



CalFresh Healthy Living, University of California NPI Brownbag 6/30

*Bringing the resources,
expertise and commitment
of UC to local communities*

CFHL, UC Team Members

- Kamal Khaira, Program Director
- Barbara MckNelly, Evaluation Analyst
- MaryAnn Mills, Program Team Manager

Who's on the Call?

- Type into the chat box:
 - Name
 - How long you've worked for NPI
 - A major project you work on/area of focus

Poll: Who Works in SNAP-Ed?

- Do you currently work on SNAP-Ed programming/evaluation?
 - Yes
 - No

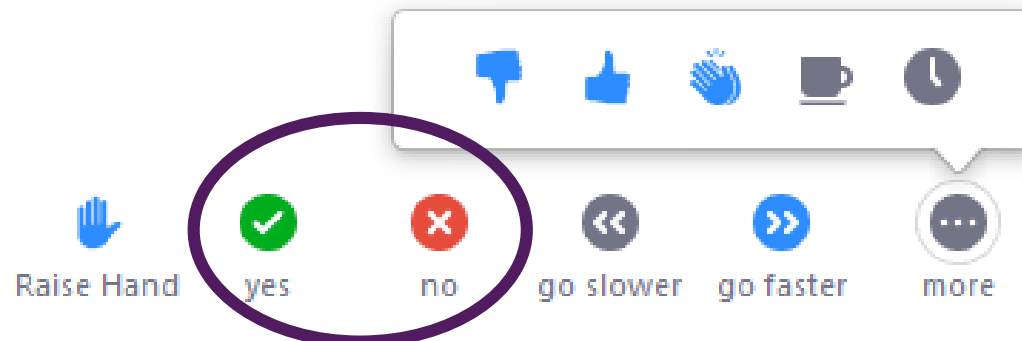
1. Join a Zoom meeting as a participant.

2. Click the **Participants** button.



3. Click one of the icons to provide feedback to the host. Click the icon again to remove it.

Note: You can only have one icon active at a time.



SNAP-Ed Mission



Educational strategies, **accompanied by environmental supports**, designed to facilitate voluntary adoption of food and physical activity choices and other nutrition-related behaviors among the SNAP-Ed target audience.

Improve
nutrition

Increase
physical
activity

Maintain
appropriate
calorie balance
during each
stage of life

CalFresh Healthy Living Mission

Supports healthy, active and nourished lifestyles by teaching Californians about good nutrition and how to stretch their food dollars, while also building partnerships in communities to make the healthy choice, the easy choice.

