

California SNAP-Ed Annual Report

OCT. 1 - SEPT. 30, 2017

CDSS • CDPH • UC CALFRESH • CCC • CDA



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EXECUTIVE SUMMARY

California Supplemental Nutrition Assistance Program-Education (SNAP-Ed) improves the nutritional health of low-income Californians by providing nutrition education, physical-activity education, and leadership toward healthy community initiatives. To serve Californians across the lifespan—in the places where they work, learn, live, shop, eat, and play—California SNAP-Ed engages two State agencies, a university-affiliated nutrition education program, and a faith-based charitable organization under the leadership and oversight of the California Department of Social Services (CDSS).

California's SNAP-Ed State Implementing Agencies (SIAs) are:

- California Department of Social Services, the California SNAP-Ed control agency.
- California Department of Public Health (CDPH).
- Catholic Charities of California, Inc. (CCC).
- California Department of Aging (CDA).
- University of California CalFresh Nutrition Education (UC CalFresh).

These organizations work together to make information and options for healthy eating and physical activity available to low-income Californians through a network of local health departments (LHDs), educators, volunteers, nonprofit organizations, area agencies on aging, and other local implementers. CDSS leads, oversees, coordinates, and collaborates with its SIAs to deliver expert, evidence-based interventions to SNAP-Ed-eligible Californians, those with incomes at or below 185% of the Federal Poverty Level (FPL). Through contractual agreements, each SIA provides nutrition education services to its target population locally, through local implementing agencies (LIAs), and ensures the quality of SNAP-Ed programs and services, aligned with evidence-based and practice-based approaches as defined in guidance from the federal funding agency, the United States Department of Agriculture, Food and Nutrition Service (USDA-FNS).

THE NEED

While living in the nation's top-producing agricultural state, low-income Californians face difficulty accessing and affording healthy foods in their neighborhoods.

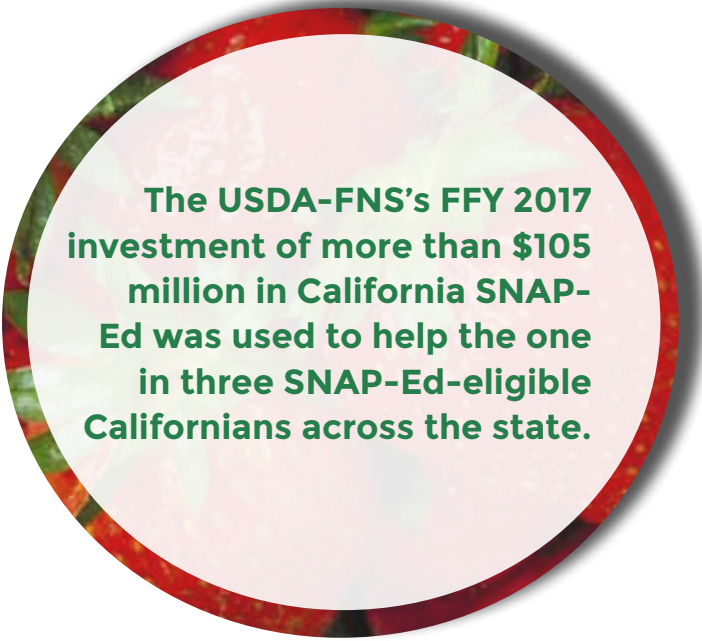
- One in three Californians (33%) lives in a low-income, SNAP-Ed eligible household.
 - › More than a quarter (28%) of California's older adults are SNAP-Ed eligible.
 - › The age groups with the largest proportions of SNAP-Ed eligible are children under the age of 6 (44%) and ages 6 to 17 years (42%).
- Low-income Californians are at risk for obesity and obesity-related health conditions.
 - › An estimated 34.6% of SNAP-Ed-eligible adults in California are obese, compared with 24.4% of Californians with higher incomes.
 - › Among SNAP-Ed eligible adults, 12.9% have been diagnosed with diabetes, compared with 7.1% of non-eligible adults.
 - › Among SNAP-Ed-eligible adults, 8.0% have been diagnosed with heart disease. This number is 5.3% for Californians with higher incomes.
- Hospital charges for obesity-related health conditions increased by 39.7% in California between 2005 and 2014.
 - › In 2014, California's Medi-Cal system paid an estimated \$7.8 billion for treatment of obesity-related conditions.
- The majority (52.5%) of SNAP-Ed-eligible adults are California workers.
 - › An estimated 4.2 million Californians work full-time and yet have a household income that qualifies them for SNAP-Ed services.
 - › The number of SNAP-Ed-eligible full-time workers is roughly equivalent to the combined populations of Idaho and Nevada.

CALIFORNIA SNAP-ED IN FEDERAL FISCAL YEAR (FFY) 2017

The USDA-FNS's FFY 2017 investment of more than \$105 million in California SNAP-Ed was used to help the one in three SNAP-Ed-eligible Californians across the state improve their nutritional health.

PROGRAM DELIVERY

- CDPH delivered obesity prevention interventions—including nutrition education, physical activity, and policy, systems, and environmental (PSE) support strategies—in partnership with 60 LHDs as local implementing agencies.
- UC CalFresh partnered with state and local agencies to design and build initiatives and programs.
- CCC and 11 CCC LIAs delivered SNAP-Ed in 24 counties across California with focus on three priorities: increased access to, and appeal for, healthy foods and beverages; increased food security and food resource management; and increased access to/appeal for physical activity.
- CDSS continued the Get Fresh! pilot project that introduced EatFresh.org in six counties—Lake, Placer, San Francisco, Shasta, Tehama, and San Joaquin—providing direct services through integration with its social services programs to the SNAP population. In 2018, EatFresh.org, and a Field Guide for county human service agencies, will be scaled to all 58 California counties.
- CDA and its 16 participating Area Agencies on Aging (AAA) worked to implement their third full-year of SNAP-Ed services in 16 planning and service areas and 27 counties throughout California.



The USDA-FNS's FFY 2017 investment of more than \$105 million in California SNAP-Ed was used to help the one in three SNAP-Ed-eligible Californians across the state.

STATEWIDE COORDINATION AND COLLABORATION

As part of its leadership of California's SNAP-Ed SIAs, CDSS SNAP-Ed oversaw and contributed to 17 workgroups, coalitions, and committees to maximize our collective impact on health outcomes in a large and diverse state. The following two collaborative efforts are especially worthy of brief mention here, with additional details available in the Program Highlights and Achievements section of this report:

- The Program Evaluation and Reporting System (PEARS) online reporting system is fully implemented. This allows for centralized, comprehensive reporting of California SNAP-Ed PSE program activities and results for FFY 2017.
- With guidance from the USDA-FNS, CDSS expanded SNAP-Ed's purview by establishing a State Nutrition Action Committee (SNAC). SNAC is a state-level collaborative with active representation from all state agencies and nonprofits that implement USDA programs. Understanding that coordination and collaboration are essential, these agencies work smarter, leveraging resources and expertise under a shared vision, to collectively improve the health of Californians, especially low-income populations.

PROGRAM EVALUATION OUTCOMES

Program data from LIAs were reported using the PEARS system for PSE interventions and the USDA's annual reporting templates for direct education interventions. Together, California's SIAs reported 653,992 participants in their nutrition and physical activity classes, 88,957 adults and 564,965 children.

The SIAs made substantive progress toward all five of their program goals. The PSE At-A-Glance section of this report contains information on progress toward two process-related SNAP-Ed goals. Successes in California's three outcome-related goals are indicated as follows:

Goal 1: Increased consumption of healthy foods and beverages and decreased consumption of unhealthy foods and beverages.	CCC, CDA, CDPH, and UC CalFresh all reported statistically significant improvements after direct education classes, compared to before the classes.
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Goal 2: Increase physical activity.	CCC reported significant improvements following direct-education classes.
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Goal 3: Improve food resource management.	CCC, CDA, CDPH, and UC CalFresh reported significant improvements following direct education classes.
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Additional details of California SNAP-Ed's attainment of outcome-related goals are included in the Direct Education At-A-Glance section of this report.

LOOKING AHEAD

In sum, FFY 2017 was a year of successful accomplishment of program goals, strengthened collaboration, improved coordination, and enhanced partnership. Building on its successes and learnings in the previous year, California SNAP-Ed anticipates more improvements in the year ahead:

- In FFY 2018 standardized reporting for all direct education interventions as well as PSE interventions will be accomplished using PEARS. This will enable the first truly centralized, comprehensive, coordinated, and fully synthesized report of California's diverse SNAP-Ed activities in FFY 2018. Whereas California SNAP-Ed is pleased to present collective accomplishments for 2017, streamlined and improved reporting will be a benefit in years to come. With PEARS reporting fully implemented, the PEARS project team will shift its focus to procedural improvements.
- The SIAs' planned program improvements for FFY 2018 and beyond can be found in the Planned Improvements section of this report. The SIAs continue to work together to develop and implement ways to maximize their collective impact on Californians' nutritional health.

PROGRAM OVERVIEW AND ACHIEVEMENTS

CALIFORNIA'S SNAP-ED POPULATION

California Supplemental Nutrition Assistance Program-Education (SNAP-Ed) improves low-income Californians' nutritional health by providing nutrition education, physical-activity education, and leadership in community health initiatives. California SNAP-Ed services are targeted to Californians of all ages who live in households with incomes at or below 185% of the Federal Poverty Level (FPL). An estimated one in three Californians is eligible for SNAP-Ed services (CDPH, 2017). This represents approximately 12.6 million adults, adolescents, and children throughout the state and differs by age group.

The populations with the largest proportions of SNAP-Ed-eligible individuals are children under the age of 6 and children aged 6 to 17 years. Among adults 18 to 64 years of age, nearly one-third are SNAP-Ed eligible. More than a quarter of older Californians are SNAP-Ed eligible.

The majority (52.5%) of SNAP-Ed-eligible adults and older adults are members of California's workforce (UCLA Center for Health Policy Research, 2016b). An estimated 4.2 million work full-time and yet have a household income that qualifies them for SNAP-Ed services, a number comparable to the overall populations of Idaho and Nevada, combined (United States Census Bureau, 2017).

While living in the nation's top-producing agricultural state (USDA National Agricultural Statistics Service, 2014), California mothers face difficulty accessing fruits, vegetables, and other healthy foods

in their neighborhoods. As described in the Summary of Evaluation Reports, which follows this section, mothers who were interviewed by California SNAP-Ed reported that it was not easy to access healthy foods, like fruits and vegetables, bread and milk, in their neighborhoods; 4 in 10 said that they ran out of food at the end of the month and 1 in 10 reported that this happened every month.

Low-income Californians are at risk for obesity and obesity-related health conditions (CDPH & Nutrition Policy Institute, 2016). An estimated 34.6% of SNAP-Ed-eligible adults in California are obese, compared with 24.4% of Californians with higher incomes (UCLA Center for Health Policy Research, 2016a). Among SNAP-Ed-eligible adults, 12.9% have been diagnosed with diabetes, compared with 7.1% of non-eligible adults (UCLA Center for Health Policy Research, 2016c). Whereas 8.0% of SNAP-Ed-eligible adults have been diagnosed with heart disease, this number is 5.3% for Californians with higher incomes (UCLA Center for Health Policy Research, 2016d).

The costs of failing to address obesity and access to healthy food are high. According to data from the California Office of Statewide Health Planning and Development, hospital charges for obesity-related health conditions increased by 39.7% in California between 2005 and 2014 (CDPH & Nutrition Policy Institute, 2016). In 2014, California saw nearly a half-million hospital admissions for obesity-related conditions, costing more than \$36 billion in hospital charges. California's Medi-Cal system paid for nearly 8.0% of those charges, at an estimated \$7.8 billion. Nationally, lack of access to healthy food costs the United States at least \$160 billion annually in unnecessary health-care expenditures (Woodside, 2016).

AGE GROUP	ESTIMATED NUMBER ELIGIBLE	ESTIMATED PROPORTION ELIGIBLE
Children less than 6-years-old	1,317,652	44%
Children 6-17-years old	2,590,425	42%
Adults 18-64-years-old	7,397,039	31%
Adults 65-years-old and older	1,293,624	28%

STATE IMPLEMENTING AGENCIES OVERVIEW AND SUMMARIES

California SNAP-Education helps workers, mothers, older adults, and other low-income Californians access the information and environments they need to live healthier lives and make the most of limited household resources. To serve Californians across the lifespan—in the places where they work, learn, live, shop, eat, and play—California SNAP-Education engages two State agencies, a university-affiliated nutrition education program, and a faith-based charitable organization under the leadership and oversight of the California Department of Social Services (CDSS).

