

# Figuring out Fidelity

FY22 SNAP-Ed University

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# Session Overview

- What's fidelity?
- Why is fidelity so important?
- Modifying programming
- Monitoring fidelity
- Applying fidelity findings
- Resources

## Session Objective

By the end of this session, participants will be able to identify key components of program fidelity, allowable modifications, and the associated SNAP-Ed tools needed to monitor program fidelity.

How can we maintain program fidelity and address unique community context?

# FY23 SNAP-Ed Plan Guidance

*Fidelity definition*

“...If an evidence-based intervention is delivered as designed and likely to yield the expected outcomes.”

# SNAP-Ed Evaluation Framework

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

**Why is maintaining  
fidelity so important?**

# Reviewing Intervention Evidence

[snapedtoolkit.org](https://snapedtoolkit.org)\*

**Available  
Literature**

**Program Materials**

**Website &  
Training Materials**

\*Note: Not all interventions included in the SNAP-Ed Toolkit are considered evidence-based.



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

# How can program fidelity inform program planning?

- Provides key information for scope & sequence development
- Planning with sites for when your Nutrition Educators will be there
- Identifies what each Nutrition Educator needs to be trained on (additional components)



Which core or key program elements  
are needed to ensure success?

# Key Program Elements



Setting

School vs. Community-based

Delivery

In-person & Virtual

Age Range

Age or grade level

# Key Program Elements: Lesson Features

Total Number

Number of lessons per series (dose)