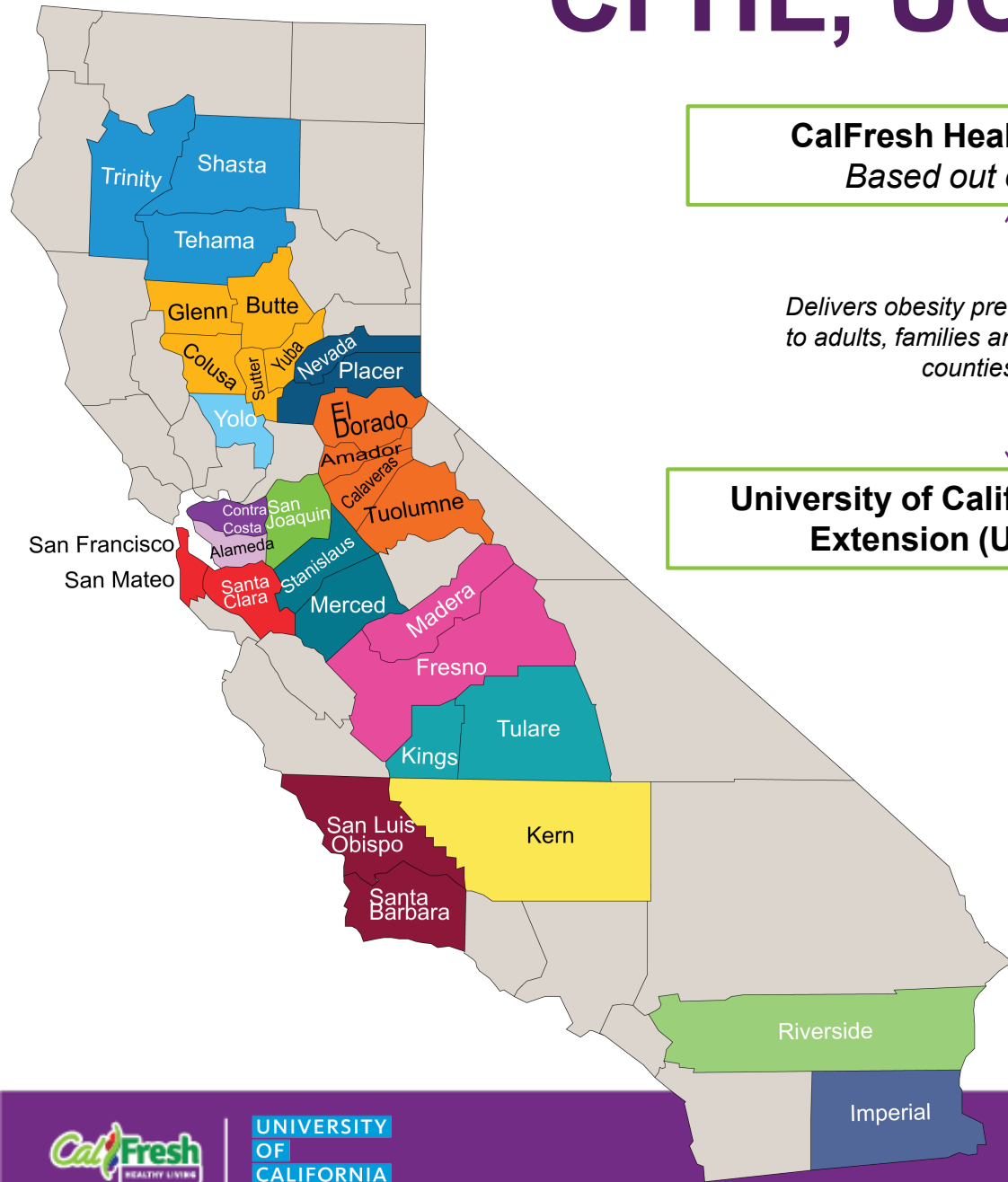


CalFresh Healthy Living, UC Mission

University of California teaches people eligible for SNAP about good nutrition, how to make their food dollars stretch further, and how to be physically active at any age. Effective, evidenced-based nutrition education and physical activity classes are aligned with policy, systems and environmental change strategies to create long lasting community change.



CFHL, UC Infrastructure



CalFresh Healthy Living, UC
Based out of UC Davis

*Delivers obesity prevention programming
to adults, families and youth in 32 unique
counties through*

**University of California Cooperative
Extension (UCCE) Offices**

**University of California
Agriculture and Natural
Resources
(UC ANR)**

- 2021 UC ANR Award: ~\$12 million
Delivered by UCCE teams in 32 counties (16 County Clusters)
- 9 Nutrition & Family/Youth Advisors – not SNAP-Ed funded
 - 21 Supervisors/Managers
 - ~120 Community Educators

 - Partnerships with 4-H, Master Gardeners, EFNEP

By the Numbers – FFY2019

- ~140 ANR Employees or 15% of 910 total (as of 1/20)
- > 2,500 extenders – classroom teachers, afterschool and preschool staff help deliver program
- 1,150 delivery sites
 - most commonly schools (450) and ECEs (298).
- Almost 100,000 direct education participants
- Policy Systems and Environmental Changes adopted reaching >175,000 people at almost 400 sites
 - Most commonly increased or improved opportunities for structured physical activity and edible gardens

QUESTIONS

CFHL, UC Program



Chat In...

- What do you already know about our program and the services we provide?

