker
 - Games
 - Drawing
- Physical Activity break (5-10 minutes YouTube videos)







State Office Updates

Evaluation Updates

- New **Administration Protocol** added for Teacher Observation Tool (TOT)

Teacher Surveys

Teacher Observation Tool (TOT)

Please use this teacher survey to evaluate series-based nutrition education delivered **in-person** with young students especially in **Pre-K to 3rd grade**. If you have any questions, please contact [Angie Keihner](#) at the CFHL, UC State Office.

- TOT [Survey](#)
- **Administration Protocol**
- [TOT Survey in Qualtrics](#)

Jan 25th Evaluation Office Hours – Reintroduction to SLAQs - PPT and Recording are now available

- Saved in Box - [Here](#)
- PSE Needs Assessment webpage - [Here](#)

Site Level Assessment Questionnaires (SLAQs)

- Site-Level Assessment Questionnaires (SLAQs) were developed in 2018-2019 by the Nutrition Policy Institute for use by CalFresh Healthy Living programs. SLAQs are designed to provide comprehensive annual site assessment data for program planning and evaluation in three priority settings targeted by CFHL, UC: schools (elementary and secondary), out-of-school, and early care and education. In FFY2021, collection of SLAQs moved to an online Survey123 format.
 - SLAQ Development - [One-Pager](#) (developed by NPI)
 - [SLAQ Data Collection Protocols](#) (developed by NPI and modified for CFHL, UC)
 - [SLAQ Printable Questionnaires](#)
 - SLAQ Online Questionnaires: [Elementary](#) | [Secondary](#) | [ECE](#) | [Out of School](#)
 - [SLAQ Action Planning Tools](#)
 - [UCCE Activity Checklist \(LACs\)](#)
 - [SLAQs Evaluation Office Hour \(1/25/22\) Recording and PPT](#)

PEARS

- **Program & indirect Activities Refresher and Office Hours**
 - March 24, 1:00pm – 2:30pm
 - New Users, Staff that have not previously attended a PEARs Training
 - Practice skills outlined in the pre-coursework.
 - [Register in advance:](#)

Thursday, March 24

1:00pm **PEARs Refresher: Direct and Indirect Education**

When Thu, March 24, 1:00pm – 2:30pm

Description Audience: New Users and those looking for a refresher course

Description: In this interactive call, staff will have the opportunity to practice skills outlined in the pre-call coursework. One week before the call, review materials will be sent out to registered participants to prepare them to engage in the activities on the call.

The objective of the call is to improve staff competencies in program activity entry in PEARs for direct and indirect education. There will be time allotted after the activities for staff to ask questions and get specific TA.

Register in advance: https://uodavis.zoom.us/j/9qz4tG9zzu-g63132v7-KikU_m50z
After registering, you will receive a confirmation email containing information about joining the meeting.

[more details](#) [copy to my calendar](#)

- **Quarter 1 PEARs QA Review and reports**
 - Will post in Box by the end of February
 - Please review and address errors

PEARS QA Check list

- ✓ Cluster listed as the Unit rather than the individual county
- ✓ COVID-19 Impact field is complete
- ✓ Volunteers and hours are added for extender delivered sessions
- ✓ Volunteers are trained extenders/teachers, not educators
- ✓ Dates outside of the current fiscal year
 - ✓ Dates should be within the current fiscal years. DO NOT enter dates in advance.
- ✓ Custom SNAP-Ed Data complete and accurate
 - ✓ Intervention and setting should be similar
- ✓ Demographics complete

PEARS Data Submission & Review Timeline

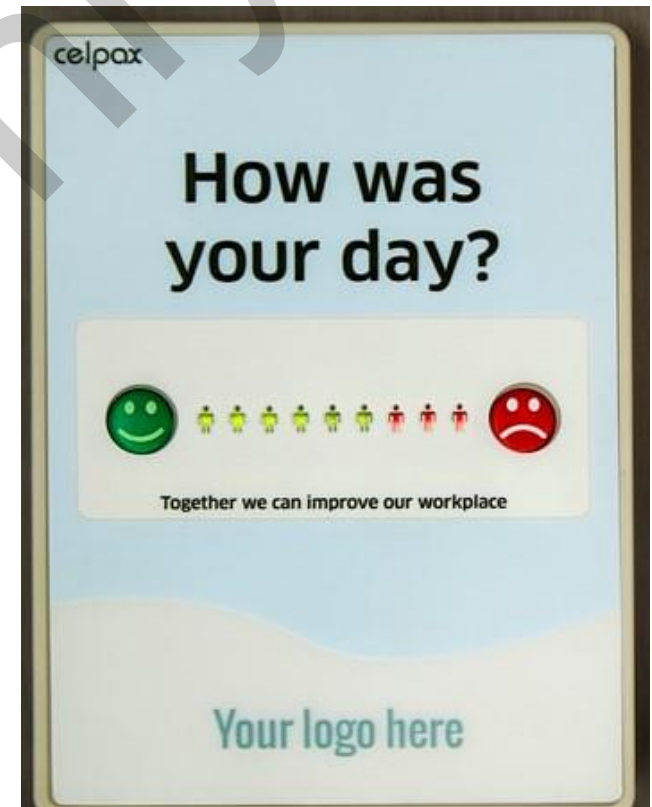
This is the timeline CFHL, UC has established for entering data on a quarterly basis into PEARs. Using the [Quality Assurance quick check-tip sheet](#), the CFHL, UC State Office will provide quarterly review reports and data status to LIA's quarterly.