Order

Lesson sequence

Frequency

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

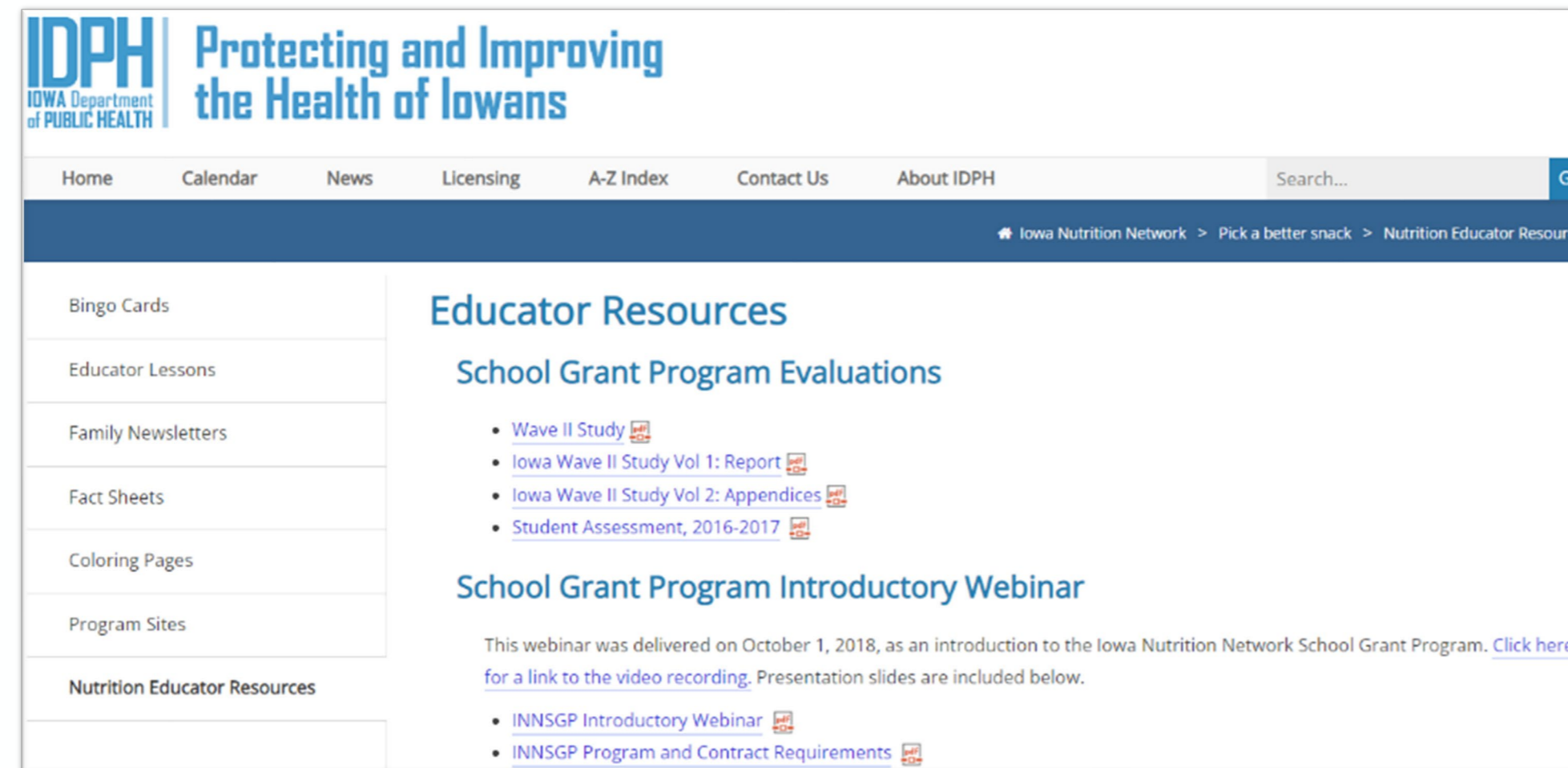
Duration

Length of lessons (minimum minutes)