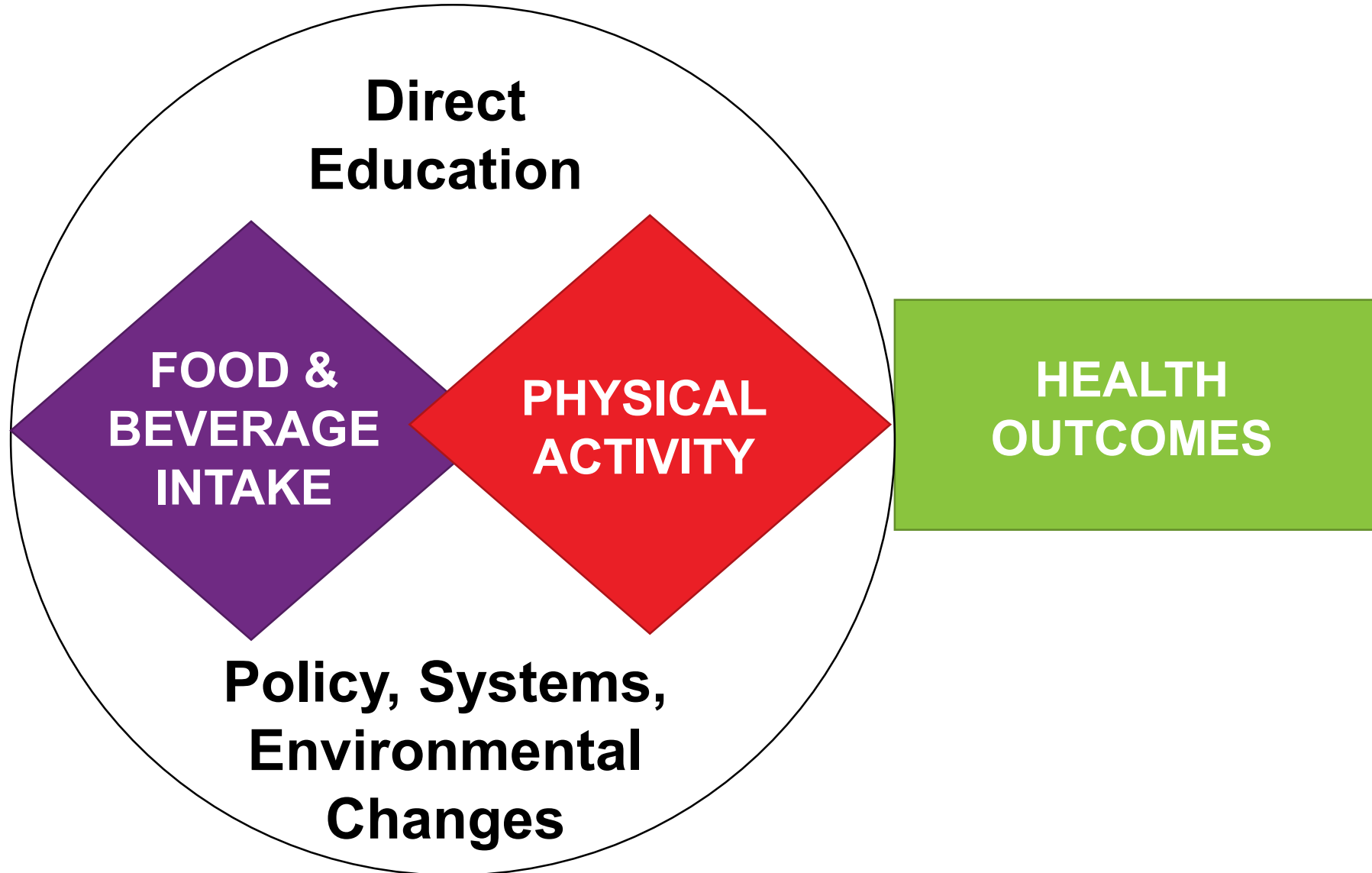


CFHL, UC Settings

- Early Child Education (ECE)
- Schools
 - Before & After School
- Community
 - Public Housing
 - Food Pantries
 - Community Centers