These organizations work together, within a collective impact framework, to make information and options for healthy eating and physical activity available through a network of local health departments, educators, volunteers, nonprofit organizations, area agencies on aging, and other local implementers.

California's SNAP-Education program is comprised of five State Implementing Agencies (SIAs):

- California Department of Public Health (CDPH)
- University of California CalFresh, Nutrition Education (UC CalFresh)
- California Department of Aging (CDA)
- Catholic Charities of California, Inc. (CCC)
- California Department of Social Services (CDSS)

CDPH

The Nutrition Education and Obesity Prevention Branch of CDPH delivers obesity prevention interventions that include nutrition education, physical activity, and policy, systems, and environmental (PSE) support strategies, working in partnership with its 60 local implementing agencies (LIAs), the local health departments (LHDs).

SNAP-Education funds are allocated to the LHDs based on their percentage of the SNAP-Education-eligible population, with a base level of funding to support program implementation. The LHD model provides an equitable distribution of funds and resources and ensures that SNAP-Education activities are coordinated with, and

supported by, state-level activities. The LHDs subcontract and engage with a broad set of partners including community-based organizations, school districts, health care agencies, business and worksite partners, and other government entities that support local obesity prevention efforts.

UC CALFRESH

UC CalFresh strives to improve the health of Californians by providing nutrition education and physical activity aligned with PSE initiatives that transform the way people in communities learn, live, work, shop, eat, and play. This is accomplished through the following strategies and activities:

- Partnering with state and local agencies to design and build initiatives and programs that strengthen community health impacts through ongoing participant engagement and stakeholder involvement.
- Applying a collective impact framework to bring people together in a structured way to achieve long lasting social change—moving from a common agenda and shared vision to integrated activities.
- Tailoring programs to address community needs and environmental assets.
- Embracing programs that apply data collection and continuous quality improvement methods to drive transformative initiatives at the local level.

UC CalFresh continues to pursue a vision of SNAP-Education comprehensive delivery through state and local capacity building as well as delivering, evaluating, and sharing the results of programming. The strategies employed by UC CalFresh deliver programs that reach SNAP-Education participants in 31 counties effectively, incorporate their feedback, and provide results that move individuals and communities toward healthier lifestyles.

CDA

In Federal Fiscal Year (FFY) 2017, CDA and its 16 participating LIAs, the Area Agencies on Aging (AAAs) worked to implement their third full year of SNAP-Ed services in 16 planning and service areas and 27 counties throughout California. The AAAs focused on improving fruit and vegetable consumption and increased physical activity through direct education, indirect education, and PSE change supports. These evidence-based interventions are designed to increase low-income older adult participants' adoption of informed food choices and healthier, more physically active lifestyles with consideration for their limited financial resources. In FFY 2017, CDA SNAP-Ed direct-education programming reached 3,816 participants and made 6,691 SNAP-Ed participant contacts. In addition, CDA reported 98,182 in indirect education programming, with many of the AAAs implementing PSE strategies.

CCC

In FFY 2017, CCC and its 11 LIAs delivered SNAP-Ed in 24 counties across California with focus on three priorities: increased access to/appeal for healthy foods and beverages, increased food security and food resource management, and increased access to/appeal for physical activity.

The LIAs' evidence-based direct education had a reported reach of more than 25,000 participants and indirect education reached more than 82,000 participants. Notably, CCC reported that their reported reach for 2017 more than doubled the SIA's established targets. The CCC LIAs also implemented PSE strategies at more than 100 sites, with a potential total reach of more than 190,000 individuals.

CDSS

To directly reach California's most vulnerable populations, CDSS began the Get Fresh! pilot project. The Get Fresh! project focused on forming innovative partnerships between California SNAP-Ed and several of CDSS' county welfare departments to improve the health of SNAP eligibles and SNAP recipients.

One of the best innovations that came out of CDSS' Get Fresh! project was the launch of the Eat Fresh initiative and website in San Francisco County. The EatFresh.org website was first introduced as an interactive tool for SNAP and SNAP-Ed clients to access resources and connect with other community members about achieving a healthy lifestyle on a budget. In FFY 2017, San Francisco County reported that EatFresh.org hosted 164,835 unduplicated users in California for 191,052 non-bounce sessions (sessions in which people enter the site and stay or continue viewing other pages), a 59.4% increase in the number of users, compared to FFY 2016. With the success of this initiative during FFY 2017, EatFresh will become available in FFY 2018 across all 58 California counties. For additional program summaries and highlights for this project and each Get Fresh County, please see Template A for each county in the appendices to this report.

SUCCESS STORY

CATHOLIC CHARITIES SANTA ROSA: PALMS INN SUPPORTIVE HOUSING

As the summer months approached we were more and more grateful to volunteers who donated their time to increase clients' access to fresh fruits and vegetables and who made possible more food distributions throughout our community.

Juan Torres promotes healthy eating at our Food Distribution at the Palms Inn, a permanent supportive housing site for veterans and previously chronically homeless individuals. Catholic Charities SNAP-ED staff strive to make The Palms Inn a healthy living environment, where the healthy choice is the easy choice, through a large on-site garden, on-site cooking demos, and nutrition workshops, and an on-site food distribution that distributes fresh fruits and veggies as well as healthy pantry items.

Jose was living in a temporary shelter before a space opened at Catholic Charities Palms Inn Permanent Supportive Housing. Jose regularly participates in the weekly food distributions as well as the biweekly nutrition education workshops. The nutrition education workshops feature the Food Smarts curriculum as well as food samples which highlight items distributed at the weekly food distributions. In an informal interview with staff, Jose shared the multitude of healthy changes he has made since moving into The Palms Inn and accessing the services available.

"The workshops have greatly impacted my ability to make healthier choices. I enjoy the workshops and get to try new vegetables I would not have before. I feel much better now that I eat healthier and have lost significant amount of weight." - Jose, SNAP-Ed participant



Garden at Palms Inn maintained by residents and volunteers



Juan Torres, Catholic Charities volunteer

STATEWIDE GOALS AND OBJECTIVES

California's SNAP-Ed SIAs collaboratively developed the Statewide Goals and Objectives to guide their work and gauge their progress in FFYs 2017 through 2019. The Statewide Goals and Objectives, finalized in August 2016, consist of three targets for behavioral outcomes and two targets for PSEs. Discrete performance objectives for each goal are set for the end of FFY 2019.

BEHAVIORAL OUTCOME GOALS

Goal 1: Increase Consumption of Healthy Foods and Beverages and Decrease Consumption of Unhealthy Foods and Beverages

- Objective 1a: By September 30, 2019, improve the dietary quality of meals and snacks consumed by the SNAP-Ed eligible population (consistent with the current Dietary Guidelines for Americans) by 3%.
- Objective 1b: By September 30, 2019, increase consumption of fruits and vegetables among the SNAP-Ed eligible population by 3%.
- Objective 1c: By September 30, 2019, decrease consumption of added sugar from food and beverages among the SNAP-Ed eligible population by 3%.

Goal 2: Increase Physical Activity

- Objective 2: By September 30, 2019, increase time spent in physical activity among the SNAP-Ed eligible population by 3% (consistent with the current Physical Activity Guidelines for Americans).

Goal 3: Improve Food Resource Management

- Objective 3a: Annually at least 80% of surveyed SNAP-Ed adult participants report improving at least one resource management behavior.
- Objective 3b: Annually at least 30% of surveyed SNAP-Ed adult resource management participants report increased food security.

PSE GOALS

Goal 4: Increase access to and/or appeal of healthy dietary choices and decrease access to and/or appeal of unhealthy dietary choices where people eat, live, learn, work, play, or shop.

- Objective 4a: Annually improve food environments in at least 500 new and continuing SNAP-Ed eligible sites or organizations (includes multiple sites/physical locations).
- Objective 4b: By September 30, 2019, at least 75% of SNAP-Ed jurisdictions (counties/cities) will increase the number of SNAP-Ed eligible sites or organizations (includes multiple sites/physical locations) with improved food environments.

Goal 5: Increase access to and/or appeal of physical activity opportunities for SNAP-Ed eligible populations.

- Objective 5a: Annually improve environments and opportunities for physical activity in at least 200 new and continuing SNAP-Ed eligible sites or organizations (includes multiple sites/physical locations).
- Objective 5b: By September 30, 2019, at least 75% of SNAP-Ed jurisdictions (counties/cities) will increase the number of SNAP-Ed eligible sites or organizations (includes multiple sites/physical locations) with improved environments and opportunities for physical activity.

PROGRAM ACHIEVEMENTS

Together the California SNAP-Ed SIAs made notable achievements in coordination and program implementation in FFY 2017. These achievements are not captured in reports of programmatic activity outcomes, as they represent the combined efforts of the SIAs to systematize and streamline their work under an increasing demand for efficiency.

They nonetheless indicate substantial progress in FFY 2017 toward maximizing collective impact and communicating outcomes. At the state level, advances in coordination across SIAs resulted in steadily increasing progress toward shared, systematized, and truly integrated planning, procedures, and reporting to maximize improvements to nutritional health.

PEARS PSE MODULE IMPLEMENTATION

The Program Evaluation and Reporting System (PEARS) online reporting system is now fully implemented. The PEARS system is an online database that allows for centralized, comprehensive reporting of California SNAP-Ed program activities and results. In 2017, the California SNAP-Ed SIAs used the PEARS PSE reporting module to report all PSE interventions. The implementation and use of the PEARS PSE reporting module in FFY 2017 was a collaborative effort of all five SIAs. Each SIA was responsible for ensuring that its LIAs and their contractors received proper training and instruction and completed their PSE data entry. In addition, each SIA allocated a staff member to serve on CDSS's Evaluation Workgroup, which was charged with reaching collaborative agreements and solutions to ensure smooth implementation in 2017.

As a result, California SNAP-Ed can present its first truly integrated report of the SIAs' PSE interventions for FFY 2017. CDSS contracted with the Public Health Institute (PHI) to combine and analyze the five SIAs' PEARS PSE data for FFY 2017. The PSE At-A-Glance section of this report contains a description of these analyses and, for the first time, shows the statewide collective impact of the SIAs' PSE efforts. The successful implementation of the PEARS PSE module enables SIAs and their LIAs to access timely information about their PSE interventions, facilitating program improvement and planning.

CALIFORNIA'S STATE NUTRITION ACTION COMMITTEE (SNAC)

In FFY 2017, CDSS successfully led and implemented effective nutrition education programs through the completion of year one of California's first multi-year SNAP-Ed State Plan. With an increase in California SNAP-Ed oversight responsibilities, CDSS worked diligently to maximize the effectiveness of SNAP-Ed programs through increased collaboration across agencies. As part of an increased leadership role, CDSS implemented USDA Food and Nutrition Service (USDA-FNS) guidance to implement SNAC services and contracted with PHI to coordinate and facilitate the SNAC's implementation.

The California SNAC is a state-level collaborative with active representation from all state agencies and nonprofits that implement USDA-FNS programs. Whereas California SNAP-Ed was characterized in FFY 2017 by increased and improved coordination and among SIAs, SNAC expands this coordination outside of SNAP-Ed by empowering the SIAs to collaborate with other implementers of USDA programs. SNAC's vision is to help underserved Californians reach their fullest potential throughout their lifespans, from pregnancy through aging.

Understanding that coordination and collaboration are essential, the SNAC partner agencies work smarter under a shared vision, leveraging their resources and expertise to collectively improve the nutritional health of low-income Californians, especially low-income populations. This is done by implementing collective approaches that positively impact the target audience. SNAC partners pool their resources, knowledge, and activities to provide food benefits, nutrition education, and obesity prevention services. California's SNAC meets quarterly to refine strategies, develop action plans, and review progress toward established goals and objectives. Through SNAC, CDSS had an enhanced ability in FFY 2017 to share USDA directives, collaborate toward strategies, coordinate state and local interventions and policy improvements, and identify unmet needs for training and new workgroups.

