

# SNAP-ED EVALUATION ASSURANCES

## Local Implementing Agency (LIA) – Subrecipients

### SNAP-Ed at Michigan Fitness Foundation (MFF) Fiscal Year 2023 (October 1, 2022 – September 30, 2023)

Evaluation is an important component for all SNAP-Ed at Michigan Fitness Foundation (MFF) projects. To justify continued funding for SNAP-Ed programs, Michigan must provide evidence of what happened and to whom as a result of SNAP-Ed interventions and strategies.

The evaluation tools used in all SNAP-Ed at MFF funded programs to measure individual behavior change are brief dietary assessment and physical activity surveys. Tools have been carefully selected based on minimizing burden to program participants/communities and to local program staff. Results across programs will be combined to assess effectiveness of statewide SNAP-Ed programming in increasing fruit and vegetable consumption and physical activity behaviors, as well as demonstrate individual program effectiveness.

In Fiscal Year (FY) 2023, all SNAP-Ed at MFF funded agencies will use these tools and report reach data through the Food and Nutrition Service Education and Administrative Reporting System (EARS). SNAP-Ed at MFF evaluation tools will include process and outcome evaluations for all policy, systems, and environmental change (PSE) and direct education (DE) initiatives.

**Read each item below and respond by checking the boxes.**

#### 1. Policy, Systems and Environmental Change Outcomes

All programs must collect outcome evaluation data for policy, systems, and environmental change initiatives. Outcome evaluation must align with the indicators and outcome measures included in the [SNAP-Ed Evaluation Framework Interpretive Guide](#) and include approved evaluation instrument(s) to collect data. An outcome evaluation includes drawing a conclusion about the effectiveness of strategies implemented to achieve desired PSE changes to improve nutrition and physical activity access and supports.

##### Required Indicators

**Every program** must address, measure, and report on the following indicators for PSE:

- At least one of: *ST5. Readiness and Need, ST6. Champions, and/or ST7. Organizational Partnerships*
- At least one of: *MT5. Nutrition Supports and/or MT6. Physical Activity and Reduced Sedentary Behavior Supports*

##### **In addition:**

- If you have implemented SNAP-Ed programming for **at least two (2) full program years**, *ST8: Multi-Sector Partnerships and Planning* is required.
- If you have implemented SNAP-Ed programming in any domain for **at least three (3) full program years**, at least one LT indicator per domain, such as *LT5: Nutrition Supports Implementation and LT6: Physical Activity Supports Implementation*, must be included.

All data for indicators ST5, ST6, ST7, ST8, MT5, MT6, LT5, and LT6 are required to be entered into the Map to Healthy Living Update Portal to report progress on those indicators (as appropriate) per the quarterly PSE reporting schedule determined by MFF.

**Have you reviewed and do you understand the requirement for PSE outcome evaluation as described above?**

Yes

No

## 2. Direct Education Behavior Change Outcomes

All programs must collect outcome evaluation data for direct education behavior change using the SNAP-Ed at MFF evaluation tools. Outcome evaluation must align with the indicators and outcome measures included in the [SNAP-Ed Evaluation Framework Interpretive Guide](#). An outcome evaluation includes drawing a conclusion about the effectiveness of the program component being evaluated to achieve the desired objective.

### Fruit and Vegetable Consumption

All surveys assess recent (1-4 weeks) fruit and vegetable intake and have been nationally validated in a wide range of populations. The surveys will be administered before and/or after the period of active program implementation and, if it is a pre-post tool, will request demographic information and other non-identifiable items (middle initial, day, and month of birth) so that surveys can be matched by individual.

- Programs that target child participants in PreK-2nd grade will use a post-only, parent questionnaire (i.e., MFF Parent Survey) with parents of the child participants.
- Programs that target child participants in 3rd-5th grade will use a post/retrospective-prequestionnaire with participants (i.e., That's Me, My Choices).
- Programs that target adolescent participants in 6th-12th grade (age 12-18) will use the 9-item dietary assessment component of the National Youth Risk Behavior Survey (YRBS) developed by the Centers for Disease Control and Prevention<sup>1</sup> (i.e., Fruit and Vegetable Screener for Youth).
- Programs targeting adults (18 and older) with direct education will use a 6-10 item (6 pre and 10 post) questionnaire adapted from the Food & Physical Activity Questionnaire and Health-Related Quality of Life Measures<sup>2,3</sup> (i.e., Food and Health Questionnaire for Adults).
- Programs who have indirect contact with parents will use the post version of the Food and Health Questionnaire for Adults.

### Physical Activity

Physical activity (PA) surveys will be administered before and/or after the period of active program intervention and, if it is a pre-post tool, will request demographic information and other non-identifiable items (middle initial, day, and month of birth) so that surveys can be matched by individual.

- Programs that target child participants in PreK-2nd grade will use a post-only, parent questionnaire (i.e., MFF Parent Survey) with parents of the child participants.
- Programs focusing on physical activity behavior change among participants in grades 4th through 12th (ages 9 – 18) will use a screener that is comprised of a combination of questions from the Physical Activity Questionnaire for Older Children (PAQ-C)<sup>4</sup> and Youth Risk Behavior Survey (YRBS)<sup>5</sup> (i.e., Physical Activity Screener for Youth). The combined questionnaire includes the majority of the PAQ-C questions plus three questions from the YRBS pertaining to duration of physical activity and sedentary behavior.
- Programs focusing on adults (18 years and older) will use the International Physical Activity (PA) Questionnaire<sup>6</sup> (i.e., Physical Activity Screener for Adults). This is a simple 4-question survey that includes questions about moderate and vigorous PA, as well as sedentary behavior.

### Number of Surveys Required

The number of surveys required to be completed and returned will be determined by MFF based on your proposed reach and detailed in your evaluation plan developed in collaboration with your assigned MFF evaluator. Oversampling might be needed to reach the number of pre- and post-surveys required to be returned to MFF. Overall, by using a statistically sound sampling strategy statewide, programs have less individual evaluation burden.

<sup>1</sup> Youth Risk Behavior Surveillance System (YRBSS). (2011). Centers for Disease Control and Prevention, [www.cdc.gov/yrbss](http://www.cdc.gov/yrbss).

<sup>2</sup> Murray, E., Auld, G., Baker, S., Barale, K., Franck, K., Khan, T., Palmer-Keenan, D., & Walsh, J. 2017. Methodology for Developing a New EFNEP Food and Physical Activity Behaviors Questionnaire. *J Nutr Educ Behav*, 49, 777-783.

<sup>3</sup> Health Related Quality of Life (HRQOL). 2016. Centers for Disease Control and Prevention. <https://www.cdc.gov/hrqol/methods.htm>

<sup>4</sup> Kowalski, K., Crocker, P., & Donen, R. (2004 August). The Physical Activity Questionnaire for Older Children (PAQ-C) and Adolescents (PAQ-A) Manual. College of Kinesiology, University of Saskatchewan.

<sup>5</sup> Centers for Disease Control and Prevention. (2013). Youth Risk Behavior Survey. Available at: [www.cdc.gov/yrbss](http://www.cdc.gov/yrbss).

<sup>6</sup> The International Physical Activity Questionnaire. (2005). <http://www.ipaq.ki.se/>

Required Indicators

**Every program** must address, measure, and report on the following indicator for DE:

- MT1. Healthy Eating

**Optional:** Other important indicators are MT2. Food Resource Management; MT3. Physical Activity and Reduced Sedentary Behavior; and additional indicators, as relevant to your programming.

**Have you reviewed and do you understand the requirement for DE outcome evaluation as described above?**

Yes                       No

**3. Process Evaluation**

All programs must collect process evaluation information for both policy, systems, and environmental change initiatives and direct education. It can include educator logs, administration of a process evaluation survey (i.e., Program Evaluation for Adults or Program Evaluation for Youth), tracking which and how many materials were distributed, counting the number of participants reached, and monitoring effectiveness of alternate methods of delivering services and/or barriers to implementing the intervention. Process evaluation helps to ensure fidelity (that an evidence-based intervention is delivered as designed and thus likely to result in the expected outcomes) and will be included in your evaluation plan developed in collaboration with your assigned MFF evaluator.

**Have you reviewed and do you understand the requirement for process evaluation as described above?**

Yes                       No

**4. Education and Administrative Reporting System (EARS)**

All programs must collect information required by the USDA for EARS and report it at the end of the program year. Learn more about the types of data that are required to be collected and reported at:

<https://snaped.fns.usda.gov/program-administration/ears-form>.

**Do you agree to create and follow a plan to collect required data?**

Yes                       No

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Signature of Authorized Organization Representative Date

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Print Name Title

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Signature of Program Lead Date

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Print Name Title