Comprehensive Programming



ECE Setting

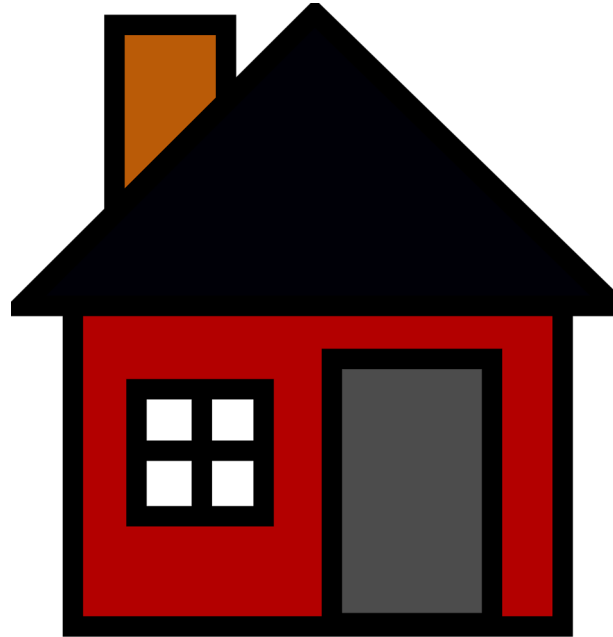
Wellness Policy

Mealtime:

- Smarter Mealtimes
- Taste Tests
- Water Access and Appeal

Community

- Parent Education
- Parent Engagement



Physical Activity

- Evidence-based PE Curriculum
- Stencils
- Active Recess

Garden

- Evidence-based education

Classroom:

- Evidence- Based Nutrition Education
- Teacher training

School Setting

Youth Engagement

- Youth Leadership
- YPAR

School Wellness Policy

Cafeteria:

- Smarter Lunchrooms
- Taste Tests
- Water Access and Appeal
- Food Waste Reduction

Community

- Parent Education
- Parent Engagement



Physical Activity

- Evidence-based PE Curriculum
- Stencils
- Active Recess

Garden

- Evidence-Based Education

Classroom:

- Evidence- Based Nutrition Education
- Teacher Training

Community Setting

Wellness Policy

- Nutrition Standards

Education:

- Evidence- Based Nutrition Education
- Food Resource Management
- Recipe demonstrations



Physical Activity

- Walking Groups
- PA Breaks

Gardens

- Evidence-Based Education

COVID-19 Response

- Maintaining Relationships
- Virtual Direct Education:
 - Flipped classroom approach
 - Live virtual lessons
 - Delivery through a teacher extender
- Indirect Education
- School Food Service Support
- Gardens



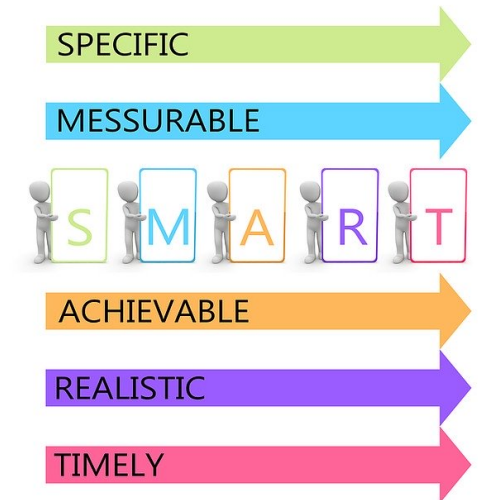
QUESTIONS

A photograph of a classroom scene. A teacher in a bright pink long-sleeved shirt is standing at the front, smiling and leading an activity. Several children in the foreground have their hands raised, indicating participation. The background shows a blue bulletin board with various papers and a window. The overall atmosphere is bright and educational.

Program & Evaluation



Practitioner Oriented

- Have recommended evaluation tools and SMART Objectives (when relevant) for:
 - Curricula,
 - Youth Engagements Approach, and
 - Policy Systems & Environmental (PSE) Strategies
- Available [here](#)
- Evaluation expectations increase with [funding level](#)



