



**SNAP-Ed**  
MICHIGAN FITNESS  
FOUNDATION

# Direct Education Fidelity Training

A self-guided training resource to support implementation fidelity

# Training Overview

## **Part 1**

Fidelity of Program  
Delivery:  
What? Why? How?

## **Part 2**

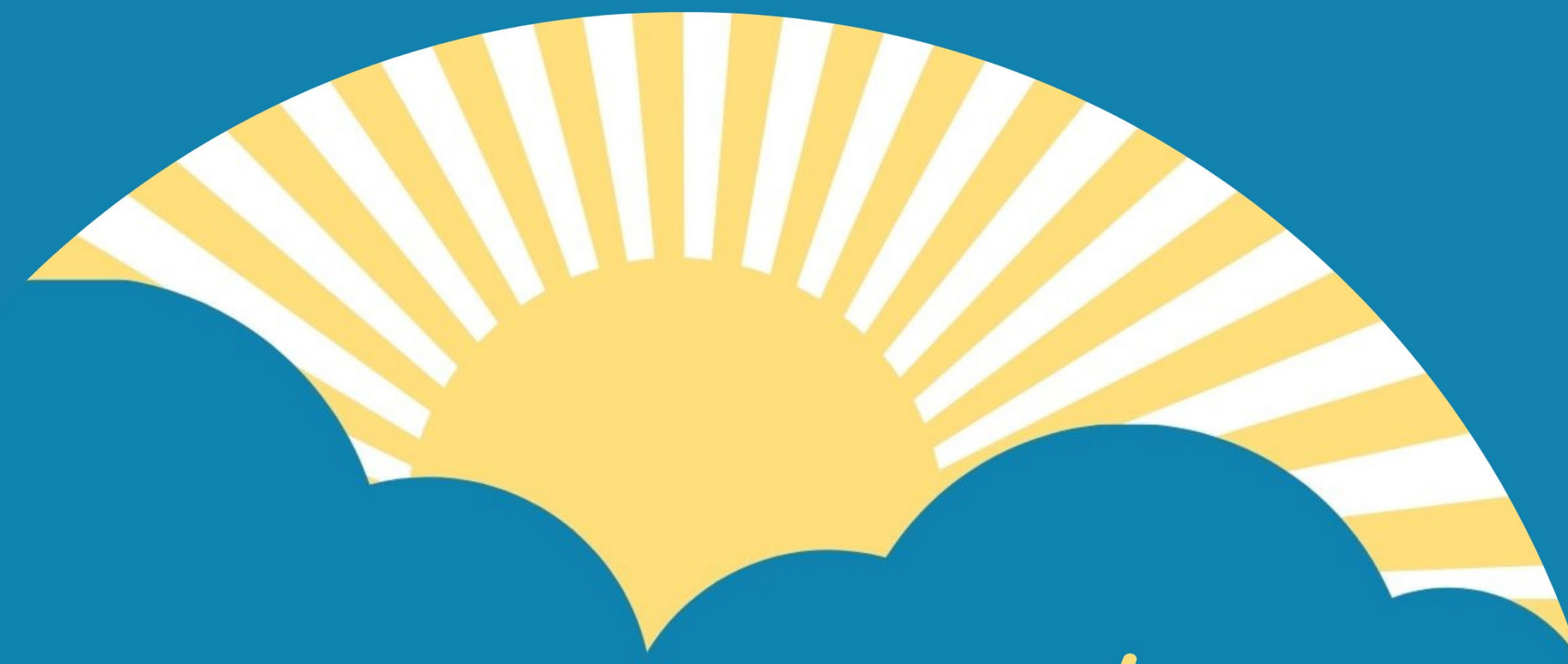
Resources to Support  
Implementing Programs  
As Intended

Note: A recording of the original version of this training offered in FY22 is available on the MFF SNAP-Ed Partner Portal (Evaluation section).



# Part One: Fidelity of Program Delivery

What is “fidelity of program delivery”?