Currently, SNAC is moving forward with an initiative and communications plan to appeal to low income shoppers to spend their Food and Nutrition program benefits at their local farmers' markets. The SNAC partners will lead a pilot project in two local jurisdictions, one rural and one urban, to evaluate the effectiveness of the planned initiative. SNAC will select markets that accept CalFresh benefits and participate in the California Department of Food and Agriculture's Market Match program. Market Match is a USDA-funded and State-matched program that incentivizes CalFresh recipients to buy fresh fruits and vegetables at California farmers' markets. In addition, the group will prioritize farmers' markets that accept vouchers for the Special Supplemental Nutrition Program for Women, Infants, and Children (WIC), Senior Farmers' Market Nutrition Program vouchers, and monthly WIC fruit and vegetable paper cash vouchers.

These programs not only encourage low-income consumers to eat healthfully, in combination with the SNAC initiative and Market Match program, they can also have an economic impact on take-home revenue for California farmers. Consumers who use their CalFresh Electronic Benefits Transfer (EBT) cards at Market Match farmers' markets receive vouchers or scrip that effectively double the value of every food dollar. Through this joint effort, we hope for low-income Californians to maximize their limited food dollars by purchasing healthful, fresh, California-grown produce at peak season to experience the best tastes and try new foods. By working across all USDA-FNS programs, SNAC has the ability to influence and impact low-income Californians' healthy food preferences and shopping patterns across the lifespan, from pregnancy and infancy to older adulthood.

Another exciting SNAC collaboration is the development of a geomap of all existing SNAP-Ed sites throughout the state. SNAC partners have submitted information to help identify Supplemental Food Program locations, Emergency Food Assistance Program locations, county public health departments, Catholic Charities sites, farmers' markets, and congregate meal centers. Geomapped locations will be available by county. The geomapping project will enable SNAC partners to readily identify areas where services are needed and access timely information on where services are available.

The SNAC partnering organizations include CDSS; CDA; the California Department of Education; the California Department of Food and Agriculture; the California Department Health Care Services; the CDPH Nutrition Education and Obesity Prevention Branch; the CDPH Women, Infants, and Children (WIC) Division; CCC, and UC CalFresh.



SUMMARY OF EVALUATION REPORTS

ACCESS, DIETARY QUALITY, AND PHYSICAL ACTIVITY IN LOW-INCOME CALIFORNIA HOUSEHOLDS

To track fruit and vegetable consumption, sugar-sweetened beverage consumption, and overall dietary quality among members of California Supplemental Nutrition Assistance Program (SNAP) households, California SNAP-Ed relies on a large-scale survey conducted by CDPH, the Comprehensive Evaluation. This survey has been conducted annually since 2013 with adult, female caregivers or mothers from SNAP-eligible households, their teens, and children. Data collection for the Comprehensive Evaluation begins annually in October and ends in September.

The 2016 Comprehensive Evaluation consisted of telephone interviews with 7,000 adult female caregivers, 1,638 teenagers, and 3,167 children from the randomly-sampled SNAP households within 30 California counties. Most adult female caregivers were Latina (68.1%); 15.7% were White and 12.3% were African American. Three in ten (30.1%) had not graduated from high school. Among teens surveyed, 69% were Latino/Latina, 14.8% were African American, and 13.2% were White. The racial/ethnic breakdown of children participating in the 2016 Comprehensive Evaluation was 70.7% Latino, 13.5% African American, and 12.6% White.

HEALTHY FOODS: ISSUES IN ACCESS AND AVAILABILITY

Female caregivers were asked about their access to fruits and vegetables and to healthy foods like whole-grain bread and low-fat milk in their neighborhoods. In general, results indicate room for improvement. Just over one-fourth (27.6%) of adult female caregivers strongly agreed that it was easy to find fruits and vegetables in their neighborhoods. Fewer than one-third (30.3%)

strongly agreed that it was easy to find healthy foods in their neighborhoods. Significant race/ethnicity differences were found, with a greater proportion of White caregivers reporting “strongly agree” to these questions, followed by African Americans. Latina caregivers were the least likely to report easy access to fruits and vegetables and other healthy foods.

When asked, “Do you run out of food by the end of the month?” 43.9% of adult female caregivers indicated that they did. Of these caregivers, 31.9% reported that they sometimes ran out of food and 12% reported that they often or always ran out of food by the end of the month. Moreover, 56.6% of African American caregivers indicated that they ran out of food by the end of the month, compared with 48.3% of Whites and 40.5% of Latinas.

Despite room for improvement in their access to healthy foods, caregivers found ways to make healthy choices available at home. When asked how often fresh fruit or vegetables were available and ready-to-eat for family members, 65.2% of adult female caregivers indicated “every day” or “almost every day.” A smaller proportion of African Americans reported “every day” or “almost every day” than did Whites and Latinas.

In the same low-income households, the overwhelming majority of teens (90.1%) stated that fruits, vegetables, and 100% juices were available for them when they were hungry. Similarly, 94.1% indicated that fresh fruit or vegetables were usually available and ready-to-eat at home. Affirmative answers to these two items did not differ by race/ethnicity. However, healthy options might not have been readily available to teens throughout the day in their school environments. The availability of fruits and vegetables through school vending machines and free drinking water at school cafeterias were included in the questionnaire administered to teenagers. The proportions of teenagers who responded “yes” to these items was 11.7% and 93.2%, respectively.

DIETARY QUALITY: HEALTHY AND UNHEALTHY FOODS AND BEVERAGES

In terms of healthful beverage consumption, adult female caregivers drank water 30.7 times per week, on average, and 100% fruit juice 2.4 times per week. No significant differences were found across racial/ethnic groups for water consumption. African Americans reported more frequent consumption of 100% fruit juice than did with Whites.

Separate questions were used to assess the number of times that adult female caregivers drank regular soda, diet soda, sports drinks, energy drinks, sweet coffee or tea beverages, and sweetened fruit drinks. The most common unhealthful beverage consumed by adult survey participants was sweet coffee or tea drinks; an average of 3.2 times per week was recorded for drinking these types of beverages. Combined, adult female caregivers reported drinking unhealthful beverages 7.5 times per week. White and African American adult female caregivers reported a significantly greater frequency of drinking unhealthful beverages (with and without diet soda) compared with Latinas.

Caregivers' consumption of unhealthful foods was assessed by the number of times meals or snacks were eaten from fast food restaurants and sweets such as cake, cookies, donuts, ice cream, or candy were eaten. Average fast food consumption per week was less than one time (0.86). Adult female caregivers reported less than two times per week (1.7) on average for eating sweets. Latinas ate fast food less frequently, and consumed sweets a fewer number of times a week on average than Whites and African Americans.

Most teenagers (79.1%) drank water one or more times a day during the week before the interview, but a smaller proportion of African Americans (72.5%) consumed water than did Latinas (80.3%) and Whites (81.3%). No difference was found for times drinking 100% juice by race/ethnicity, with 11.3% of teenagers overall drinking 100% juice one or more times a day during the past week.

Seven percent of teenagers drank one or more soda each day, 5.4% drank one or more sweetened juice, tea, coffee, or milk drink a day, and 4.0% drank one or more sports drink a day during the previous week. For these beverages, significant differences by race/ethnicity were found for sports drinks, with a smaller

proportion of Latinos versus African Americans or Whites drinking one or more sports drink a day.

One or more times per day of eating fast food was reported by 1.3% of teenagers. At least one time a day eating sweets was reported by 5.9% of teenagers. No difference was found for fast food consumption by race/ethnicity.

Children were assessed on the number of glasses or cans of regular soda and other sugar-sweetened beverages (e.g., sweetened fruit drinks) they drank "yesterday." Consumption of these beverages by children was very low. The average number of glasses or cans of soda was 0.21 and the average for other sugar-sweetened beverages was 0.33. Notably, the majority of children reported not having consumed sugary beverages the day before the interview. Most children (82.0%) reported drinking no soda and 76.2% reported no other sweetened drinks.

Among children, the average number of times eating fast food during the week before the interview was 1.3 times. The average number of times that children ate dinner with their parent(s) during the past week was 6.1. African American children were found to eat dinner with their parent(s) a significantly fewer number of times than White or Latino children.

PHYSICAL ACTIVITY OPPORTUNITIES FOR TEENS AND CHILDREN IN LOW-INCOME HOUSEHOLDS

Teenagers were asked to think about an average week during the school year, to estimate the number of days that they attend physical education (PE) classes, and to estimate the number of days they walk or ride their bike to school. Sixteen percent reported no PE classes and 45.0% indicated zero days for walking or riding to school. A third question concerned the number of days during the past seven days that teenagers were physically active for at least 60 minutes. A total of 134 teenagers, or 8.2% of the sample, said that they did not engage in this level of physical activity on any days during the previous week. On average, teens reported 4.1 days per week of physical activity lasting 60 minutes or more. The current recommendation is 60 minutes of physical activity per day for youth of ages 6 to 17 (U.S. Department of Health and Human Services & USDA, 2015).

Questions similar to those presented to teenagers, related to traveling to school and PE classes during the school year, were asked of children. On average, children reported three days per week of PE classes and walking or riding a bike to school 1.9 days per week. One or more hours of physical activity during the previous day was reported for 65.9% of children. Racial/ethnic differences were found with Whites reporting that they walked or rode a bike to school fewer days, on average, than did Latinos or African Americans. A smaller proportion of Latino/Latina children (64.1%) reported participating in one or more hours of physical activity on the previous day than did with White (72.4%) or African American children (71.2%).

PROGRESS TOWARD CALIFORNIA SNAP-ED GOALS IN FFY 2017

Against a backdrop of constrained choice, in a context of issues with access and availability, California SNAP-Ed encourages healthy choices, empowers consumers' wise use of resources, and supports increased availability of healthy choices. These aims are accomplished through direct education and community-involved PSE improvements.

As explained in the Program Overview section of this annual report, California SNAP-Ed established five goals to guide and assess its work in 2017. Results of local-level evaluations demonstrate progress toward these goals. The following is a brief overview of the SIAs' local-level evaluation results, as they relate to California SNAP-Ed's goals. Goals 1, 2, and 3 relate to direct-education interventions. Details of the relevant local-level evaluations can be found in the Direct Education At-A-Glance section of this report. Goals 4 and 5 correspond to PSE interventions and additional local-level evaluation details are available in the PSE At-A-Glance section.

Goal 1: Increase Consumption of Healthy Foods and Beverages and Decrease Consumption of Unhealthy Foods and Beverages

- Statistically significant *increases in fruit and vegetable consumption* were reported by CCC, CDA, and CDPH.
- Significant increases in the frequency of *eating fruits and vegetables as snacks* were reported by CCC.

- Significant *increases in consumption of fish*, a lean protein were reported by CCC.
- Significant *increases in consumption of whole grains* were reported by CCC.
- Significant *decreases in sugar-sweetened beverage consumption* were reported by CCC, CDPH, and UC CalFresh.
- Significant *decreases in fast food consumption* were reported by CCC.
- Significant improvement in the use of *MyPlate* to make healthy food choices were reported by CCC and UC CalFresh.



Goal 2: Increase Physical Activity

- Significant *increases in moderate-to-vigorous physical activity* were reported by CCC.

Goal 3: Improve Food Resource Management

- Significant *decreases* in the number of adults reporting that they *ran out of food at the end of the month* were reported by CCC, CDPH, and UC CalFresh.
- Significant *increases* in the number of adults who *read nutrition facts labels or ingredient lists* were reported by CCC, CDPH, and UC CalFresh.
- Significant *increases in purchasing foods with lower added salt* were reported by CCC.
- Significant *increases in using coupons and sales to save money* were reported by CCC.
- Significant *increases in using unit prices to find the best value* were reported by CCC and UC CalFresh.
- Significant *increases in comparing unit prices before buying food* were reported by UC CalFresh.
- Significant *increases in the proportion of adults who shop with a list* were reported by UC CalFresh.

