

MT5: Nutrition Supports

Adoption and promotion of nutrition-related supports in sites and organizations.

Definitions:

Adoption: When at least one change is made in writing or practice to expand access or improve appeal for healthy food and beverages.

Environmental: Includes the built or physical environments, which are visible/observable, but may include economic, social, normative, or message environments.

Policy: A written statement of an organizational position, decision, or course of action.

Reach: Number of SNAP eligible who encounter the improved environment on a regular (typical) basis and are assumed to be influenced by it.

Systems: Systems: A group of related parts that move or work together within a whole organization or a network of organizations.

What to Measure:

Adoption	Reach
<ul style="list-style-type: none">• 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• MT5b-Total number of policy changes• MT5c-Total number of systems changes• MT5dTotal number of environmental change• MT5e-Total number of promotional efforts for a PSE change	<ul style="list-style-type: none">• Site Level-Estimate the total number of persons at the site who are expected to encounter the change on a regular (typical) basis and are assumed to benefit from it.• Organizational Level-Estimate the total number of persons at the organization who are expected to encounter the change on a regular (typical) basis and are assumed to benefit from it.

How to Measure:

Tools	Timing	Reporting
<ul style="list-style-type: none">• PSE Tracking Spreadsheet• Direct Observations• Photo Evidence• Meeting Minutes• Key Informant Interviews• Surveys• Checklist	<ul style="list-style-type: none">• Start of Year• Midway• End of Year• Continuously	<ul style="list-style-type: none">• Continuously• Program Highlights• Sharing Progress with Collaborative Teams• Year End• PSE Outcomes Table• EARS

SNAP-Ed U – Indicator Deep Dive Handout
MT1: Healthy Eating Behaviors

Priority Question: <i>Did consumption of fruits and vegetables increase?</i>			
Who to survey: <ul style="list-style-type: none"> •Pre-K through Lower Elementary: survey the parents •Upper Elementary through Seniors: survey participants 	When to survey: <ul style="list-style-type: none"> •Pre/Post or Post/Retrospective Pre •During DE- take time during first and last class is using pre/post 	How to measure consumption: <ul style="list-style-type: none"> •Frequency: <ul style="list-style-type: none"> •CDC uses (BRFSS & YRBS) •Easier to report •Cups per day •Closer to true consumption •Accuracy concerns 	How to measure increase: <ul style="list-style-type: none"> •The AVERAGE increase across all people •The percent of PEOPLE who increase •The percent of PEOPLE who increase by a SPECIFIC AMOUNT

When selecting a survey, make sure it is...			
Valid and reliable <ul style="list-style-type: none"> •The survey can detect change, when it's there, and will provide consistent results when used with the population it was designed for with a big enough sample size. 	Aligned with participants <ul style="list-style-type: none"> •Age group, reating level, language, cultural references, etc. 	Aligned with the Curriculum <ul style="list-style-type: none"> •Basically, the curriculum covers fruit and vegeable consumption and the survey asks about fruit and vegetable consumption. 	Aligned with SMART Objective requirements <ul style="list-style-type: none"> •Can measure an increase in fruit and vegetable consumption (not just attitude, preference, etc.)