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Fidelity Training*



# How is fidelity connected to program outcomes?

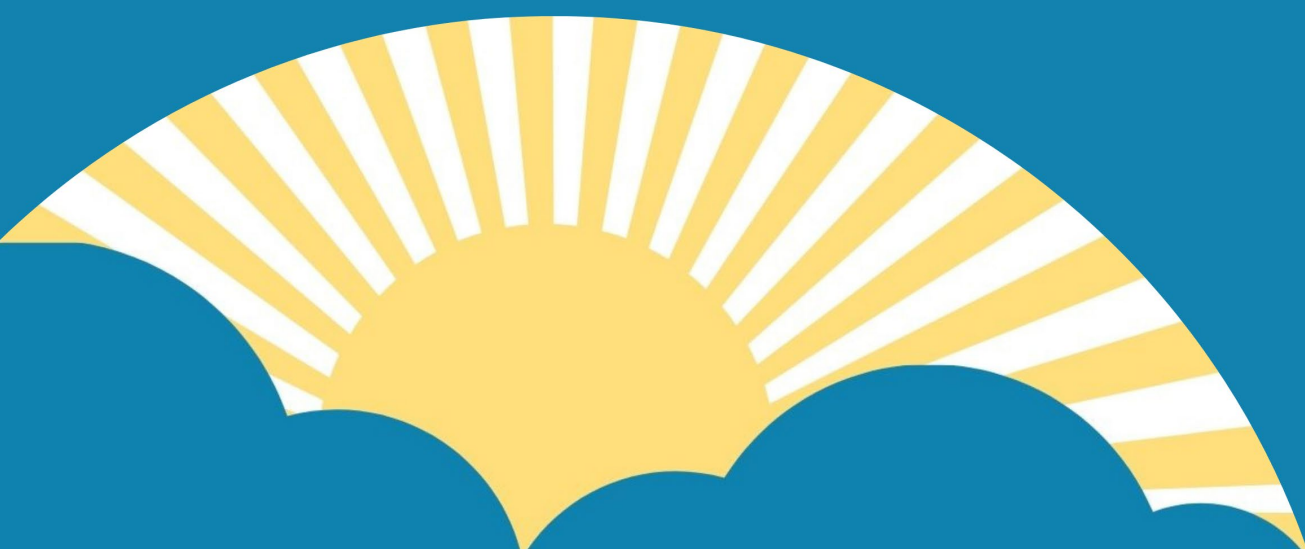
“SNAP-Ed interventions and strategies must be evidence-based, implemented with fidelity (i.e., delivering an intervention as intended including using all intervention components...)...”

- SNAP-Ed at Michigan Fitness Foundation FY 2023 Programming and Operations Manual (p. 5)

## SNAP-Ed Evaluation Framework & Interpretive Guide

“Intervention delivered with fidelity or as intended and whether essential elements known to be important to the achievement of positive outcomes were actually and consistently implemented.”

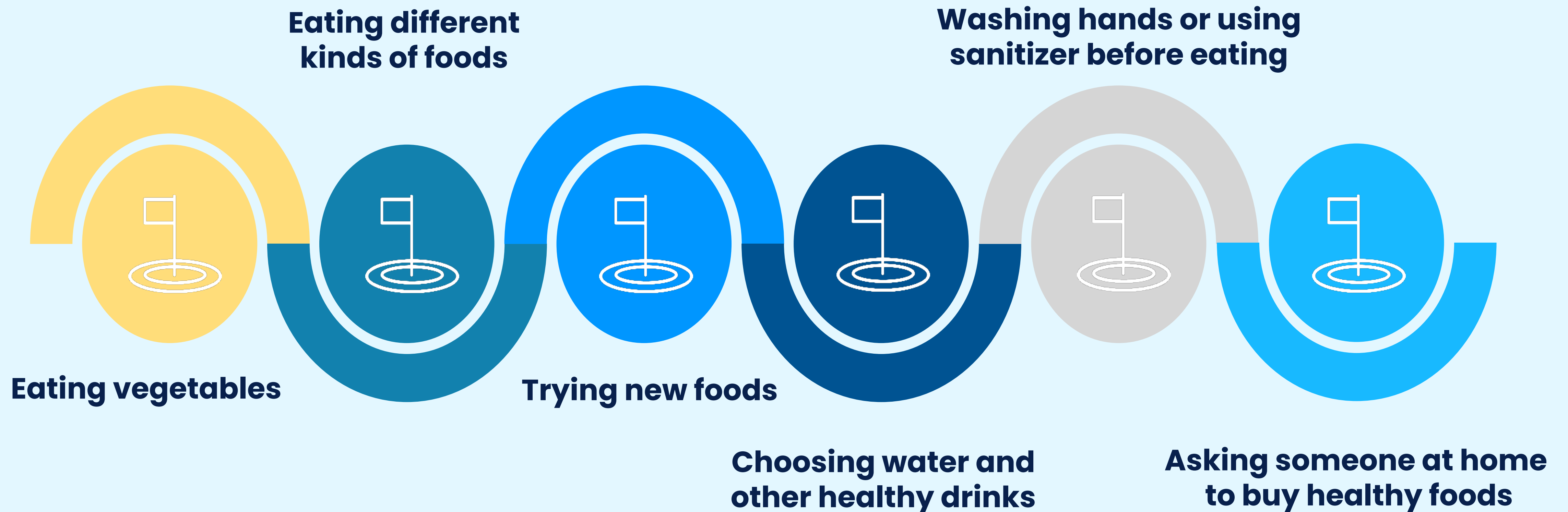
- Interpretive Guide to the SNAP-Ed Evaluation Framework