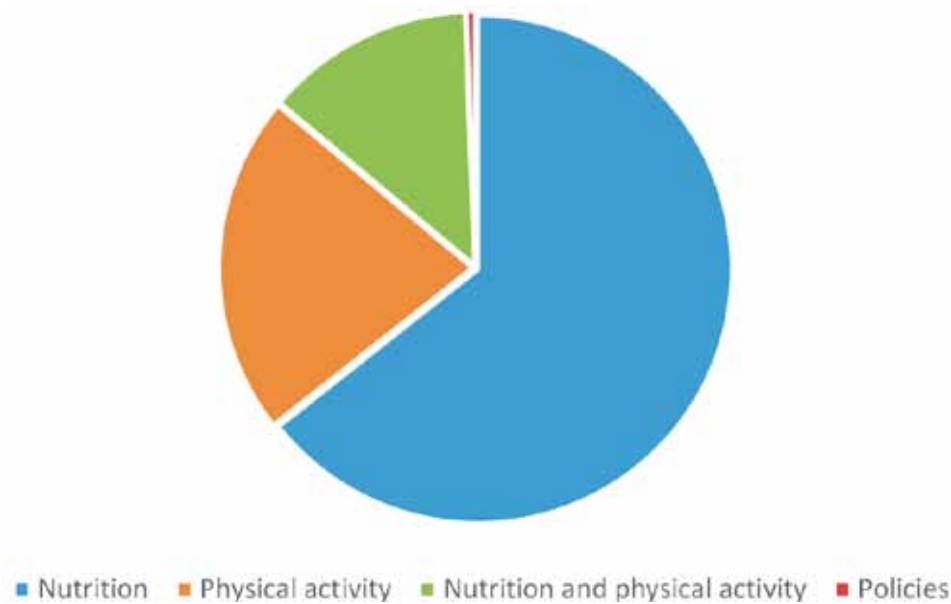
Goal 4: Increase access to and/or appeal of healthy dietary choices and decrease access to and/or appeal of unhealthy dietary choices where people eat, live, learn, work, play, or shop.

- The SIAs reported that 2,220 PSE strategies focused solely on nutrition in FFY 2017.
 - » CCC planned, implemented, or maintained 205 nutrition PSE strategies.
 - » CDA planned, implemented, or maintained 15 nutrition PSE strategies.
 - » CDPH planned, implemented, or maintained 1,448 nutrition PSE strategies.
 - » CDSS planned, implemented, or maintained 7 nutrition PSE strategies.
 - » UC CalFresh planned, implemented, or maintained 545 nutrition PSE strategies.

Goal 5: Increase access to and/or appeal of physical activity opportunities for SNAP-Ed eligible populations.

- The SIAs reported that 749 PSE strategies focused solely on physical activity in FFY 2017.
 - » CCC planned, implemented, or maintained 53 physical activity PSE strategies.
 - » CDA planned, implemented, or maintained 7 physical activity PSE strategies.
 - » CDPH planned, implemented, or maintained 359 physical activity PSE strategies.
 - » UC CalFresh planned, implemented, or maintained 330 physical activity PSE strategies.

FFY 2017 PSE STRATEGIES BY FOCUS



CDPH MEDIA CAMPAIGN EVALUATION

An annual phone survey is conducted by CDPH to examine outcomes of its public-education media campaign. Interviews are conducted with low-income mothers or female caregivers of California children and teens, from randomly selected households. The interviews address knowledge of MyPlate dietary guidelines, diet, and physical-activity behaviors. Respondents complete the interviews at two time points, before and during the statewide media campaign. Exposure to the media campaign is also assessed to determine whether any observed changes over time in personal-health-related behaviors are related to campaign exposure.

In FFY 2017, a total of 1,202 women participated in interviews before the media campaign began. A total of 796 women were re-interviewed during the media campaign. Respondents were aged 20 to 59 years, with a mean age of 39 years. With respect to race and ethnicity, 40.7% were Hispanic/Latina, 30.0% were African American, 27.0% were White, and 2.3% were categorized as Other.

As in the previous two years, unaided recall was the key metric in the evaluation design, aligning the media campaign evaluation with recommendations in the SNAP-Ed Evaluation Framework Interpretive Guide (USDA-FNS, 2016). Unaided recall is a metric of campaign awareness that relies on respondents' unprompted descriptions of ads they have seen or heard. Relative to other media metrics, it is a conservative measure of consumers' awareness of campaign messages.

A series of open-ended questions during the second interviews was used to assess unaided recall. Respondents were asked, "Have you noticed any ads—on TV, on the radio, outside on billboards or online—recommending that people eat fruit and vegetables for better health?" Those responding "yes" to this question were asked to describe the ads they saw. Interviewers probed for detail when necessary, but were trained not to lead respondents. Responses were coded by a team of research assistants, using content analysis, to establish whether each woman's response did or did not describe the campaign ads with sufficient detail to determine that she was aware of the campaign.

Early results of the media campaign evaluation, reported by CDPH, indicated that of the 796 mothers who completed both interviews, 143 (18.0%) demonstrated recall of the campaign ads.

For More Information

Please see the two California At-A-Glance sections that follow for a more thorough description of California SNAP-Ed's PSE evaluation and the SIAs' direct education evaluations for FFY 2017.

Additional details of local-level evaluations, as well as results of the Comprehensive Evaluation, the full report of the Media Campaign Evaluation, and other SIA evaluation reports and work products, can be found in the California At-A-Glance sections and the appendices of this annual report. To request the appendices to the California SNAP-Ed FFY 2017 Annual Report, please contact CalFreshSNAP-Ed@dss.ca.gov.

CALIFORNIA AT-A-GLANCE: POLICY, SYSTEMS AND ENVIRONMENTAL CHANGE

California SNAP-Ed programming includes PSE change strategies, an approach to improving health in a community by focusing on the environment (USDA-FNS, 2016). California SNAP-Ed PSE interventions complement direct education efforts—which focus on helping individuals to improve their skills and behaviors—by improving the context in which an individual uses her skills and chooses from among healthy and unhealthy options for behavior. Because PSE changes are focused on bettering environments, a PSE intervention that results in a change to an environment is often referred to as an improvement.

Policy changes include the establishment or improvement of health-relevant policies, such as creating or updating school wellness policies. Systems changes are modifications to the ways in which things are done, other than through policy. An example of a systems change would be improving a worksite’s food vendor agreements to feature healthier food or beverage options. Environmental changes are direct modifications to environments, such as improved retail placement of healthy foods or improvements to facilities and equipment used for physical activity.

California’s FFY 2017 SNAP-Ed PSE change strategies targeted nutrition or physical activity – in places where low-income Californians work, learn, live, shop, eat, and play – to make healthy choices available to everyone.

SUCCESS STORY: LA FUENTE MARKET

La Fuente is the location of our Healthy Retail site in Corcoran, CA across from a Head Start site, in a rural neighborhood. We wanted to focus on the families and members of the community who constantly visited this corner store and, after meeting with the store manager, he agreed upon making small changes to make the fruit and vegetables more noticeable. Kings Community Action Organization created signs that could be seen from the outside.



The impact made at *La Fuente*—by rearranging candy and chips away from the produce and making it clearer for customers to see—made a big impact on the store manager. He noticed the revenue for produce each month was consistently rising. Working with the store manager and having his support was an incredible asset. Although the environmental change was small and simple, the store manager was happy with the increase in sales. He feels good about providing fruits and vegetables to the community. He is now considering expanding to more fruits and vegetables at his site.

PSES IMPLEMENTED AND MAINTAINED IN 2017

California SNAP-Ed implemented or maintained PSE improvements at 1,718 sites throughout the state. These improvements were carried out in 54 of California's 58 counties. The SIAs' estimates of the reach of their PSE efforts indicated that, in combination, they reached SNAP-Ed-eligible Californians a total of 3,062,630 times.

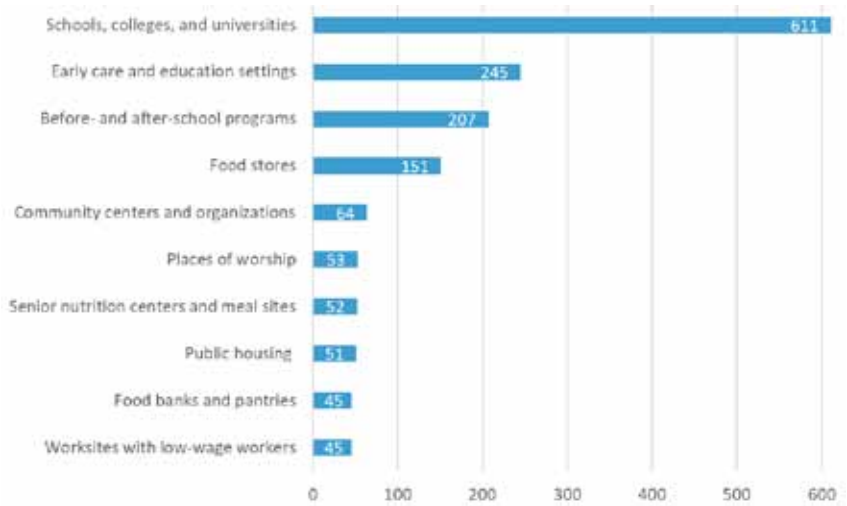
COUNTY	PSE SITES REPORTED
Alameda	184
Alpine	2
Amador	6
Butte	27
Calaveras	18
Colusa	10
Contra Costa	46
Del Norte	3
El Dorado	11
Fresno	30
Glenn	9
Humboldt	4
Imperial	31
Kern	47
Kings	32
Lassen	2
Los Angeles	239
Madera	8
Marin	4
Mendocino	4
Merced	59
Modoc	2
Mono	13
Monterey	13
Napa	9
Nevada	5
Orange	183

COUNTY	PSE SITES REPORTED
Placer	12
Plumas	6
Riverside	81
Sacramento	11
San Benito	2
San Bernardino	16
San Diego	81
San Francisco	33
San Joaquin	60
San Luis Obispo	12
San Mateo	21
Santa Barbara	11
Santa Clara	55
Santa Cruz	11
Shasta	32
Siskiyou	2
Solano	7
Sonoma	27
Stanislaus	36
Sutter	22
Tehama	39
Trinity	7
Tulare	56
Tuolumne	17
Ventura	9
Yolo	15
Yuba	36
TOTAL	1,718

PSEs BY SETTING

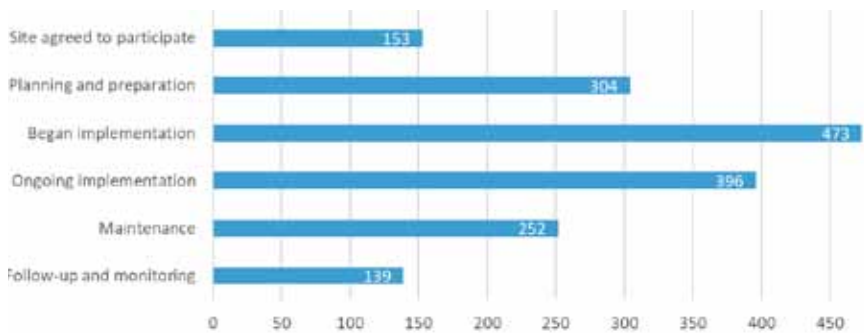
The most common settings for PSE improvements were schools, colleges, and universities followed by early care and education settings. Before-school and after-school programs were also frequently targeted for PSE improvements.

Therefore, the most commonly targeted sites primarily served students of all ages. California SNAP-Ed PSEs also benefited low-income workers at their worksites and older adults at senior nutrition centers other places where shared meals were served.



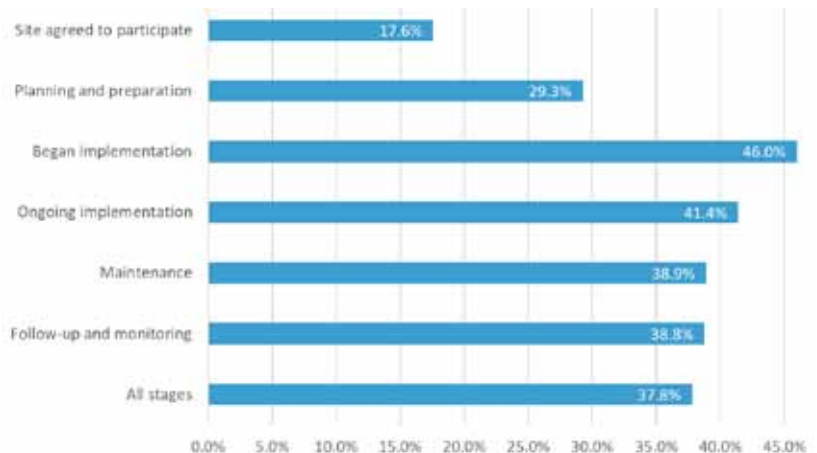
PLANNING STAGES OF FFY 2017 PSE SITES

PSE Site improvements were catalogued according to the stages of implementation they were in during FFY 2017. A total of 153 new sites were identified. Other sites were planning with SNAP-Ed implementers to begin making improvements or undergoing implementation, maintenance, and monitoring of their improvements.