Components

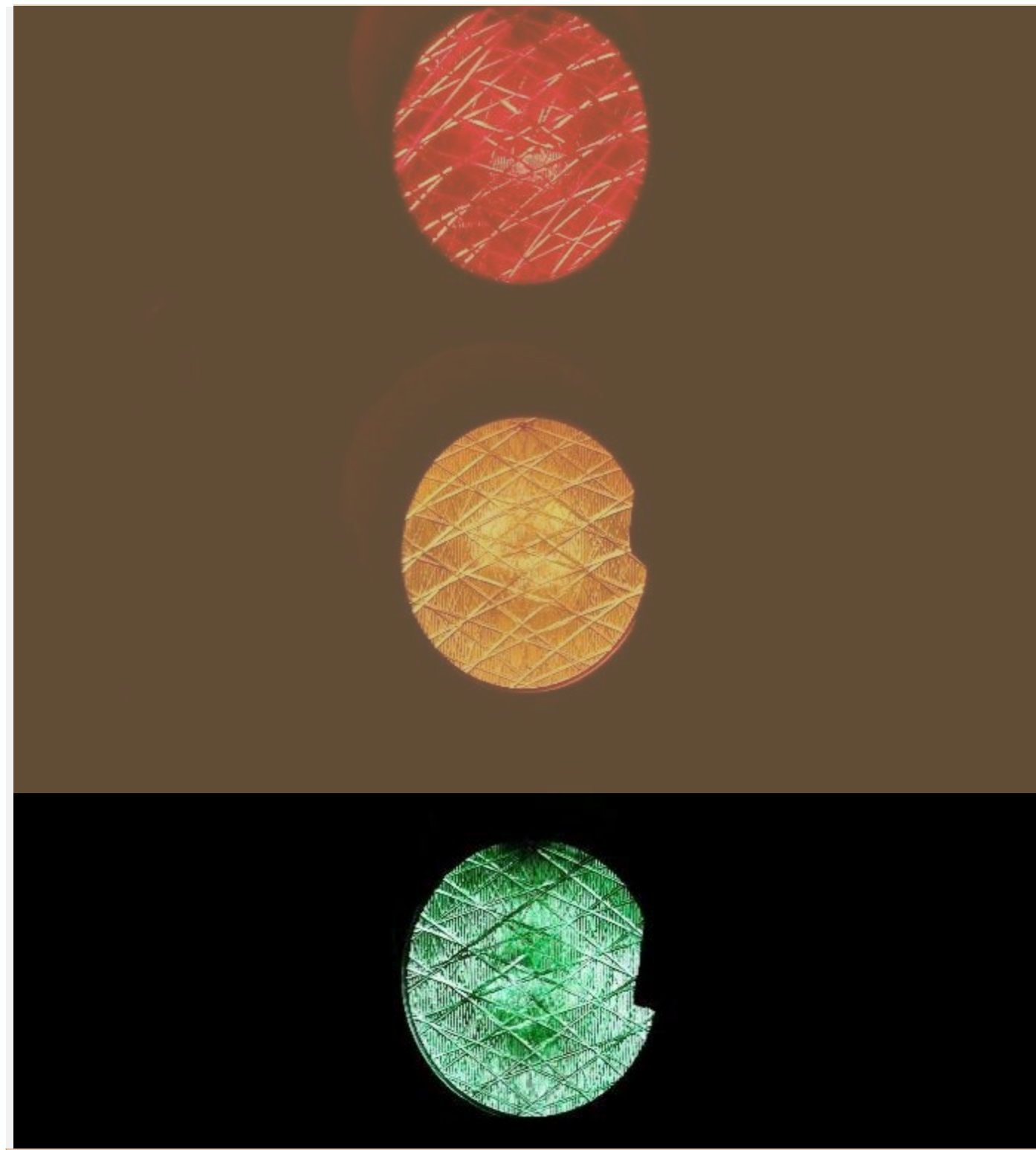
Required Components

# Where do we identify key program elements that are required to maintain fidelity?

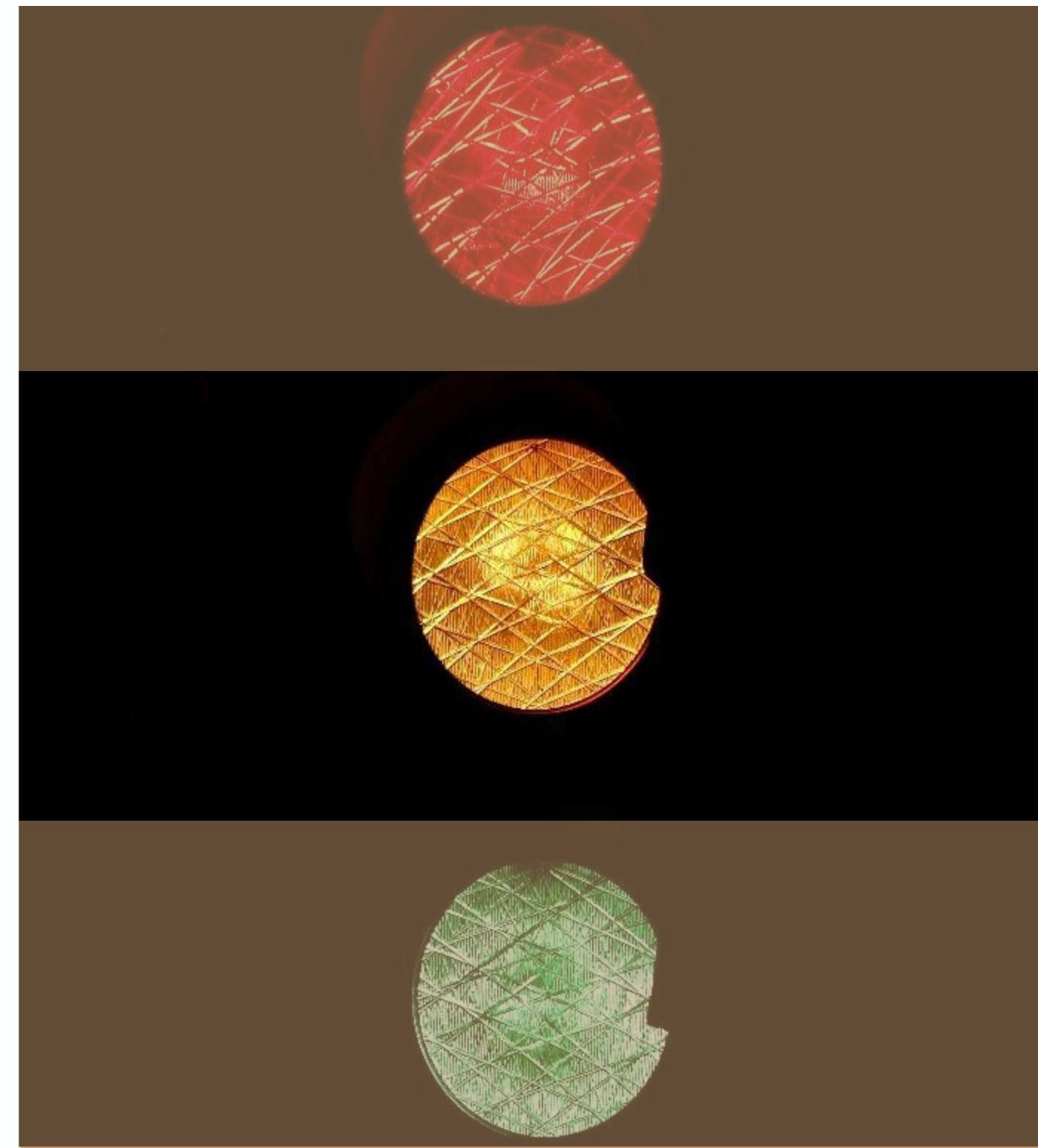


# SNAP-Ed TOOLKIT

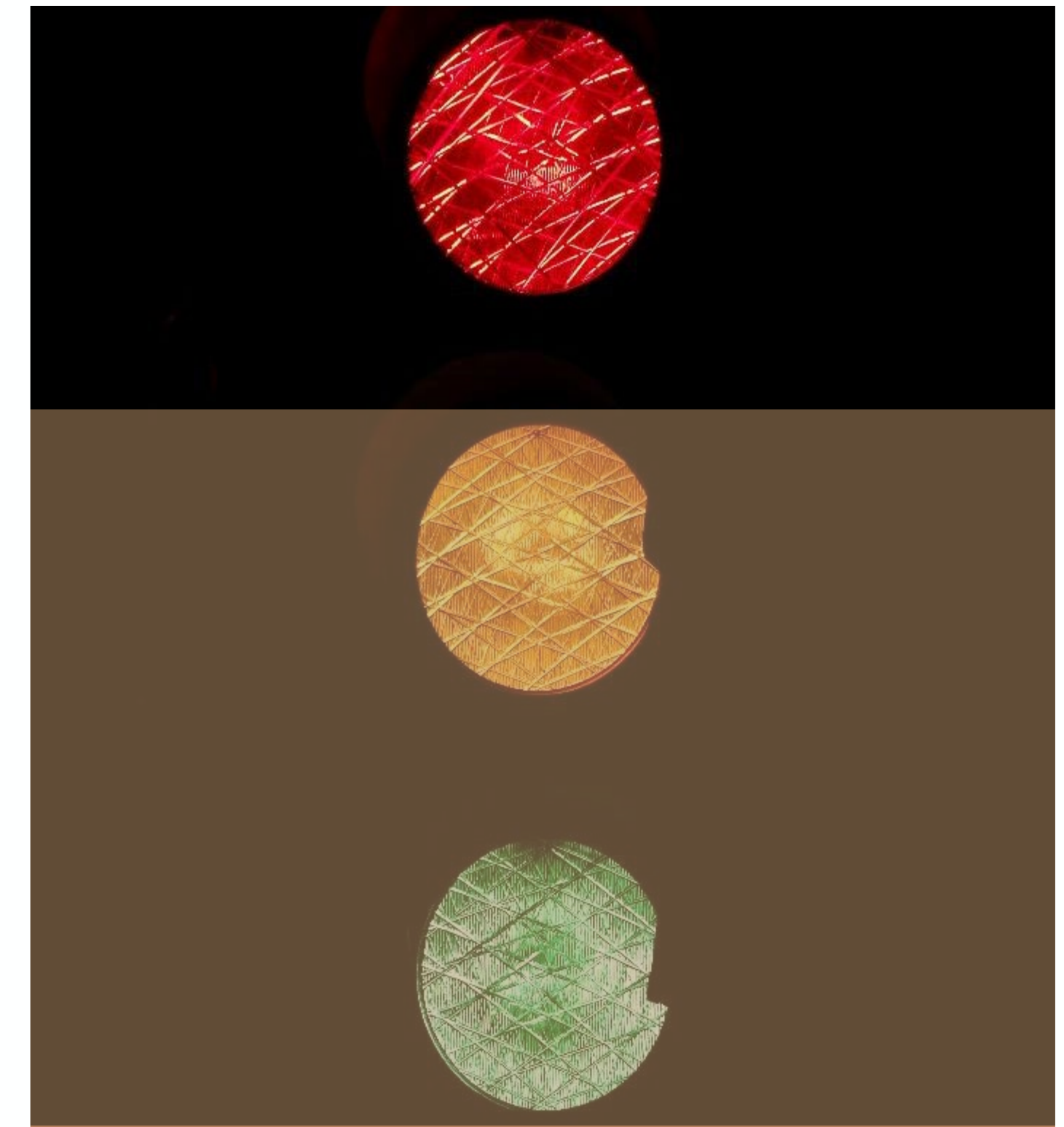
# Modifications



Acceptable



It depends...



Unacceptable

# Modifications

## Examples:

- Healthy Schools, Healthy Communities (HSHC)
  - Using a different tasting from HSHC for a lesson than was outlined in the scope & sequence
- Changing a recipe tasting because produce items weren't available that week
- Changing a Physical Activity demonstration/FitBit

Acceptable



# Modifications

## Examples:

- Customizing the intervention series
  - Number of lessons
  - Setting of series
  - Duration of each lesson