# Evidence base for HSHC™



Children in grades 3-5 demonstrated positive change for:



# How should the program be delivered?



**What does  
“deliver as  
intended” mean?**



**What are  
the critical  
elements?**

# Why is fidelity of program delivery important?



# Two Primary Considerations

Implementing an intervention with fidelity enables...

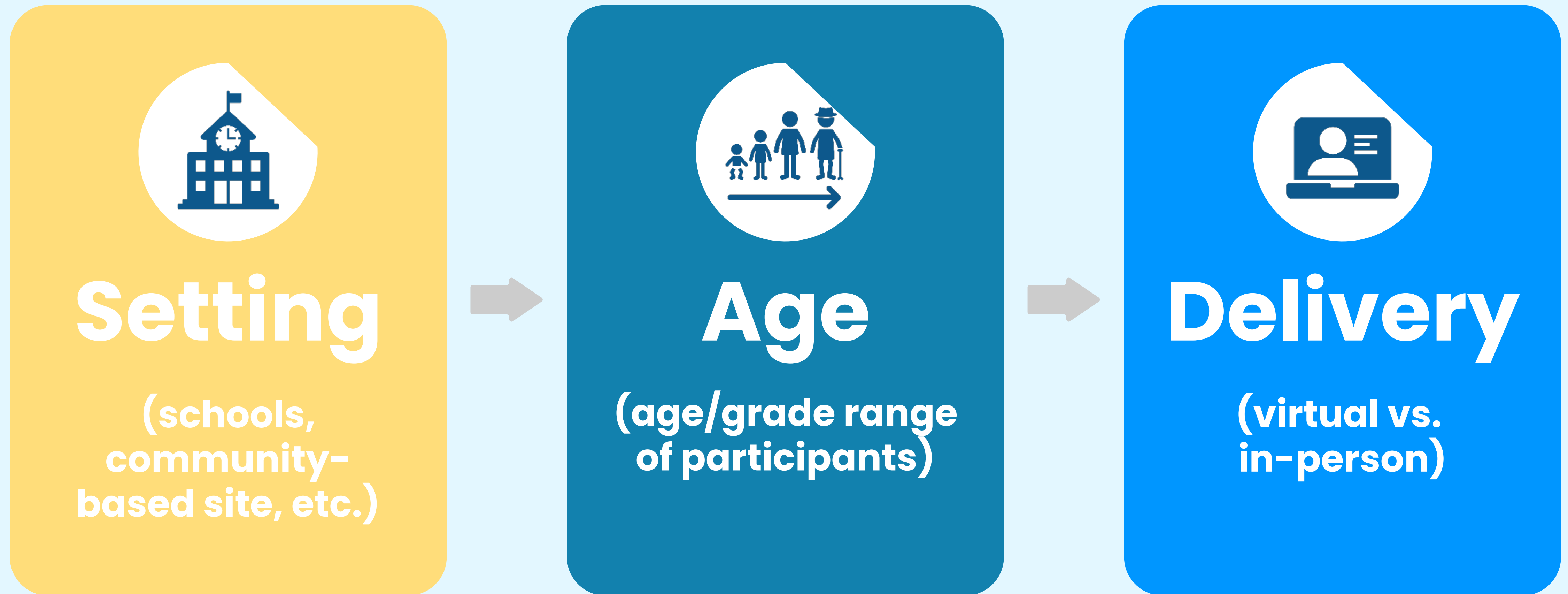
**Your program to expect the same positive results demonstrated when the intervention's evidence base was established**