PROPORTION OF SITES WITH COMMUNITY INVOLVEMENT, BY IMPLEMENTATION STAGE

Community involvement is a hallmark of PSE practice and was a common element of California's 2017 PSE interventions. Overall, 37.8% of sites reported that they had involved the community in planning, implementing, or maintaining PSE improvements. Community involvement varied according to the stage of implementation in which a PSE site was engaged. Among those sites that reported being in the beginning stage of implementation, 46.0% had community involvement. For those in the ongoing implementation, maintenance, or follow-up and monitoring stages, more than one-third had community involvement.



SUCCESS STORY

FREE FARMERS' MARKET FOR CHILDREN

On June 26th, Kings Community Action Organization (KCAO) co-hosted a free farmers' market for children at the Home Garden Park in Kings County. KCAO receives SNAP-Ed funding as a CDPH LIA. Children were given imitation money to create a more realistic feel of how a farmers' market really works. Most of these children have never been to a farmers' market so the understanding of picking out your produce and paying the farmer directly was important concept.

The farmers' market promoted health, well-being, and information on local farms and resources in the area. It gave children the opportunity to learn about where produce comes from, how farmers' markets work—and the benefits of them—and to just enjoy a fun, healthy, family-friendly event during the summer.

The community of the Home Garden area is very rural and resources in the area are minimal. There are only two corner stores that offer food items with few that are healthy options. Transportation is an issue for residents to get to larger areas of the county that have bigger retail stores and outreach resources.

Our free farmers' market brought together KCAO with Get it Girlz Club, KCAO Foodbank, Kings Partnership for Prevention, University of California Cooperative Extension program, and Good Seed Organics. Good Seed Organics is a local farm that has been interested in



reaching low-income communities that may not have access to fresh produce. This was a great opportunity for them to meet the community, find out the needs of the community, and how they can do more to assist. Good Seed Organics was very generous in their contribution of produce to give away to the children. KCAO Foodbank also had fresh and shelf-stable items to give away to the community.

It was a great success, with more than 120 children smiling and enjoying their "purchases" from the market. We would like to collaborate like this in the future to offer children and their families more variety in their diet and availability in their communities.

IMPROVEMENTS AND RESULTS

NUTRITION SUPPORTS

For FFY 2017, California SNAP-Ed set the goal of improving food environments at 500 new or continuing sites. In all, California's SIAs reported a total of 1,892 nutrition-supportive improvements across 885 sites. Thus, in FFY 2017, California SNAP-Ed exceeded its goal for nutrition improvements by 77%.

PHYSICAL ACTIVITY SUPPORTS

California SNAP-Ed aimed to improve opportunities and environments for physical activity at 200 sites in FFY 2017. California's SIAs outperformed this target as well, reporting a total of 798 improvements supportive of physical activity, which took place at 419 sites. Together, California's SIAs exceeded their goal for physical-activity improvements at PSE sites by 109%.

OTHER PSE SUPPORTS

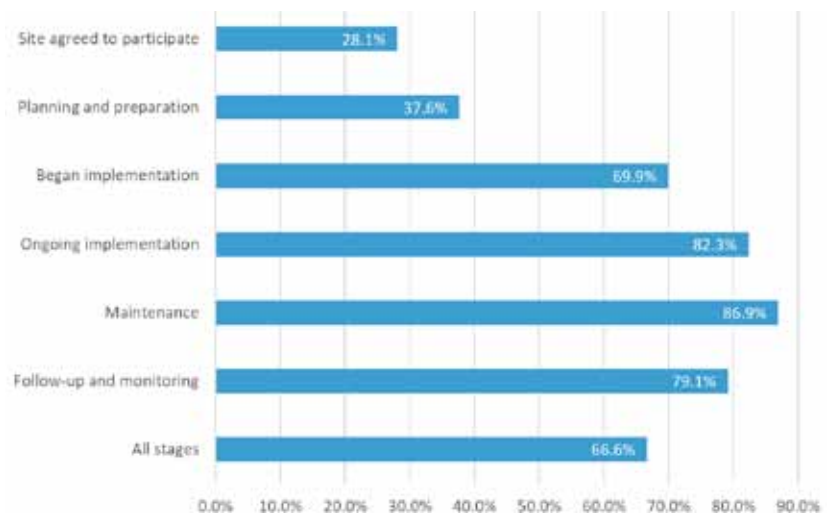
A total of 851 PSE improvements were not discretely and directly linked to either nutrition or physical activity, but nonetheless contributed to improved environments for nutrition, physical activity, or both. These improvements included the establishment of standards, monitoring and reporting systems, and training enhancements, as well as efforts to promote awareness of PSE changes among low-income Californians.

LOOKING AHEAD: SUSTAINABILITY

PROPORTION OF SITES WITH A SUSTAINABILITY PLAN, BY IMPLEMENTATION STAGE

SNAP-Ed PSE improvements are conceived as partnerships between SNAP-Ed implementers and communities, community members, businesses, and organizations. As such, they are intended to be sustainable over time with input from the people and organizations they benefit.

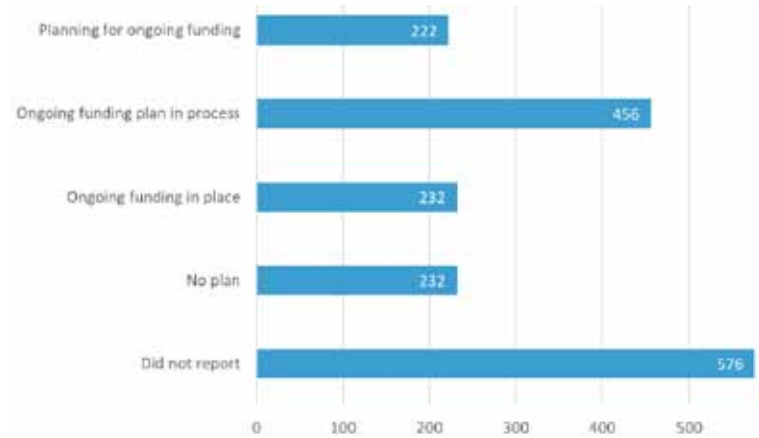
In general, among PSE sites in all stages of implementation, 66.0% had a sustainability plan. Among sites that were in either the maintenance stage or the follow-up and monitoring stage in FFY 2017, 84.1% had a sustainability plan.



NUMBER OF SITES WITH IDENTIFIED FUNDING SOURCE FOR SUSTAINABILITY

A total of 910 sites reported that they had identified a dependable, ongoing source of funding or support, other than SNAP-Ed funding, to maintain PSE improvements. Of these sites, 232 had this source of funding already in place during FFY 2017. Another 456 had an ongoing funding plan underway. In all, 52.9% of sites had a plan for ongoing funding.

Not all PSE improvements require funding to ensure ongoing maintenance and sustainability. For example, successful negotiation with worksite food vendors to provide healthier options could result in a change that is not costly to maintain over time. In addition to identifying and securing ongoing funding for PSE improvements, sites reported that they were able to identify organizations that were willing to take responsibility for maintenance. California SNAP-Ed PSE sites also reported that they had identified policies, in various stages of adoption, that would require PSE improvements to be maintained.



CALIFORNIA AT-A-GLANCE: DIRECT EDUCATION

Direct education interventions actively engage participants in learning about nutrition, physical activity, or both with an educator and/or interactive media. For an activity to qualify as direct education, information on the number of individuals, SNAP participation status, age, gender, and race/ethnicity must be collected. These interventions focus primarily on the individual and how best to improve their skills and behaviors relevant to health and well-being.

Direct-education priority outcome indicators are described in the SNAP-Ed Evaluation Framework Interpretive Guide (USDA-FNS, 2016). For direct education, California SNAP-Ed collected data on the MT1, MT2 and MT3 core indicators of change. Presented below are the results of direct education evaluations, typically pretest-posttest evaluations, as reported by the SIAs.

HEALTHY EATING BEHAVIORS

The MT1 indicators (USDA-FNS, 2016) represent changes in individual and family healthy eating behaviors on the pathway to achieving the current Dietary Guidelines for Americans recommendations (U.S. Department of Health and Human Services and USDA, 2015).

In FFY 2017, California SNAP-Ed collected data and evaluated the following MT1 indicators:

During main meals:

- MT1a. Protein foods prepared without solid fats or fresh poultry, pork, and lean meat, rather than processed meat and poultry
- MT1c. Ate more than one kind of fruit

Throughout the day or week:

- MT1d. Ate more than one kind of vegetable
- MT1f. Used MyPlate to make food choices

Frequency:

- MT1g. Drinking water
- MT1h. Drinking fewer sugar-sweetened beverages
- MT1i. Consuming low-fat or fat-free milk, milk products, or fortified soy beverages
- MT1j. Eating fewer refined grains
- MT1k. Eating fewer sweets

Servings:

- MT1l. Cups of fruit consumed per day
- MT1m. Cups of vegetables consumed per day

MT1 HEALTH EATING BEHAVIORS

<p>MT1a. Protein foods prepared without solid fats or fresh poultry, pork, and lean meat, rather than processes meat and poultry. SIA: CCC</p>	Outcome Measure:				
	Survey	Data Analysis Tool	Population		
	Visually-Enhanced Food Behavior Checklist (FBC) —16 items (pre/post, matched pairs)	CDPH FBC Excel t-test spreadsheet. SPSS Ver. 23 for Frequencies, t-test verification, and cross tabulations.	161 adult participants from CC L.A. San Gabriel Region, CC Diocese of San Diego, and CC Diocese of Santa Rosa. Age: 91% age 18-59 and 9% age 60+; Gender: 91% female, and 9% male; Race/Ethnicity: 94% Latino, 2% African American/ Black, and 1% Asian.		
	Outcome Measure Details:				
	Question(s)	Results			
<p>Question #11: Do you take the skin off chicken? (No; Yes, sometimes; Yes, often; Yes, always) Question #12: Did you have fish during the past week? (yes, no)</p>	Results: N=161	Pre	Post	Diff	P-Value
	Q11	3.13	3.63	0.50	0.000
	Q12	0.52	0.69	0.17	0.000

<p>MT1a. Eat fruits and vegetables as snacks SIA: CCC</p>	Outcome Measure:				
	Survey	Data Analysis Tool	Population		
	Visually-Enhanced Food Behavior Checklist (FBC)—16 items (pre/post, matched pairs)	CDPH FBC Excel t-test spreadsheet. SPSS Ver. 23 for Frequencies, t-test verification, and cross tabulations.	161 adult participants from CC L.A. San Gabriel Region, CC Diocese of San Diego, and CC Diocese of Santa Rosa. Age: 91% age 18-59 and 9% age 60+; Gender: 91% female, and 9% male; Race/Ethnicity: 94% Latino, 2% African American/ Black, and 1% Asian.		
	Outcome Measure Details:				
	Question(s)	Results			
<p>Question #1: Do you eat fruits or vegetables as snacks? (No; Yes, sometimes; Yes, often; Yes, everyday)</p>	Results: N= 161	Pre	Post	Diff	P-Value
	Q1	2.59	3.05	0.46	0.00

<p>MT1c. Ate more than one kind of fruit SIA: CDPH</p>	Outcome Measure:													
	Survey / Data Analysis Tool			Population										
	Food Behavior Checklist and Fruits and Vegetable Checklist			Adults 18+										
	Outcome Measure Details:													
	Question(s)		Results											
	Question: Do you eat more than one kind of fruit each day?		<table border="1"> <thead> <tr> <th>Results:</th> <th>Pre</th> <th>Post</th> <th>Diff</th> <th>P-Value</th> </tr> </thead> <tbody> <tr> <td>N = 1,097</td> <td>42.02%</td> <td>58.52%</td> <td>16.5%</td> <td><0.001</td> </tr> </tbody> </table>	Results:	Pre	Post	Diff	P-Value	N = 1,097	42.02%	58.52%	16.5%	<0.001	
Results:	Pre	Post	Diff	P-Value										
N = 1,097	42.02%	58.52%	16.5%	<0.001										