QUARTER	DATES	Program Activities	Indirect Activities	Partnerships & Coalitions	PSE Activities	Success Stories
Q1	Oct. 1 – Dec. 30	✓	✓			✓
Q2	Jan. 1 – Mar. 30	✓	✓	✓		✓
Q3	Apr. 1 – Jun. 30	✓	✓	✓	✓	✓
Q4	Jul. 1 – Sept. 30	✓	✓	✓	✓	✓

End of Year PEARS Close Options Survey

Qualtrics survey to be sent to UCCE Program Managers/Supervisors for their input

- Request 1 response per UCCE county/cluster



OPTION 1: Same as last year (FFY 2021)

- **Oct 4th** - UCCE teams asked to complete FFY 2022 entry
 - Oct 5-6th - SO final data review
 - Oct 7th-10th -UCCE teams final updates
- **Oct 11th** - PEARS opens for FFY 2023 data entry



PROS

Consistency
Worked last year

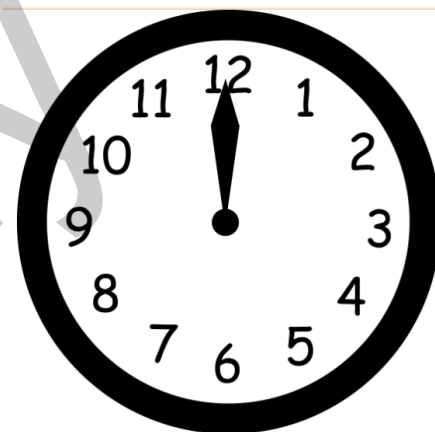


CONS

Requires
coordination to
copy over activities
delivered Oct 1-10

OPTION 2: Switch Over at Start of Fiscal Year

- **Sept 30th** - UCCE teams complete FFY 2022 data entry
- **Oct 1st** - PEARS opens for FFY 2023 data entry
 - Oct 1-14th - SO completes final data cleaning in consultation with UCCE teams



PROS

No need to copy over FFY2023 activities b/c new reporting year starts Oct 1



CONS

UCCE teams need all necessary info to complete reporting Sept 30th

OPTION 3: Switch Over 1-Day later

- **Oct 3rd** - UCCE teams complete FFY 2022 data entry
- **Oct 4th** - PEARS opens for FFY 2023 data entry
 - Oct 4-14th - SO completes final data cleaning in consultation with UCCE teams



PROS

Provides 1 more day for UCCE teams to complete FFY2022 reporting



CONS

Some – but likely fewer – activities would need to be copied over to FFY2023

End of Year PEARS Close Options Survey

Send out this week

Consider options –
discuss with team

At least 10 business
days for response



CalFresh Healthy Living Forum Postponed



California's CalFresh Healthy Living, with funding from the United States Department of Agriculture's Supplemental Nutrition Assistance Program – USDA SNAP, produced this material. These institutions are equal opportunity providers and employers. For important nutrition information, visit www.CalFreshHealthyLiving.org.

FFY 2022 IWP & FFY 2023 IWP Revisions: Timeline, Process, Resources

Topic: FFY 22 closeout

- LIA Review Period: January 19 - Feb 18th
- SIA Review Period: Feb 21 - March 18th

Topic: FFY 23 Revisions

- LIA Review Period: April 11 - May 13th
- SIA Review Period: May 16 - June 10th

Process:

- Insert **Minor** changes and inform County Lead
- **Significant** changes require discussion with your County IWP Workplan lead; your County Lead; Contact IWP SIA leads - MaryAnn and Andra with any questions

Resources:

- IWP Revision Process Guide: Sharepoint > Resources Tab

CalFresh Healthy Living Staff Orientation Training – Self Paced: Building Blocks for Success Training

- The CalFresh Healthy Living, Building Blocks for Success are self-paced modules new staff can use to become familiar with the SNAP-Ed program in California.

There are five main areas:

- CFHL Video
- SNAP Town
- Learning Modules: Fiscal, Program, Disability Inclusion and, most recently, the IWP Blueprint along with Resources.

Please contact Dalene Branson at dalene.branson@cdph.ca.gov if you experience account log-in challenges.

Thank you!

Next Town Hall: Tuesday, April 19, 2022



Image Source: [Gellinger](#) via Pixabay/ CC0