**Michigan SNAP–Ed to combine intervention data across organizations to create one data set and review intervention effectiveness when needed**



# Critical Program Elements

## GROUP & SETTING FEATURES



# Critical Program Elements

## LESSON FEATURES

### ORDER

Order of lessons

### FREQUENCY

Frequency of lesson delivery  
(weekly, monthly, etc.)

### DURATION

Length of lessons  
(minimum minutes)

### NUMBER

Number of lessons per series  
(dose)

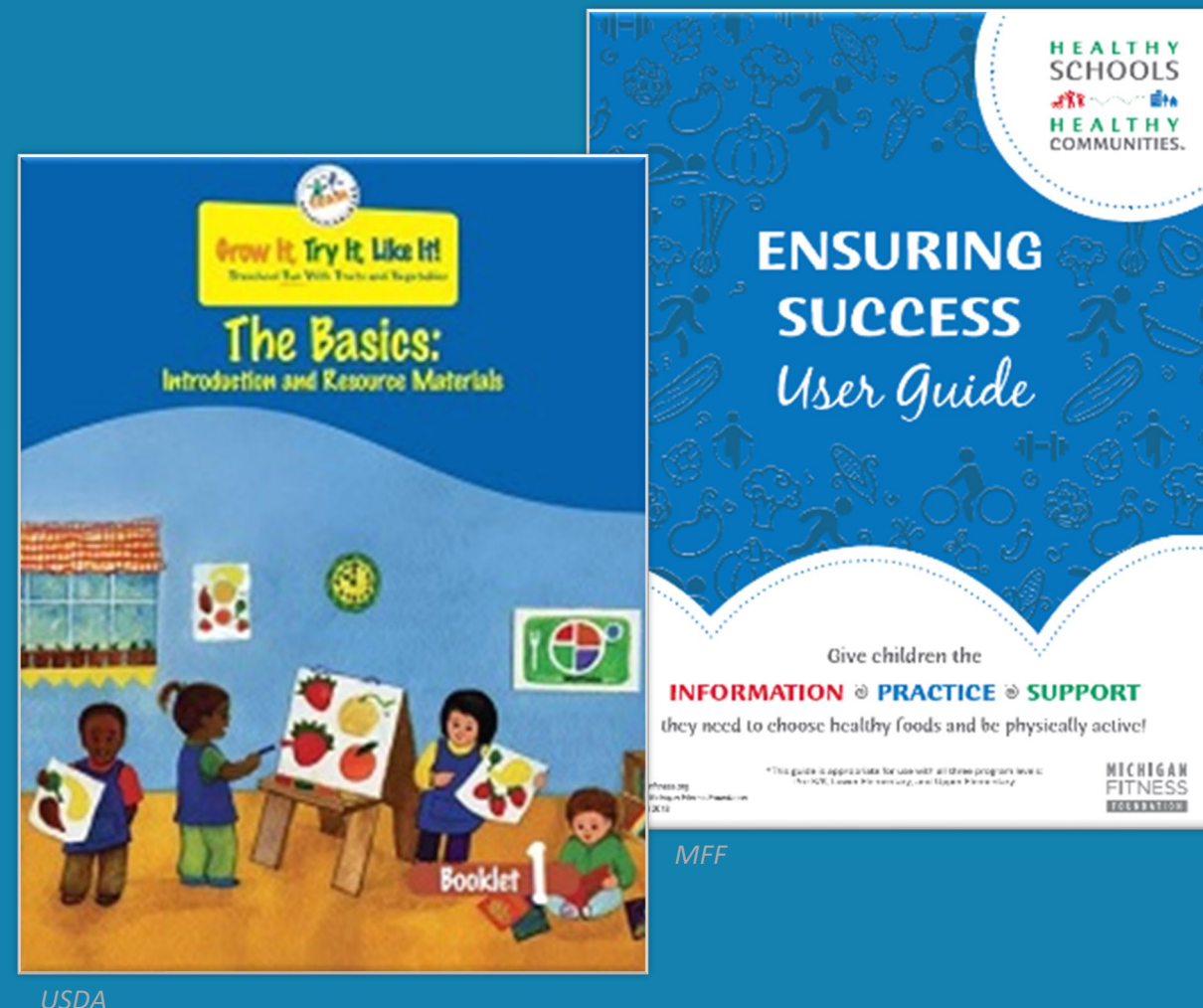
### COMPONENTS

Required components  
(tasting, PA, at least one activity)