<p>MT1c. Ate more than one kind of fruit SIA: CCC</p>	Outcome Measure:																		
	Survey		Data Analysis Tool		Population														
	Visually-Enhanced Food Behavior Checklist (FBC)– 16 items (pre/post, matched pairs)		CDPH FBC Excel <i>t</i> -test spreadsheet. SPSS Ver. 23 for Frequencies, <i>t</i> -test verification, and cross tabulations.		<p>161 adult participants from CC L.A. San Gabriel Region, CC Diocese of San Diego, and CC Diocese of Santa Rosa.</p> <p>Age: 91% age 18-59 and 9% age 60+; Gender: 91% female, and 9% male; Race/Ethnicity: 94% Latino, 2% African American/ Black, and 1% Asian.</p>														
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Results:	Pre	Post	Diff	P-Value															
N = 161																			
Q1	2.35	3.01	.66	0.00															

<p>MT1c. Ate more than one kind of fruit SIA: CCC</p>	Outcome Measure:													
	Survey		Data Analysis Tool		Population									
	Youth Nutrition and Physical Activity Survey 2014 Version		CDPH Youth Excel <i>t</i> -test spreadsheet. SPSS Ver. 23 for Frequencies, <i>t</i> -test verification, and cross tabulations.		190 elementary school youth. 102 matched surveys were collected from an elementary school in the Pajaro Valley Unified School District and 88 surveys were from a school in the Santa Clara County McKinley School District. Age: mean age 10.1; Gender: 56% female, 44% male; Race/Ethnicity: 65% Latino, 19% Asian, 6% White, 6% mixed race, 2% Black, and 2% American Indian/Alaska Native and Native Hawaiian/Pacific Islander.									
	Outcome Measure Details:													
	Question(s)		Results											
<p>Question #11: Yesterday, did you eat fruit? (No, I didn't eat fruit yesterday; Yes, I ate fruit 1 time yesterday; Yes, I ate fruit 2 times yesterday; Yes, I ate fruit 3 times yesterday; Yes, I ate fruit 4 times yesterday)</p>		<table border="1"> <thead> <tr> <th>Results: N = 190</th> <th>Pre</th> <th>Post</th> <th>Diff</th> <th>P-Value</th> </tr> </thead> <tbody> <tr> <td>Q11</td> <td>1.68</td> <td>1.92</td> <td>0.24</td> <td>0.033</td> </tr> </tbody> </table>			Results: N = 190	Pre	Post	Diff	P-Value	Q11	1.68	1.92	0.24	0.033
Results: N = 190	Pre	Post	Diff	P-Value										
Q11	1.68	1.92	0.24	0.033										

<p>MT1c. Ate more than one kind of fruit SIA: CDA</p>	Outcome Measure:													
	Survey / Data Analysis Tool			Population										
	Fruit and Vegetable Consumption Checklist (FVC)			147 adults; 60 years and older										
	Outcome Measure Details:													
	Results													
<p>The 147 SNAP-Ed participants who completed the FVC pre- and post-tests suggest consumption of different types of fruits increased by 0.24 cups per day.</p>		<table border="1"> <thead> <tr> <th>Results</th> <th>Pre Mean</th> <th>Post Mean</th> <th>Diff</th> <th>P-Value</th> </tr> </thead> <tbody> <tr> <td>N = 147</td> <td>2.34</td> <td>2.54</td> <td>0.24</td> <td>0.004</td> </tr> </tbody> </table>			Results	Pre Mean	Post Mean	Diff	P-Value	N = 147	2.34	2.54	0.24	0.004
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N = 147	2.34	2.54	0.24	0.004										

<p>MT1c. Ate more than one kind of fruit SIA: UC CalFresh</p>	Outcome Measure:														
	Survey / Data Analysis Tool			Population											
	Visually-Enhanced Food Behavior Checklist (FBC)— 16 items (pre/post, matched pairs)			1,080 UC CalFresh adults 18+ years in 6 counties											
	Outcome Measure Details:														
	Question(s)		Results												
<p>Question: Do you eat more than one kind of fruit each day? (No; Yes, sometimes; Yes, often; Yes, always)</p>		<table border="1"> <thead> <tr> <th>Results:</th> <th>Pre</th> <th>Post</th> <th>Diff</th> <th>P-Value</th> </tr> </thead> <tbody> <tr> <td>N = 1,080</td> <td>35%</td> <td>59%</td> <td>24%</td> <td><.001</td> </tr> </tbody> </table>	Results:	Pre	Post	Diff	P-Value	N = 1,080	35%	59%	24%	<.001	<p>A statistically significant increase ($p < .001$) was seen from the pre to post period in the percent of participants reporting that they ate more than one kind of fruit each day “yes, often” or “yes, always”.</p>		
Results:	Pre	Post	Diff	P-Value											
N = 1,080	35%	59%	24%	<.001											

<p>MT1d. Ate more than one kind of vegetable SIA: CDPH</p>	Outcome Measure:														
	Survey / Data Analysis Tool			Population											
	Food Behavior Checklist and Fruit and Vegetable Checklist			Adults 18+											
	Outcome Measure Details:														
	Question(s)		Results												
<p>Question: Do you eat more than one kind of vegetable each day?</p>		<table border="1"> <thead> <tr> <th>Results:</th> <th>Pre</th> <th>Post</th> <th>Diff</th> <th>P-Value</th> </tr> </thead> <tbody> <tr> <td>N = 1,095</td> <td>45.75%</td> <td>60.37%</td> <td>24%</td> <td><.001</td> </tr> </tbody> </table>	Results:	Pre	Post	Diff	P-Value	N = 1,095	45.75%	60.37%	24%	<.001			
Results:	Pre	Post	Diff	P-Value											
N = 1,095	45.75%	60.37%	24%	<.001											

<p>MT1d. Ate more than one kind of vegetable SIA: CCC</p>	Outcome Measure:																								
	Survey	Data Analysis Tool	Population																						
	Visually-Enhanced Food Behavior Checklist (FBC) – 16 items (pre/post, matched pairs).	CDPH Youth Excel <i>t</i> -test spreadsheet. SPSS Ver. 23 for Frequencies, <i>t</i> -test verification, and cross tabulations.	161 adult participants from CC L.A. San Gabriel Region, CC Diocese of San Diego, and CC Diocese of Santa Rosa. Age: 91% age 18-59 and 9% age 60+; Gender: 91% female, and 9% male; Race/Ethnicity: 94% Latino, 2% African American/ Black, and 1% Asian.																						
	Outcome Measure Details:																								
	Question(s)		Results																						
<p>Question #9: Do you eat more than one kind of vegetable each day? (No; Yes, sometimes; Yes, often; Yes, always)</p> <p>Questions #13: Do you eat 2 or more vegetables at your main meal? (No; Yes, sometimes; Yes, often; Yes, everyday).</p>		<table border="1"> <thead> <tr> <th>Results:</th> <th>Pre</th> <th>Post</th> <th>Diff</th> <th>P-Value</th> </tr> </thead> <tbody> <tr> <td>N = 161</td> <td></td> <td></td> <td></td> <td></td> </tr> <tr> <td>Q9</td> <td>2.54</td> <td>3.07</td> <td>0.53</td> <td>0.000</td> </tr> <tr> <td>Q13</td> <td>2.32</td> <td>2.82</td> <td>0.50</td> <td>0.000</td> </tr> </tbody> </table>	Results:	Pre	Post	Diff	P-Value	N = 161					Q9	2.54	3.07	0.53	0.000	Q13	2.32	2.82	0.50	0.000			
Results:	Pre	Post	Diff	P-Value																					
N = 161																									
Q9	2.54	3.07	0.53	0.000																					
Q13	2.32	2.82	0.50	0.000																					

<p>MT1d. Ate more than one kind of vegetable SIA: CCC</p>	Outcome Measure:																		
	Survey	Data Analysis Tool	Population																
	Food Smarts version 2017–18 items (pre/post, matched pairs).	Survey Monkey data entry form, SPSS Ver. 23 for Frequencies, <i>t</i> -test verification, and cross tabulations.	174 adult participants from CC of Los Angeles–St Margaret’s Center, CC Diocese of Monterey, and CC Diocese of San Diego. Age: 63% age 18-59 and 27% age 60+; Gender: 76% female, 24% male; Race/Ethnicity: 59% Latino, 30% White, and 9% African American/Black, 3% Other.																
	Outcome Measure Details:																		
	Question(s)	Results																	
<p>Question #8: How often do you eat more than one kind of vegetables? (All the time; Most of the time; Sometimes; Rarely; Never).</p>	<table border="1"> <thead> <tr> <th>Results:</th> <th>Pre</th> <th>Post</th> <th>Diff</th> <th>P-Value</th> </tr> </thead> <tbody> <tr> <td>N = 161</td> <td></td> <td></td> <td></td> <td></td> </tr> <tr> <td>Q9</td> <td>2.54</td> <td>3.07</td> <td>0.53</td> <td>0.000</td> </tr> </tbody> </table>				Results:	Pre	Post	Diff	P-Value	N = 161					Q9	2.54	3.07	0.53	0.000
	Results:	Pre	Post	Diff	P-Value														
N = 161																			
Q9	2.54	3.07	0.53	0.000															

<p>MT1d. Ate more than one kind of vegetable SIA: CDA</p>	Outcome Measure:													
	Survey / Data Analysis Tool		Population											
	Fruit and Vegetable Consumption Checklist (FVC)		60 years and older											
	Outcome Measure Details:													
	Question(s)	Results												
<p>Question #8: How often do you eat more than one kind of vegetables? (All the time; Most of the time; Sometimes; Rarely; Never).</p>	<table border="1"> <thead> <tr> <th>Results:</th> <th>Pre Mean</th> <th>Post Mean</th> <th>Diff</th> <th>P-Value</th> </tr> </thead> <tbody> <tr> <td>N = 147</td> <td>2.5</td> <td>2.67</td> <td>0.18</td> <td>0.03</td> </tr> </tbody> </table>				Results:	Pre Mean	Post Mean	Diff	P-Value	N = 147	2.5	2.67	0.18	0.03
	Results:	Pre Mean	Post Mean	Diff	P-Value									
N = 147	2.5	2.67	0.18	0.03										
	The 147 SNAP-Ed participants who completed the FVC pretests and posttests suggest consumption of different types of vegetables increased by 0.18 cups per day.													

<p>MT1d. Ate more than one kind of vegetable SIA: UC CalFresh</p>	Outcome Measure:													
	Survey / Data Analysis Tool		Population											
	Visually-Enhanced Food Behavior Checklist — 16 items (pre/post, matched pairs)		Adults 18+ years, in 6 counties											
	Outcome Measure Details:													
	Question(s)	Results												
<p>Question: Do you eat more than one kind of vegetable each day? (No; Yes, sometimes; Yes, often; Yes, always).</p>	<table border="1"> <thead> <tr> <th>Results:</th> <th>Pre Mean</th> <th>Post Mean</th> <th>Diff</th> <th>P-Value</th> </tr> </thead> <tbody> <tr> <td>N = 1,080</td> <td>38%</td> <td>64%</td> <td>26%</td> <td><0.001</td> </tr> </tbody> </table>				Results:	Pre Mean	Post Mean	Diff	P-Value	N = 1,080	38%	64%	26%	<0.001
	Results:	Pre Mean	Post Mean	Diff	P-Value									
N = 1,080	38%	64%	26%	<0.001										

