Fruit and Vegetable **Consumption of Michigan** Youth and Adults:

Locally Implemented SNAP-Ed Programs with Aggregated Impact

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Brief Abstract

Supplemental Nutrition Assistance Program Education (SNAP-Ed) at the Michigan Fitness Foundation is a collaborative of local and regional organizations whose work focuses on improving the health of Michigan's most vulnerable citizens. The purpose of this project was to design a common evaluation to support local-level objectives that can be aggregated at the state level. Youth (n=1,512; grades 6-12) and adults (n=647; aged 18+) who received SNAP-Ed programming received a validated dietary questionnaire pre- and post-intervention. Data were aggregated at the state-level, and differences pre- and post-intervention for fruit and vegetable consumption frequency were evaluated. A statistically significant increase was found for youth frequency of fruit consumption (p=0.022) and of vegetable consumption (p=0.002), and results were similar for adults (fruit consumption: p<0.001; vegetable consumption: p<0.001). Overall, implementation of locally relevant SNAP-Ed programming selected by community organizations can

Introduction

Supplemental Nutrition Assistance Program Education (SNAP-Ed) at the Michigan Fitness Foundation is a collaborative of local and regional organizations.

• Programming is selected at the local level and aligned with the social ecological framework

positively impact fruit and vegetable consumption.

• Evaluation is designed at the statewide level aligned with the SNAP-Ed Evaluation Framework

Objective. Design a common program evaluation that could be applied in a variety of interventions and settings to support local-level objectives and be aggregated to demonstrate state-level outcomes.



Implementation of locally relevant SNAP-Ed programming selected by community organizations can positively impact fruit and vegetable consumption.









20 community organizations

Learn more about SNAP-Ed at the Michigan Fitness Foundation: snap-ed.michiganfitness.org

Evaluation Methods

Participants received a validated dietary questionnaire pre- and post-intervention. Participant pre- and post- questionnaires were matched based on demographic indicators and data were aggregated at the state-level. Descriptive statistics were calculated for all variables of interest, and Wilcoxon Signed Rank tests were used to compare differences pre- and post-intervention for fruit and vegetable consumption.



Conclusion

SNAP-Ed Programs designed and implemented by community organizations can collectively positively impact fruit and vegetable consumption. Data can still be aggregated and communicated as a single story to program stakeholders even though program decisions occur locally. Outcome variables should be explored across local programs to identify key implementation variables for greatest impact.

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