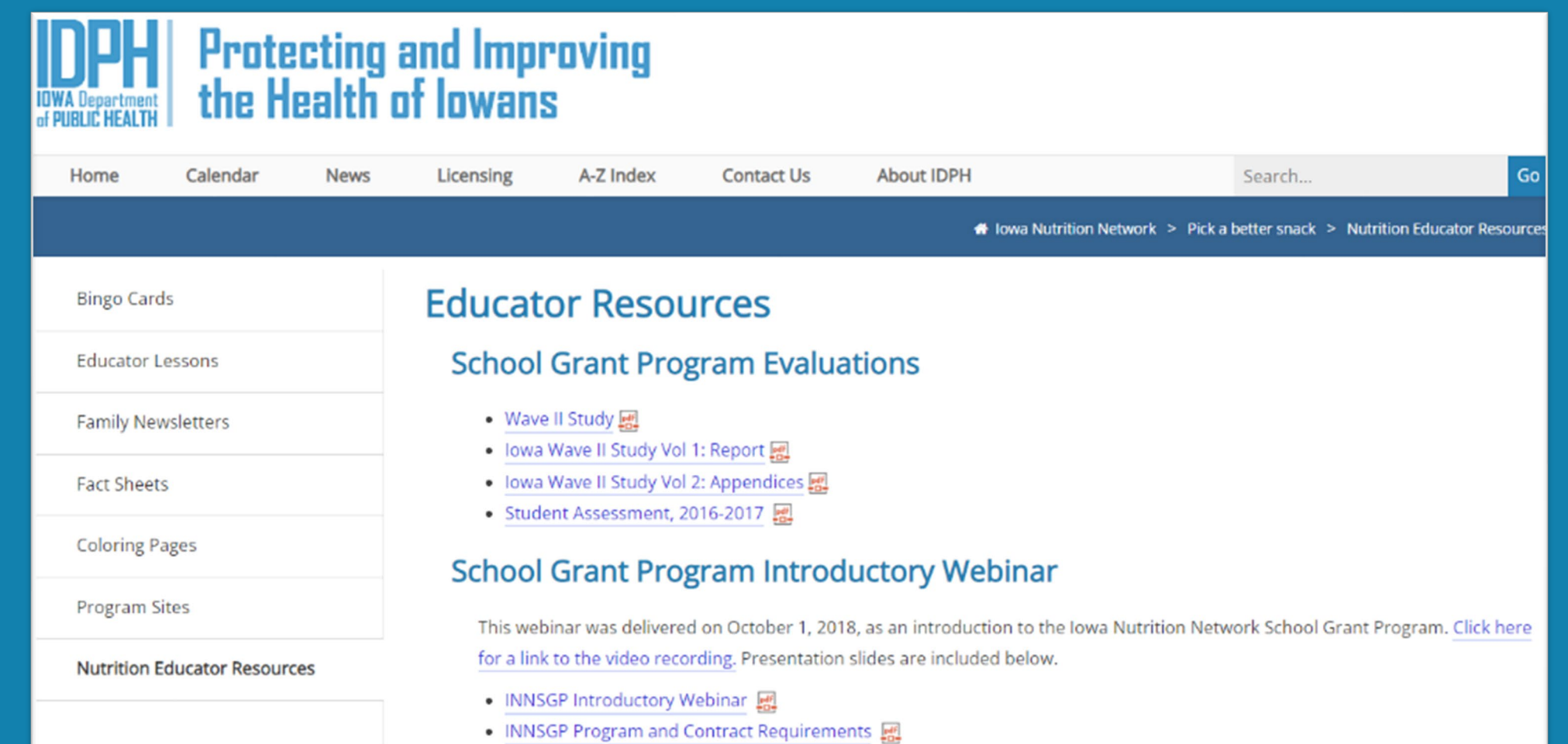


# Where can I find information about critical elements?

## SNAP-Ed TOOLKIT



Program Materials: User/Lesson Guides



Developer Website & Training Materials

Note: Review SNAP-Ed Toolkit information to determine if intervention is considered evidence-based.

# Ensuring Success: A User Guide for Linking Lessons-Schools



## Lesson Overview

The lesson overview (available both in print and as fillable PDF form) allows you to plan and chronologically order your program.

There are ten LL-S lessons and a minimum of five lessons should make up a series. Each lesson should last at least 20 minutes.

A lesson series is designed to begin with MyPlate. After introducing MyPlate, lessons can be used in any order. However, it is recommended that the Fast Food Facts lesson follows the Energy Balance lesson as it builds upon knowledge explored in the Energy Balance lesson.