<p>MT1d. Other Eat Vegetables SIA: CCC</p>	Outcome Measure:														
	Survey		Data Analysis Tool		Population										
	Youth Nutrition and Physical Activity Survey 2014 Version.		CDPH Youth Excel <i>t</i> -test spreadsheet and SPSS Ver. 23 for frequencies, <i>t</i> -test verification, and cross tabulations.		190 elementary school youth were surveyed. The CC Diocese of Monterey collected 102 matched surveys from an elementary school in the Pajaro Valley Unified School District and CC of Santa Clara County collected 88 surveys from a school in the Santa Clara County McKinley School District. Age: mean age 10.1; Gender: 56% female, 44% male; Race/Ethnicity: 65% Latino, 19% Asian, 6% White, 6% mixed race, 2% Black, and 2% American Indian/Alaska Native and Native Hawaiian/Pacific Islander.										
	Outcome Measure Details:														
	Question(s)		Results												
<p>Question #10: Yesterday, did you eat vegetables? (No, I didn't eat vegetables yesterday; Yes, I ate vegetables 1 time yesterday; Yes, I ate vegetables 2 time yesterday; Yes, I ate vegetables 3 time yesterday; Yes, I ate vegetables 5 time yesterday).</p>		<table border="1"> <thead> <tr> <th>Results: <i>N</i> = 190</th> <th>Pre</th> <th>Post</th> <th>Diff</th> <th><i>P</i>-Value</th> </tr> </thead> <tbody> <tr> <td>Q10</td> <td>1.52</td> <td>1.77</td> <td>0.24</td> <td>0.016</td> </tr> </tbody> </table>	Results: <i>N</i> = 190	Pre	Post	Diff	<i>P</i> -Value	Q10	1.52	1.77	0.24	0.016			
Results: <i>N</i> = 190	Pre	Post	Diff	<i>P</i> -Value											
Q10	1.52	1.77	0.24	0.016											

<p>MT1f. Used MyPlate to make food choices SIA: CCC</p>	Outcome Measure:																	
	Survey	Data Analysis Tool	Population															
	Food Smarts version 2017–18 items (pre/post, matched pairs).	Survey Monkey data entry form, SPSS Ver. 23 for Frequencies, <i>t</i> -test verification, and cross tabulations.	174 adult participants from CC of Los Angeles–St Margaret’s Center, CC Diocese of Monterey, and CC Diocese of San Diego. Age: 63% age 18-59 and 27% age 60+; Gender: 76% female, 24% male; Race/Ethnicity: 59% Latino, 30% White, and 9% African American/Black, 3% Other.															
	Outcome Measure Details:																	
	Question(s)	Results																
<p>Question #4: How often do you use MyPlate to make food choices? (All the time; Most of the time; Sometimes; Rarely; Never).</p>	<table border="1"> <thead> <tr> <th>Results:</th> <th>Pre</th> <th>Post</th> <th>Diff</th> <th>P-Value</th> </tr> </thead> <tbody> <tr> <td>N = 174</td> <td></td> <td></td> <td></td> <td></td> </tr> <tr> <td>Q4</td> <td>2.36</td> <td>3.67</td> <td>1.31</td> <td>.000</td> </tr> </tbody> </table>	Results:	Pre	Post	Diff	P-Value	N = 174					Q4	2.36	3.67	1.31	.000		
Results:	Pre	Post	Diff	P-Value														
N = 174																		
Q4	2.36	3.67	1.31	.000														

<p>MT1f. Used MyPlate to make food choices SIA: UC CalFresh</p>	Outcome Measure:												
	Survey / Data Analysis Tool		Population										
	Plan Shop Save Cook (PSSC)–7 items (pre/post, matched pairs).		UC CalFresh Adults 18+ years in 13 counties.										
	Outcome Measure Details:												
	Question(s)	Results											
<p>Question: How often do you use MyPlate to make food choices? (Never, Seldom, Sometimes, Most of the time, Almost always).</p>	<table border="1"> <thead> <tr> <th>Results:</th> <th>Pre</th> <th>Post</th> <th>Diff</th> <th>P-Value</th> </tr> </thead> <tbody> <tr> <td>N = 1,549</td> <td>17%</td> <td>45%</td> <td>28%</td> <td><.001</td> </tr> </tbody> </table>	Results:	Pre	Post	Diff	P-Value	N = 1,549	17%	45%	28%	<.001		
Results:	Pre	Post	Diff	P-Value									
N = 1,549	17%	45%	28%	<.001									

<p>MT1g. Drinking water SIA: CDPH</p>	Outcome Measure:								
	Survey / Data Analysis Tool		Population						
	Youth Nutrition and Physical Activity Survey.		Grades 3-8						
	Outcome Measure Details:								
	Question(s)	Results							
<p>Question: Yesterday, did you drink any water, such as from a glass, a bottle, or a water fountain?</p>	<table border="1"> <thead> <tr> <th>Results:</th> <th>Mean change</th> <th>P-Value</th> </tr> </thead> <tbody> <tr> <td>Intervention <i>n</i> = 4,802</td> <td>0.021</td> <td rowspan="2">.188</td> </tr> <tr> <td>Comparison <i>n</i> = 951</td> <td>0.100</td> </tr> </tbody> </table>	Results:	Mean change	P-Value	Intervention <i>n</i> = 4,802	0.021	.188	Comparison <i>n</i> = 951	0.100
Results:	Mean change	P-Value							
Intervention <i>n</i> = 4,802	0.021	.188							
Comparison <i>n</i> = 951	0.100								

<p>MT1g. Drinking water SIA: CDPH</p>	Outcome Measure:		
	Survey / Data Analysis Tool		Population
	High School Nutrition and Physical Activity Survey.		Grades 9-12
	Outcome Measure Details:		
	Question(s)	Results	
	Question: Yesterday, did you drink any water, such as from a glass, a bottle, or a water fountain?	Results:	Mean change
Intervention <i>n</i> = 913		-0.129	0.417
Comparison <i>n</i> = 316		-0.068	

<p>MT1h. Drinking fewer sugar-sweetened beverages SIA: CDPH</p>	Outcome Measure:				
	Survey / Data Analysis Tool		Population		
	Food Behavior Checklist		Adults 18+		
	Outcome Measure Details:				
	Question(s)	Results			
	Question: Do you drink regular soda? Do you drink fruit drinks, sport drinks, or punch?	Results:	Pre	Post	Diff
<i>N</i> = 989		23.36%	18.40%	4.96%	<.001

<p>MT1h. Drinking fewer sugar-sweetened beverages (e.g., regular soda or sports drinks) SIA: CCC</p>	Outcome Measure:				
	Survey	Data Analysis Tool	Population		
	Visually-Enhanced Food Behavior Checklist (FBC) – 16 items (pre/post, matched pairs).	Survey Monkey data entry form, SPSS Ver. 23 for Frequencies, <i>t</i> -test verification, and cross tabulations.	161 adult participants from CC L.A. San Gabriel Region, CC Diocese of San Diego, and CC Diocese of Santa Rosa. Age: 91% age 18-59 and 9% age 60+; Gender: 91% female, and 9% male; Race/Ethnicity: 94% Latino, 2% African American/Black, and 1% Asian.		
	Outcome Measure Details:				
	Question(s)	Results			
	Question #2: Do you drink fruit drinks, sport drinks or punch? (No; Yes, sometimes; Yes, often; Yes, everyday). Question #4: Do you drink regular soda? (No; Yes, sometimes; Yes, often; Yes, everyday).	Results:	Pre	Post	Diff
<i>N</i> = 161					
Q2		1.82	1.64	-0.18	0.10
Q4	1.75	1.49	-0.26	0.000	

<p>MT1h. Drinking fewer sugar-sweetened beverages SIA: CDPH</p>	Outcome Measure:		
	Survey / Data Analysis Tool		Population
	Youth Nutrition and Physical Activity Survey.		Grades 3-8
	Outcome Measure Details:		
	Question(s)	Results	
	Question: Yesterday, did you drink any punch, sports drinks or other fruit-flavored drinks? Yesterday, did you drink any regular soda?	Results:	Mean change
Intervention <i>n</i> = 4,694		-0.070	.046
Comparison <i>n</i> = 961		0.094	

<p>MT1h. Drinking fewer sugar-sweetened beverages SIA: CDPH</p>	Outcome Measure:		
	Survey / Data Analysis Tool		Population
	High School Nutrition and Physical Activity Survey.		Grades 9-12
	Outcome Measure Details:		
	Question(s)	Results	
	Question: Yesterday, did you drink any punch, sports drinks or other fruit-flavored drinks? Yesterday, did you drink any regular soda?	Results:	Mean change
Intervention <i>n</i> = 909		-0.058	0.218
Comparison <i>n</i> = 316		0.036	

<p>MT1h. Drinking fewer sugar-sweetened beverages SIA: CCC</p>	Outcome Measure:				
	Survey	Data Analysis Tool	Population		
	Food Smarts version 2017–18 items (pre/post, matched pairs).	Survey Monkey data entry form, SPSS Ver. 23 for Frequencies, <i>t</i> -test verification, and cross tabulations.	174 adult participants from CC of Los Angeles–St Margaret’s Center, CC Diocese of Monterey, and CC Diocese of San Diego. Age: 63% age 18-59 and 27% age 60+; Gender: 76% female, 24% male; Race/Ethnicity: 59% Latino, 30% White, and 9% African American/Black, 3% Other.		
	Outcome Measure Details:				
	Question(s)	Results			
	Question #9: Drink sugary beverages (includes soft drinks, energy drinks, sweetened tea, juice, sweetened coffee drinks – do not count diet drinks)? (Not at all; Once a week or less; More than once a week; Once a day; More than once a day).	Results: <i>N</i> = 174	Pre	Post	Diff
Q9		2.60	2.17	-0.43	.000

<p>MT1h. Drinking fewer sugar-sweetened beverages SIA: UC CalFresh</p>	Outcome Measure:														
	Survey / Data Analysis Tool			Population											
	Visually-Enhanced Food Behavior Checklist–16 items (pre/post, matched pairs).			UC CalFresh adult, 18+, participants in 6 counties.											
	Outcome Measure Details:														
	Question(s)		Results												
Question: Do you drink regular soda? (No; Yes, sometimes; Yes, often; Yes, everyday).		<table border="1"> <tr> <td><i>N</i> = 1,080</td> <td>Pre</td> <td>Post</td> <td>Diff</td> <td>P-Value</td> </tr> <tr> <td>% "No" or "Yes, sometimes"</td> <td>78%</td> <td>89%</td> <td>11%</td> <td><.001</td> </tr> </table>	<i>N</i> = 1,080	Pre	Post	Diff	P-Value	% "No" or "Yes, sometimes"	78%	89%	11%	<.001			
<i>N</i> = 1,080	Pre	Post	Diff	P-Value											
% "No" or "Yes, sometimes"	78%	89%	11%	<.001											

<p>MT1i. Consuming low-fat or fat-free milk, milk products, or fortified soy beverages SIA: CDPH</p>	Outcome Measure:															
	Survey / Data Analysis Tool			Population												
	Youth Nutrition and Physical Activity Survey.			Grades 3-8												
	Outcome Measure Details:															
	Question(s)		Results													
Question: Yesterday, did you drink any kind of milk? What type of milk do you drink most of the time?		<table border="1"> <tr> <td>Results:</td> <td>Pre</td> <td>Post</td> <td>P-Value</td> </tr> <tr> <td>Intervention <i>n</i> = 2,809</td> <td>35.99%</td> <td>39.37%</td> <td rowspan="2">.208</td> </tr> <tr> <td>Comparison <i>n</i> = 512</td> <td>39.84%</td> <td>37.11%</td> </tr> </table>	Results:	Pre	Post	P-Value	Intervention <i>n</i> = 2,809	35.99%	39.37%	.208	Comparison <i>n</i> = 512	39.84%	37.11%			
Results:	Pre	Post	P-Value													
Intervention <i>n</i> = 2,809	35.99%	39.37%	.208													
Comparison <i>n</i> = 512	39.84%	37.11%														

<p>MT1i. Consuming low-fat or fat-free milk, milk products, or fortified soy beverages SIA: CDPH</p>	Outcome Measure:															
	Survey / Data Analysis Tool			Population												
	High School Nutrition and Physical Activity Survey.			Grades 9-12												
	Outcome Measure Details:															
	Question(s)		Results													
Question: Yesterday, did you drink any kind of milk? What type of milk do you drink most of the time?		<table border="1"> <tr> <td>Results:</td> <td>Pre</td> <td>Post</td> <td>P-Value</td> </tr> <tr> <td>Intervention <i>n</i> = 679</td> <td>29.31%</td> <td>37.70%</td> <td rowspan="2">.156</td> </tr> <tr> <td>Comparison <i>n</i> = 243</td> <td>28.40%</td> <td>32.10%</td> </tr> </table>	Results:	Pre	Post	P-Value	Intervention <i>n</i> = 679	29.31%	37.70%	.156	Comparison <i>n</i> = 243	28.40%	32.10%			
Results:	Pre	Post	P-Value													
Intervention <i>n</i> = 679	29.31%	37.70%	.156													
Comparison <i>n</i> = 243	28.40%	32.10%														