- Not using all of the recipes provided with the intervention, instead including a similar, but more culturally appropriate recipe tasting
- Using a school-based intervention at a summer camp site



It depends....

# Modifications

## Examples:

- Lessons should be 2 hours, reducing the entire series to 30-minute lessons would not be allowable.
  - Seek out an alternative intervention that fits the time you have available for a class
- Removing a required component with no justification.
  - Tastings aren't provided in lessons because there isn't time to make them before class.



**Unacceptable**

# What tools are available to monitor or inform fidelity efforts?

**Educator Logs**

**Fidelity  
Assessment Logs**

**Scope & Sequence**

# Educator Logs

## FY23 Direct Education Educator Log

Link to Online Educator Log: <https://mffsnap-ed.org/FY23-Ed-Log>

An educator log should be filled out online within one week of completing each lesson series.  
This document includes the information you will need to complete the online log. You might find it helpful to make notes on a paper copy throughout the lesson series.  
Responses will be emailed to you and your project lead after the log is submitted. MFF will compile data from all partners and share findings and successful strategies.

- 1. Your organization: \_\_\_\_\_
- 2. Educator last name: \_\_\_\_\_
- 3. A copy of responses will be emailed to you after log is submitted. Your email address: \_\_\_\_\_
- 4. A copy of responses will be emailed to your project lead. Project lead: \_\_\_\_\_
- 5. Core intervention: \_\_\_\_\_
- 6. Total number of participants reached through this lesson series: \_\_\_\_\_
- 7. Total number of lessons provided in this series: \_\_\_\_\_

- 13. Were any modifications made from your plan for the intervention? (Check all that apply.)  
 Changed sequence of lessons     Decreased number of lessons     Increased number of lessons  
 Combined lessons     Shortened lesson time     Classrooms were combined  
 Changed or replaced activities     Replaced food tasting with food demo (live or video)  
 Delivered food to remote sites     Delivered food to participants' homes     Omitted tasting  
 Decreased PA     Added more PA     Didn't provide NERI     Replaced recipe  
 Replaced live FitBit with video    Other: \_\_\_\_\_



# Pilot FY22 Fidelity Assessment Logs

Cooking with Kids

Food Smarts

Grow It, Try It, Like It!