# What *other* factors influence fidelity?



**PARTICIPANT RESPONSIVENESS**



**SITE LIMITATIONS**



**EDUCATOR CHARACTERISTICS**



**TEACHER SUPPORT**

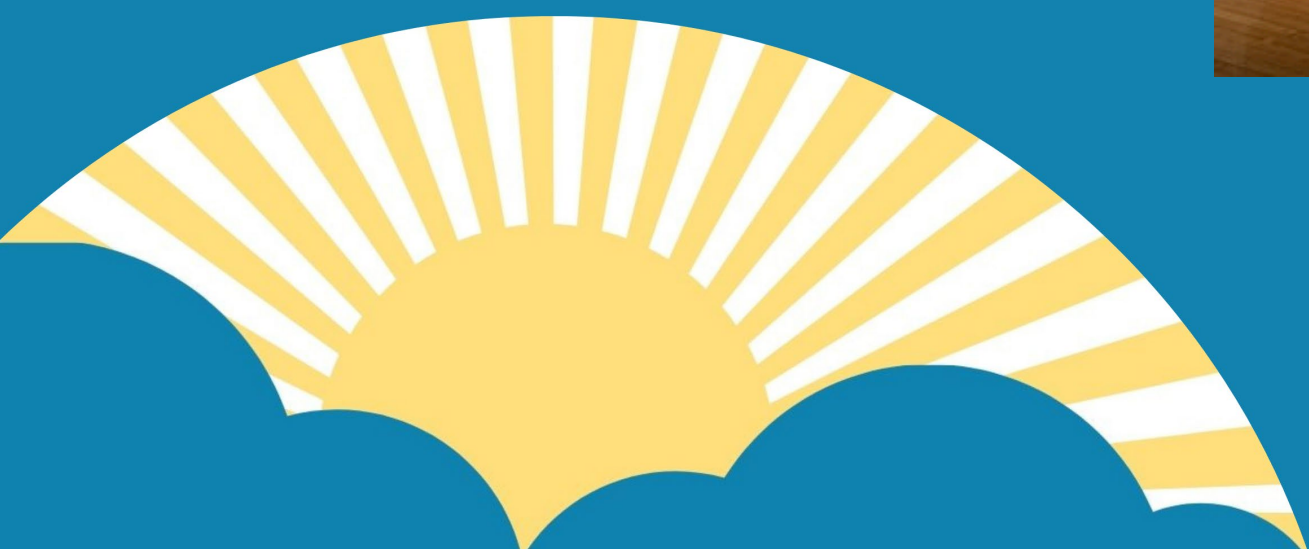


# Participant Responsiveness





# Site Limitations





# Educator Characteristics





# Intervention/Curricula Training





# Teacher/Site Contact Support





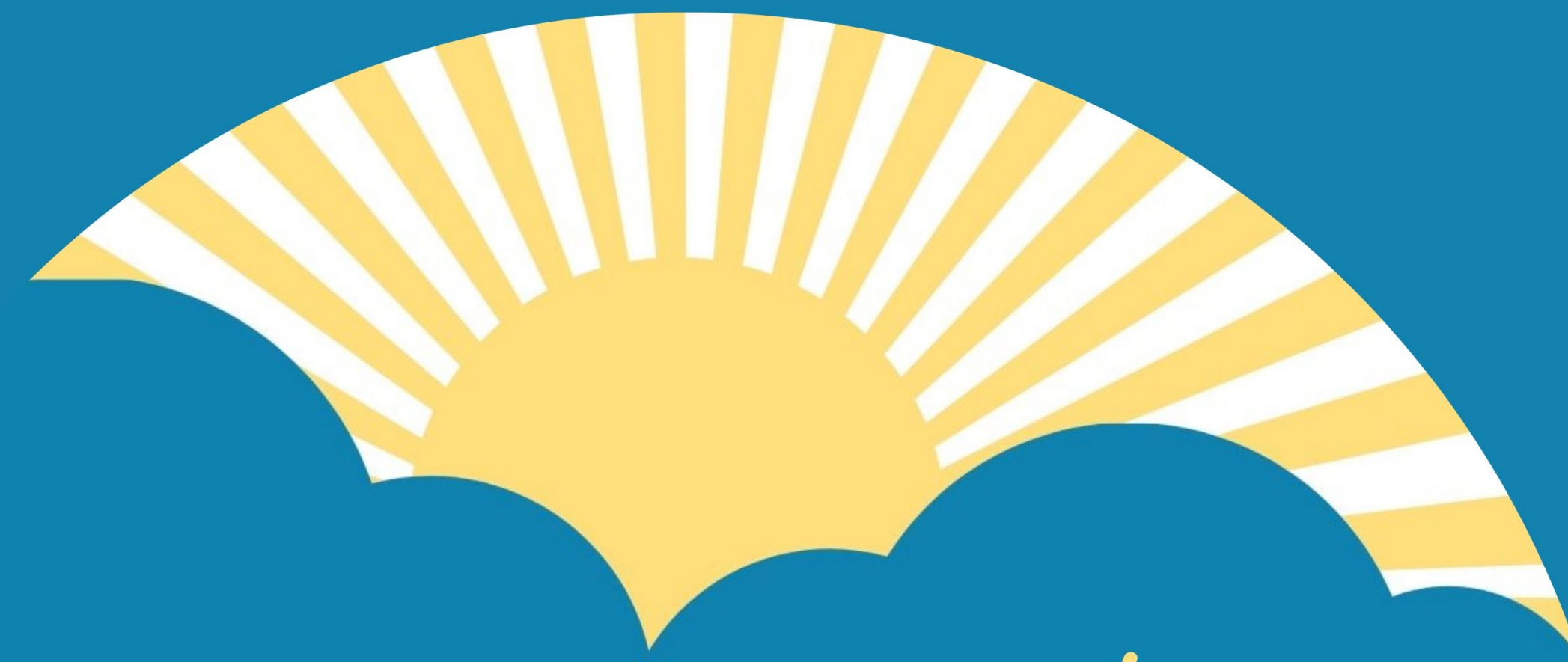
Fill in the brackets to help formulate a fidelity plan:

*The evidence base for [intervention] indicates significant change for [which behaviors] with [age group] in [which setting].*



# Part Two:

## Resources to Support Implementing Programs as Intended



*SNAP-Ed  
Fidelity Training*

# SNAP-Ed Fidelity Resources

## *SNAP-Ed Partner Portal*

**Fidelity  
FAQ**

**Fidelity  
Logs**

**Training  
Videos**

## *Connect Space*

**Intervention  
Trainings**

# Fidelity Assessment Logs

COOKING  
WITH KIDS

FOOD SMARTS

GROW IT, TRY  
IT, LIKE IT

HEALTHY  
SCHOOLS,  
HEALTHY  
COMMUNITES™

PICK A BETTER  
SNACK

LINKING  
LESSONS -  
SCHOOLS

# Resources

UNC Center for Health Promotion and Disease Prevention. (2016). The SNAP-Ed Toolkit. Available at: <https://snapedtoolkit.org/>. Retrieved March 6, 2023.

U.S. Department of Agriculture, Food and Nutrition Service. (2016). The Supplemental Nutrition Assistance Program Education (SNAP-Ed) Evaluation Framework: Nutrition, Physical Activity, and Obesity Prevention Indicators: Interpretive Guide to the SNAP-Ed Evaluation Framework. Retrieved March 6, 2023, from <https://www.nccor.org/nccor-tools/snap-ed-toolkit/>.





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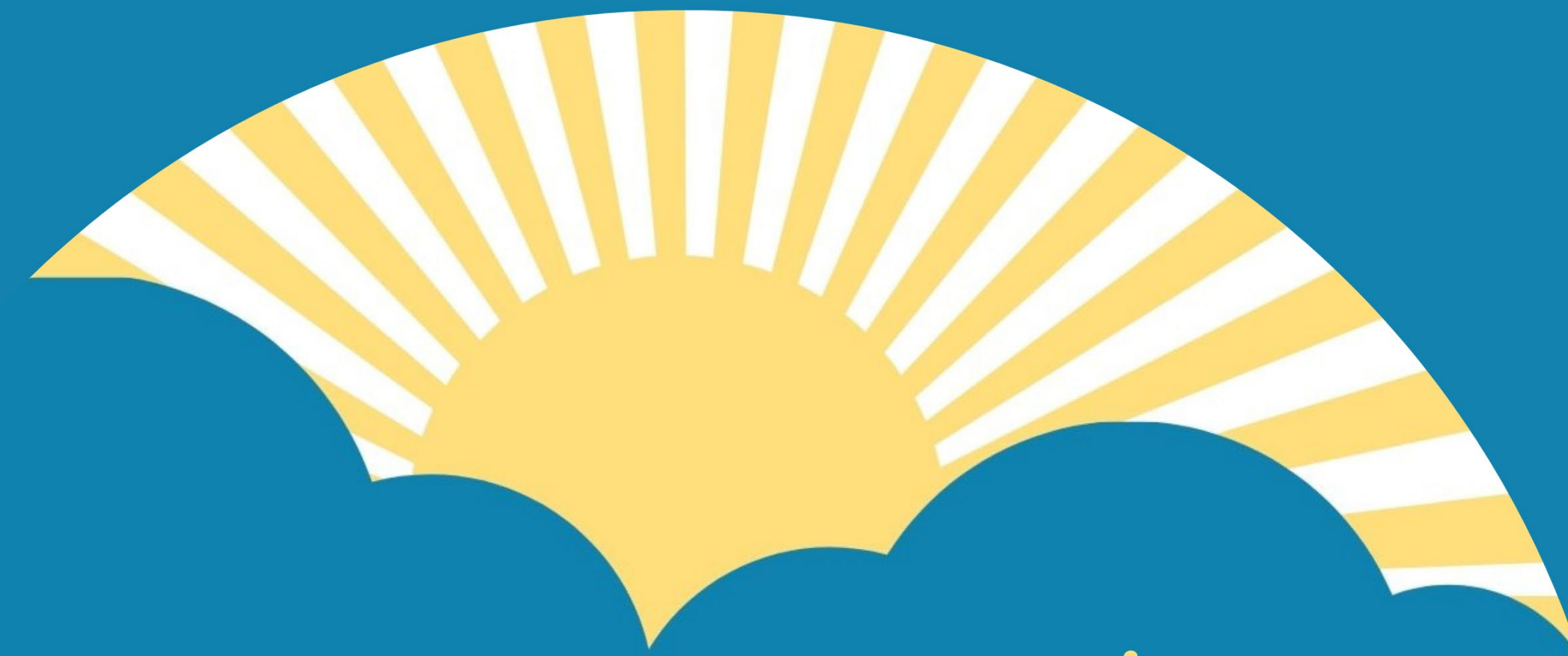
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This institution is an equal opportunity provider.



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