Taking a Deep Dive into Indicators

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Session Overview

MT1: HEALTHY EATING

MT5: NUTRITION SUPPORTS
MT1: Healthy Eating Behaviors

From the Evaluation Framework:
“The number or percentage of participants reporting a healthy eating behavior during the period assessed, the frequency, type of behavior(s), or cups of fruits and vegetables consumed….”

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Did consumption of fruits and vegetables increase?
Who to survey

Pre-K through Lower Elementary: Survey Parents

Upper Elementary through Older Adults: Survey the Participants
When to survey
How to measure consumption: Frequency

In the past week, how many times per day...

On a typical day, how often do you...

After the nutrition education program...

Most/all
Sometimes
Little/none of the time

More
Same
Not sure

Not at all
1-3 times/week
4-6 times/week
1 time/day
2 times/day
3 times/day
4+ times/day

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How to measure consumption: Cups per Day

In the past week, how many times per day...

Over the last month, how often did you...

How much do you usually eat, each time?

- About ½ cup
- About 1 cup
- About 2 cups
- More than 2 cups

- Not at all
- 1-3 times/week
- 4-6 times/week
- 1 time/day
- 2 times/day
- 3 times/day
- 4+ times/day

½ cup or less
½ to 1 cup
1 to 1½ cups
1½ cups or more

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Consumption Measurement Comparison

Same data set

1.96 times/day
2.03 times/day

1.70 cups/day
1.77 cups/day
How to measure increase

The AVERAGE increase across all people
Participants’ average non-fried vegetable consumption increased 4%

The percent of PEOPLE who increase
51% of participants increased their consumption of non-fried vegetables

The percent of PEOPLE who increase BY A SPECIFIC amount
37% of participants increased their consumption of non-fried vegetables by at least 25%
How do you select a survey that takes everything we just discussed into account?

- Valid & Reliable
- Age, Setting, Language, Culture...
- Aligned with the curriculum
- SMART Objective Alignment
1. How many times a day do you eat fruit?
   Example of fruits are apples, bananas, oranges, grapes, raisins, melon, and berries. Include fresh, frozen, dried, or canned fruit. Do not include juice.
   - I rarely eat fruit
   - Less than 1 time a day (a couple times a week)
   - 1 time a day
   - 2 times a day
   - 3 times a day
   - 4 or more times a day

2. How many times a day do you eat vegetables?
   Example of vegetables are green salad, corn, green beans, carrots, potatoes, greens, and squash. Include fresh, canned, and frozen vegetables. Do not count french fries, potato chips, or rice.
   - I rarely eat vegetables
   - Less than 1 time a day (a couple times a week)
   - 1 time a day
   - 2 times a day
   - 3 times a day
   - 4 or more times a day

3. Over the last week, how many days did you eat red and orange vegetables?
   Example of red or orange vegetables are tomatoes, red peppers, carrots, sweet potatoes, winter squash, and pumpkin.
   - I did not eat red and orange vegetables
   - 1 day a week
   - 2 days a week
   - 3 days a week
   - 4 days a week
   - 5 days a week
   - 6 or 7 days a week

4. Over the last week, how many days did you eat dark green vegetables?
   Example of dark green vegetables are broccoli, spinach, dark green lettuce, turnip greens, or mustard greens.
   - I did not eat dark green vegetables
   - 1 day a week
   - 2 days a week
   - 3 days a week
   - 4 days a week
   - 5 days a week
   - 6 or 7 days a week

5. How often do you drink regular sodas (not diet)?
   - Never
   - 1 to 3 times a week
   - 4 to 6 times a week
   - 1 time a day
   - 2 times a day
   - 3 times a day
   - 4 or more times a day

6. How often do you drink fruit punch, fruit drinks, sweet tea or sports drinks?
   - Never
   - 1 to 3 times a week
   - 4 to 6 times a week
   - 1 time a day
   - 2 times a day
   - 3 times a day
   - 4 or more times a day
1. During the past 7 days, how many times did you drink 100% fruit juices such as orange juice, apple juice, or grape juice? (Do not count punch, Kool-Aid, sports drinks, or other fruit-flavored drinks.)
   - I did not drink 100% fruit juice during the past 7 days
   - 1 to 3 times during the past 7 days
   - 4 to 6 times during the past 7 days
   - 1 time per day
   - 2 times per day
   - 3 times per day
   - 4 or more times per day

2. During the past 7 days, how many times did you eat fruit? (Do not count fruit juice.)
   - I did not eat fruit during the past 7 days
   - 1 to 3 times during the past 7 days
   - 4 to 6 times during the past 7 days
   - 1 time per day
   - 2 times per day
   - 3 times per day
   - 4 or more times per day

3. During the past 7 days, how many times did you eat green salad?
   - I did not eat green salad during the past 7 days
   - 1 to 3 times during the past 7 days
   - 4 to 6 times during the past 7 days
   - 1 time per day
   - 2 times per day
   - 3 times per day
   - 4 or more times per day
That’s Me: My Choices

This survey lists 13 food behaviors. Think back to **before** your class started the nutrition lessons. Choose the one best answer for how much you did each behavior at that time. Then choose the best answer for how much you do that behavior **now** that you have finished the lessons.

There are no right or wrong answers. Your answers are private. They will not be shown to parents, teachers, or other students.

<table>
<thead>
<tr>
<th>6a. I ate fruit.</th>
<th>6b. I eat fruit.</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Before Nutrition Lessons</strong></td>
<td><strong>Now</strong></td>
</tr>
<tr>
<td>○ most or all of the time</td>
<td>○ most or all of the time</td>
</tr>
<tr>
<td>○ sometimes</td>
<td>○ sometimes</td>
</tr>
<tr>
<td>○ a little or none of the time</td>
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Returning 
Intervention

What do your past results tell you?

What does the curriculum evidence tell you?

How do your results compare with ‘like’ programs or state average?

Tool
SMART Objective
Level of change

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Are you done yet?

Yes!

Questions?
PA Break!

Thank you, Paula Finfrock