Healthy Schools, Healthy Communities

Linking Lessons – Schools

Pick A Better Snack

Regie's Rainbow Adventure

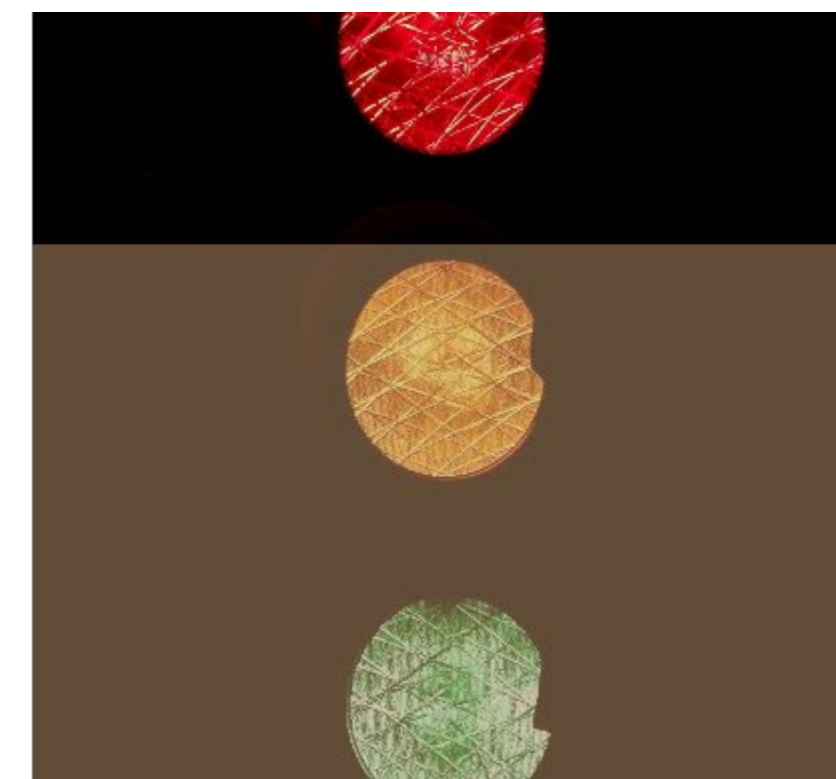
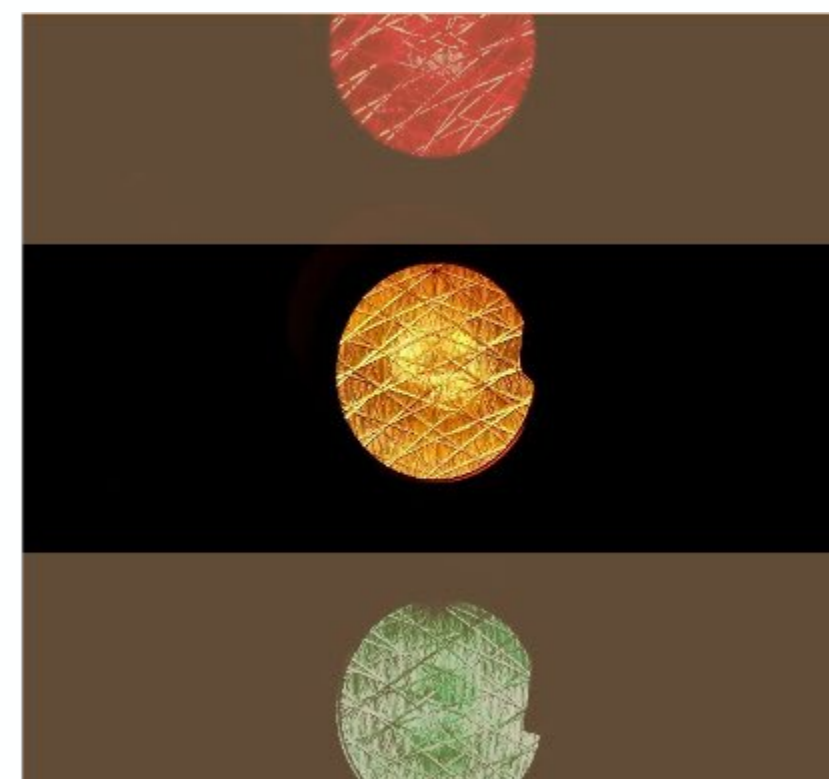
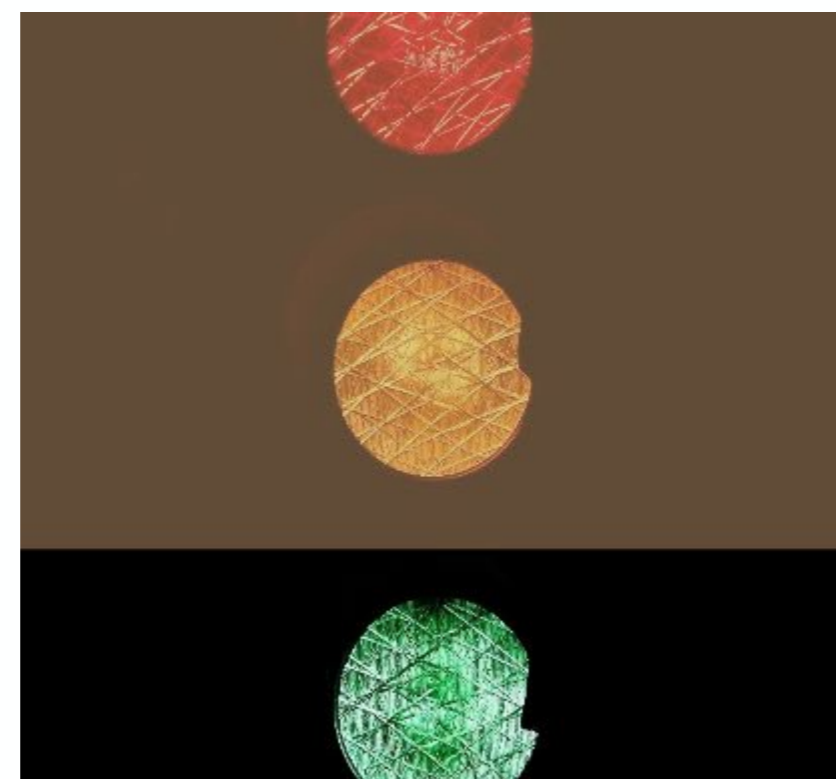
Which required components and activities were included in each of the units?  
(Check all that apply.)

- Unit Activity (at least one per unit)
- A healthy snack tasting/recipe
- Fit Bits™ Physical Activity Break
- Healthy Homework
- Family Letter

# How can you monitor and address fidelity?

**Staff Support & Training**

**Data Review**



# Applying Fidelity Findings

- Have staff participated in an intervention training?
- What additional support or monitoring processes are needed?
- What can you learn from your data?
- Do you need to consider a different intervention?
- Discuss further with MFF Project Manager and team

# Additional Resources

## Intervention Resources

SNAP-Ed Toolkit  
Intervention Website  
Developer/Curriculum Materials

## Michigan Fitness Foundation

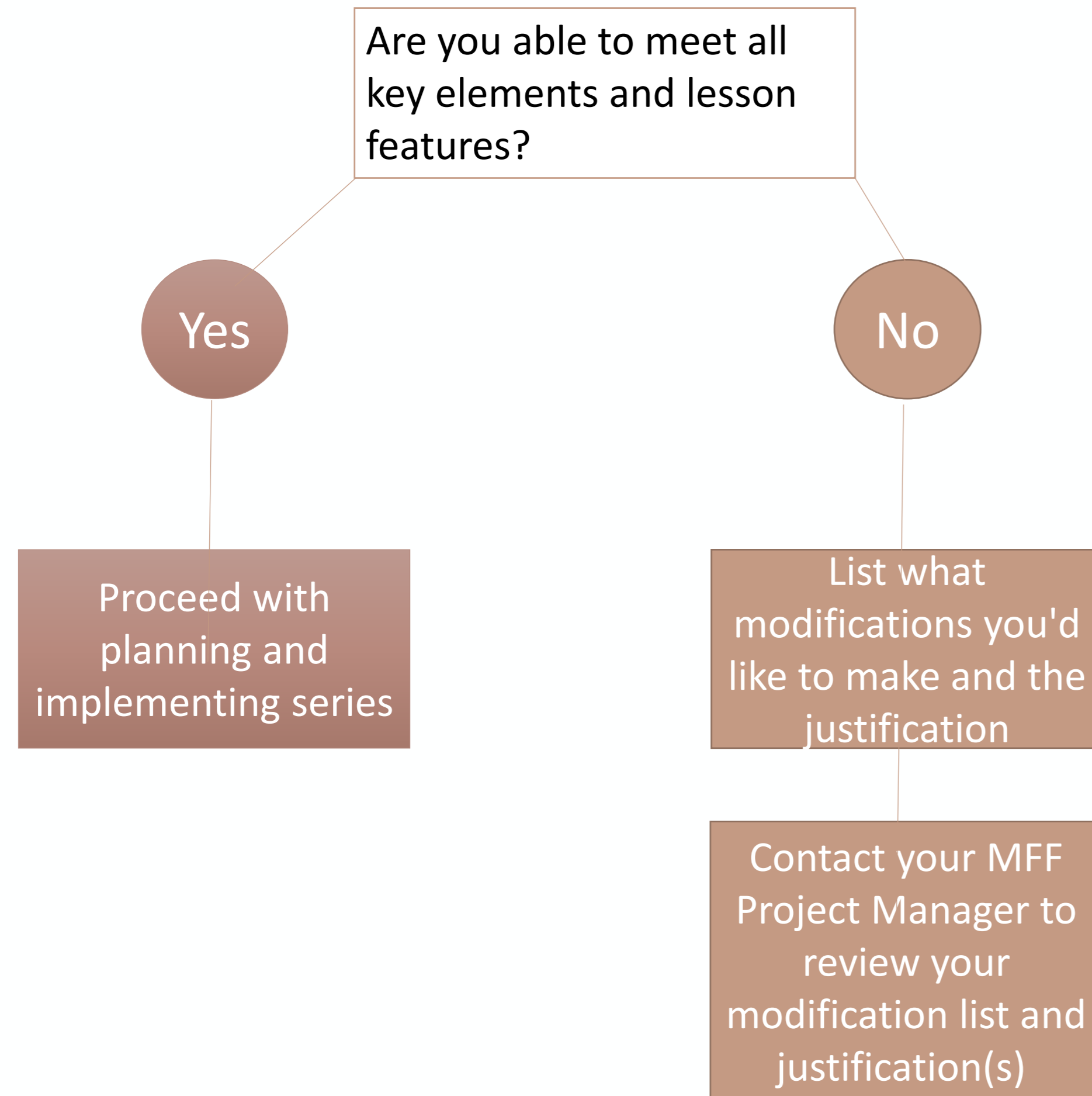
Grants Program Manager  
Evaluation Team

MFF Intervention Sites & Training  
Survey Reports/Fidelity-related Data





# Planning Modifications



# Zoom Poll

What's one next step you can take to address fidelity this year?

- Review program/curriculum materials
- Attend intervention training(s)
- Discuss program fidelity guidance and strategies with your team
- Think through potential modifications with your Project Manager
- All of the above

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