<p>MT1i. Consuming low-fat or fat-free milk, milk products, or fortified soy beverages SIA: CDPH</p>	Outcome Measure:													
	Survey	Data Analysis Tool		Population										
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	Outcome Measure Details:													
	Question(s)	Results												
<p>Question #7: Yesterday, did you eat yogurt or cottage cheese or drink a yogurt drink? Do not count frozen yogurt. (No, I didn't eat these foods yesterday; Yes, I ate one of these foods 1 time yesterday; Yes, I ate one of these foods 2 times yesterday; Yes, I ate one of these foods 3 or more times yesterday).</p>	<table border="1" style="width: 100%; text-align: center;"> <thead> <tr> <th style="background-color: #e0e0e0;">Results: <i>N</i> = 190</th> <th style="background-color: #e0e0e0;">Pre</th> <th style="background-color: #e0e0e0;">Post</th> <th style="background-color: #e0e0e0;">Diff</th> <th style="background-color: #e0e0e0;"><i>P</i>-Value</th> </tr> </thead> <tbody> <tr> <td>Q7</td> <td>0.42</td> <td>0.56</td> <td>0.14</td> <td>.050</td> </tr> </tbody> </table>				Results: <i>N</i> = 190	Pre	Post	Diff	<i>P</i> -Value	Q7	0.42	0.56	0.14	.050
Results: <i>N</i> = 190	Pre	Post	Diff	<i>P</i> -Value										
Q7	0.42	0.56	0.14	.050										

<p>MT1j. Eating fewer refined grains SIA: CDPH</p>	Outcome Measure:									
	Survey / Data Analysis Tool		Population							
	Youth Nutrition and Physical Activity Survey.		Grades 3-8							
	Outcome Measure Details:									
	Question(s)	Results								
<p>Question: Yesterday, did you eat any corn tortillas or bread, tortillas, buns, bagels, or rolls that were brown? Yesterday, did you eat any rice, faro, macaroni, spaghetti, or pasta noodles that were brown?</p>	<table border="1" style="width: 100%; text-align: center;"> <thead> <tr> <th style="background-color: #e0e0e0;">Results:</th> <th style="background-color: #e0e0e0;">Mean Change</th> <th style="background-color: #e0e0e0;"><i>P</i>-Value</th> </tr> </thead> <tbody> <tr> <td>Intervention <i>n</i> = 2,260</td> <td>0.182</td> <td rowspan="2">.168</td> </tr> <tr> <td>Comparison <i>n</i> = 316</td> <td>0.087</td> </tr> </tbody> </table>		Results:	Mean Change	<i>P</i> -Value	Intervention <i>n</i> = 2,260	0.182	.168	Comparison <i>n</i> = 316	0.087
Results:	Mean Change	<i>P</i> -Value								
Intervention <i>n</i> = 2,260	0.182	.168								
Comparison <i>n</i> = 316	0.087									

<p>MT1j. Eating fewer refined grains SIA: CDPH</p>	Outcome Measure:								
	Survey / Data Analysis Tool		Population						
	High School Nutrition and Physical Activity Survey.		Grades 9-12						
	Outcome Measure Details:								
	Question(s)	Results							
	<p>Question: Yesterday, did you eat any corn tortillas or bread, tortillas, buns, bagels, or rolls that were brown? Yesterday, did you eat any rice, faro, macaroni, spaghetti, or pasta noodles that were brown?</p>	<table border="1"> <thead> <tr> <th>Results:</th> <th>Mean Change</th> <th>P-Value</th> </tr> </thead> <tbody> <tr> <td>Intervention <i>n</i> = 916</td> <td>-0.187</td> <td rowspan="2">.145</td> </tr> <tr> <td>Comparison <i>n</i> = 314</td> <td>0.229</td> </tr> </tbody> </table>	Results:	Mean Change	P-Value	Intervention <i>n</i> = 916	-0.187	.145	Comparison <i>n</i> = 314
Results:	Mean Change	P-Value							
Intervention <i>n</i> = 916	-0.187	.145							
Comparison <i>n</i> = 314	0.229								

<p>MT1j. Eating fewer refined grains SIA: CCC</p>	Outcome Measure:										
	Survey	Data Analysis Tool	Population								
	Food Smarts version 2017–18 items (pre/post, matched pairs).	Survey Monkey data entry form, SPSS Ver. 23 for Frequencies, <i>t</i> -test verification, and cross tabulations.	<p>174 adult participants from CC of Los Angeles–St Margaret’s Center, CC Diocese of Monterey, and CC Diocese of San Diego.</p> <p>Age: 63% age 18-59 and 27% age 60+; Gender: 76% female, 24% male; Race/Ethnicity: 59% Latino, 30% White, and 9% African American/Black, 3% Other.</p>								
	Outcome Measure Details:										
	Question(s)	Results									
	<p>Question #1: How often do you eat whole grain foods (e.g. bread, pasta, whole oats, brown rice, etc.)? (All the time; Most of the time; Sometimes; Rarely; Never).</p>	<table border="1"> <thead> <tr> <th>Results: <i>N</i> = 174</th> <th>Pre</th> <th>Post</th> <th>Diff</th> <th>P-Value</th> </tr> </thead> <tbody> <tr> <td>Q1</td> <td>3.57</td> <td>3.98</td> <td>0.41</td> <td>.000</td> </tr> </tbody> </table>	Results: <i>N</i> = 174	Pre	Post	Diff	P-Value	Q1	3.57	3.98	0.41
Results: <i>N</i> = 174	Pre	Post	Diff	P-Value							
Q1	3.57	3.98	0.41	.000							

<p>MT1j. Eating fewer refined grains SIA: CDPH</p>	Outcome Measure:													
	Survey		Data Analysis Tool		Population									
	Youth Nutrition and Physical Activity Survey 2014 Version.		CDPH Youth Excel <i>t</i> -test spreadsheet and SPSS Ver. 23 for frequencies, <i>t</i> -test verification, and cross tabulations.		190 elementary school youth were surveyed. 102 matched surveys from an elementary school in the Pajaro Valley Unified School District were collected, as well as 88 surveys from a school in the Santa Clara County McKinley School District. Age: mean age 10.1; Gender: 56% female, 44% male; Race/Ethnicity: 65% Latino, 19% Asian, 6% White, 6% mixed race, 2% Black, and 2% American Indian/Alaska Native and Native Hawaiian/Pacific Islander.									
	Outcome Measure Details:													
	Question(s)		Results											
<p>Question #8: Did you eat any corn tortillas or bread, tortillas, buns, bagels, or rolls that were brown (not white)? (No, I didn't eat these foods yesterday; Yes, I ate one of these foods 1 time yesterday; Yes, I ate one of the foods 2 times yesterday; Yes, I ate one of these foods 3 or more times yesterday.)</p>		<table border="1"> <thead> <tr> <th>Results: N = 190</th> <th>Pre</th> <th>Post</th> <th>Diff</th> <th>P-Value</th> </tr> </thead> <tbody> <tr> <td>Q8</td> <td>0.87</td> <td>1.03</td> <td>0.15</td> <td>.032</td> </tr> </tbody> </table>	Results: N = 190	Pre	Post	Diff	P-Value	Q8	0.87	1.03	0.15	.032		
Results: N = 190	Pre	Post	Diff	P-Value										
Q8	0.87	1.03	0.15	.032										

<p>MT1k. Eating fewer sweets SIA: CDPH</p>	Outcome Measure:											
	Survey / Data Analysis Tool			Population								
	Youth Nutrition and Physical Activity Survey.			Grades 3-8								
	Outcome Measure Details:											
	Question(s)		Results									
<p>Question: Yesterday, did you eat any sweet rolls, doughnuts, cookies, brownies, pies, or cakes?</p>		<table border="1"> <thead> <tr> <th>Results:</th> <th>Mean Change</th> <th>P-Value</th> </tr> </thead> <tbody> <tr> <td>Intervention <i>n</i> = 2,287</td> <td>-0.100</td> <td rowspan="2">.094</td> </tr> <tr> <td>Comparison <i>n</i> = 319</td> <td>-0.172</td> </tr> </tbody> </table>	Results:	Mean Change	P-Value	Intervention <i>n</i> = 2,287	-0.100	.094	Comparison <i>n</i> = 319	-0.172		
Results:	Mean Change	P-Value										
Intervention <i>n</i> = 2,287	-0.100	.094										
Comparison <i>n</i> = 319	-0.172											

<p>MT1k. Eating fewer sweets SIA: CDPH</p>	Outcome Measure:		
	Survey / Data Analysis Tool		Population
	High School Nutrition and Physical Activity Survey.		Grades 9-12
	Outcome Measure Details:		
	Question(s)	Results	
	Question: Yesterday, did you eat any sweet rolls, doughnuts, cookies, brownies, pies, or cakes?	Results:	Mean Change
Intervention <i>n</i> = 924		-0.062	.948
Comparison <i>n</i> = 317		0.058	

<p>MT1l. Cups of fruit consumed per day SIA: CDPH</p>	Outcome Measure:		
	Survey / Data Analysis Tool		Population
	Youth Nutrition and Physical Activity Survey.		Grades 3-8
	Outcome Measure Details:		
	Question(s)	Results	
	Question: Yesterday, did you eat any fruit?	Results:	Mean Change
Intervention <i>n</i> = 4,801		0.173	.172
Comparison <i>n</i> = 955		0.109	

<p>MT1l. Cups of fruit consumed per day SIA: CDPH</p>	Outcome Measure:		
	Survey / Data Analysis Tool		Population
	High School Nutrition and Physical Activity Survey.		Grades 9-12
	Outcome Measure Details:		
	Question(s)	Results	
	Question: During the past 7 days, how many times did you eat fruit?	Results:	Mean Change
Intervention <i>n</i> = 923		0.025	.339
Comparison <i>n</i> = 317		0.085	

<p>MT1l. Cups of fruit consumed per day SIA: CDPH</p>	Outcome Measure:			
	Survey / Data Analysis Tool			Population
	Food Behavior Checklist			Adults 18+
	Outcome Measure Details:			
	Question(s)	Results		
	Fruit: How much do you eat each day?	Results:	Pretest mean	Posttest mean
<i>N</i> = 1,096		1.307	1.525	<.001

<p>MT11. Cups of fruit consumed per day SIA: CCC</p>	Outcome Measure:												
	Survey	Data Analysis Tool	Population										
	Visually-Enhanced Food Behavior Checklist (FBC) – 16 items (pre/post, matched pairs).	Survey Monkey data entry form, SPSS Ver. 23 for Frequencies, <i>t</i> -test verification, and cross tabulations.	161 adult participants from CC L.A. San Gabriel Region, CC Diocese of San Diego, and CC Diocese of Santa Rosa. Age: 91% age 18-59 and 9% age 60+; Gender: 91% female, and 9% male; Race/Ethnicity: 94% Latino, 2% African American/Black, and 1% Asian.										
	Outcome Measure Details:												
	Question(s)	Results											
<p>Question #6: Fruit: How much do you eat each day? (None; ½ cup; 1 cup; 1 ½ cups; 2 cups; 2 ½ cups; 3 cups).</p>	<table border="1"> <thead> <tr> <th>Results: N = 161</th> <th>Pre</th> <th>Post</th> <th>Diff</th> <th>P-Value</th> </tr> </thead> <tbody> <tr> <td>Q6</td> <td>1.16</td> <td>1.62</td> <td>0.46</td> <td>.000</td> </tr> </tbody> </table>	Results: N = 161	Pre	Post	Diff	P-Value	Q6	1.16	1.62	0.46	.000		
Results: N = 161	Pre	Post	Diff	P-Value									
Q6	1.16	1.62	0.46	.000									

<p>MT11. Cups of fruit consumed per day SIA: CCC</p>	Outcome Measure:												
	Survey	Data Analysis Tool	Population										
	Food Smarts version 2017–18 items (pre/post, matched pairs).	Survey Monkey data entry form, SPSS Ver. 23 for Frequencies, <i>t</i> -test verification, and cross tabulations.	174 adult participants from CC of Los Angeles–St Margaret’s Center, CC Diocese of Monterey, and CC Diocese of San Diego. Age: 63% age 18-59 and 27% age 60+; