

# SNAP-ED EVALUATION ASSURANCES

## Local Implementing Agency (LIA) – Subrecipients

### SNAP-Ed at Michigan Fitness Foundation (MFF) Fiscal Year 2024 (October 1, 2023 – September 30, 2024)

Evaluation is an important and required component in SNAP-Ed. All SNAP-Ed at Michigan Fitness Foundation (MFF) projects and programs undergo evaluation. It helps us understand what happened and to whom as a result of SNAP-Ed interventions and strategies. It also provides a framework to package and share these results with key stakeholders (e.g., USDA, MDHHS, etc.) to tell the story of SNAP-Ed impact in Michigan.

The evaluation tools used in all SNAP-Ed at MFF funded programs to measure individual behavior change are brief dietary assessments and physical activity surveys. MFF will work alongside SNAP-Ed at MFF funded programs to identify evaluation approaches (quantitative and/or qualitative) and data collection methods that are most appropriate for capturing planned policy, systems, and environmental (PSE) changes. Tools have been carefully selected based on minimizing the burden on program participants/communities and local program staff. Results across programs will be combined to assess the 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) 2024, all SNAP-Ed at MFF funded subrecipients will use these tools as well as collect and report reach information required by USDA. SNAP-Ed 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 to the statements 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, highlighting the SNAP-Ed contribution to those PSE outcomes. 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. 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.

##### Required Indicators

**Every program** must measure and report on the following indicators for PSE, as aligned with your approved program:

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

**In addition, every program must measure and report on the following SNAP-Ed indicators, if the following conditions are met:**

- *ST8: Multi-Sector Partnerships and Planning: reporting of SNAP-Ed contributions is required if you have implemented SNAP-Ed programming for **at least two (2) full program years***
- *LT5: Nutrition Supports Implementation and/or LT6: Physical Activity Supports Implementation is required if you have adopted SNAP-Ed MT5 Nutrition Supports and/or MT6 Physical Activity/Reduce Sedentary Behavior Supports PSE change(s) **within the last three (3) program years***

**NOTE:** Reporting on other PSE indicators related to specific programming may be required as determined by your MFF evaluator.

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 direct education outcome evaluation data for behavior change using the SNAP-Ed at MFF evaluation tools. SNAP-Ed at MFF will provide a Survey Guide to all participating agencies to identify who, what, and when to use the evaluation tools provided. It is mandatory that the Survey Guide be closely followed.

Outcome evaluation must align with the indicators and outcome measures included in the [SNAP-Ed Evaluation Framework Interpretive Guide](#). 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 for youth in grades 6 and higher and adults assess recent (1-4 weeks) fruit and vegetable intake and have been drawn from nationally validated tools within 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 serve 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 serve child participants in 3rd-5th grade will use a post/retrospective-prequestionnaire with participants (i.e., That's Me, My Choices).
- Programs that serve 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 that serve adults (18 years 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).

### 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 serve 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 serve adolescent participants in 4th-12th grade (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.

<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).

- Programs that serve 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.

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. Process evaluation information 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 for PSE change initiatives include quarterly reports entered in the Map to Healthy Living Update Portal. 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. Reach Information**

All programs must collect and report reach information as required by USDA and report it at the end of the program year using forms provided by MFF. Reach information for direct education includes: the total number of unduplicated participants, ethnicity, race, gender, age, mode of delivery, number of series and sessions per series. Reach information for PSE includes: the estimated number of people likely to be impacted by an adopted PSE change.

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

Yes                       No

<sup>6</sup> Hagströmer, M., Oja, P., & Sjörström, M. (2006). The International Physical Activity Questionnaire (IPAQ): A study of concurrent and construct validity. *Public Health Nutrition*, 9(6), 755-762. doi:10.1079/PHN2005898

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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