SNAP-ED EVALUATION FRAMEWORK

Nutrition, Physical Activity, and Obesity Prevention Indicators

	READINESS & CAPACITY SHORT TERM (ST)	CHANGES MEDIUM TERM (MT)	EFFECTIVENESS & MAINTENANCE LONG TERM (LT)	
INDIVIDUAL 	GOALS AND INTENTIONS ST1: Healthy Eating ST2: Food Resource Management ST3: Physical Activity and Reduced Sedentary Behavior ST4: Food Safety	BEHAVIORAL CHANGES MT1: Healthy Eating MT2: Food Resource Management MT3: Physical Activity and Reduced Sedentary Behavior MT4: Food Safety	MAINTENANCE OF BEHAVIORAL CHANGES LT1: Healthy Eating LT2: Food Resource Management LT3: Physical Activity and Reduced Sedentary Behavior LT4: Food Safety	POPULATION RESULTS (R) TRENDS AND REDUCTION IN DISPARITIES R1: Overall Diet Quality R2: Fruits & Vegetables R3: Whole Grains R4: Dairy R5: Beverages R6: Food Security R7: Physical Activity and Reduced Sedentary Behavior R8: Breastfeeding R9: Healthy Weight R10: Family Meals R11: Quality of Life
ENVIRONMENTAL SETTINGS EAT, LIVE, WORK, LEARN, SHOP, AND PLAY 	ORGANIZATIONAL MOTIVATORS ST5: Need and Readiness ST6: Champions ST7: Partnerships	ORGANIZATIONAL ADOPTION AND PROMOTION MT5: Nutrition Supports MT6: Physical Activity and Reduced Sedentary Behavior Supports	ORGANIZATIONAL IMPLEMENTATION AND EFFECTIVENESS LT5: Nutrition Supports Implementation LT6: Physical Activity Supports Implementation LT7: Program Recognition LT8: Media Coverage LT9: Leveraged Resources LT10: Planned Sustainability LT11: Unexpected Benefits	
SECTORS OF INFLUENCE	MULTI-SECTOR CAPACITY ST8: Multi-Sector Partnerships and Planning	MULTI-SECTOR CHANGES MT7: Government Policies MT8: Agriculture	MULTI-SECTOR IMPACTS LT12: Food Systems LT13: Government Investments LT14: Agriculture Sales and Incentives	

Range of evaluation tools

- **Short-term**

- Taste Test Tool – originally classroom now large group often cafeteria
- Intent to Change – 2 Qs

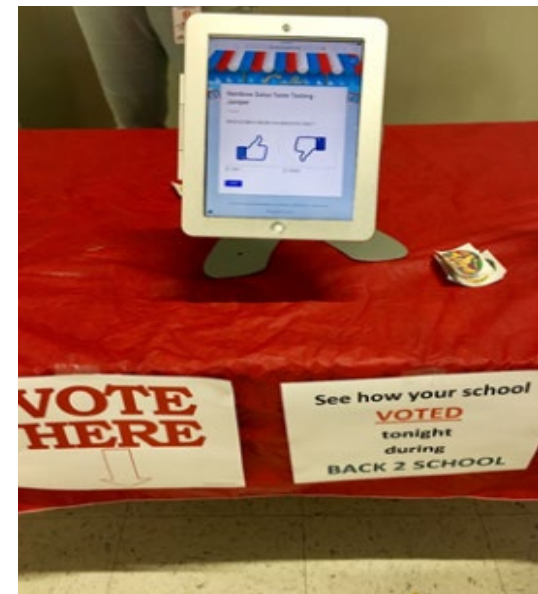
- **Medium-term**

- Participant pre/post survey
- Teacher observation – students and their own behaviors

- **Environmental Assessment**

- Smarter Lunchrooms Movement (SLM) scorecard
- Stencil and garden assessment
- NPI – Site Level Assessment Questionnaires (SLAQ)

Large group taste test tool



COVID-19 Response - Evaluation

- A lot of end of school year “post” data not possible
- Increased attention to analysis of participant “pre” data
- Some new methods used – telephone interview, online collection
- New evaluation question impact of COVID-19 on CFHL, UC services



QUESTIONS

Examples of Collaboration

ANR System-Wide Committees/Workgroups

- Serving together with NPI

California SNAP-Ed Evaluation

- Both members of statewide working groups – share evaluation tools and reporting guidance

Initiatives and Resources

- Food Waste Reduction Campaign
- Community referral template

Piloting New Approaches:

- Team Up for Good Health Curriculum
- Site Level Assessment Questionnaires (SLAQ)

**Chat or speak other ideas you have
that might be promising for additional
collaboration**

Thank You!

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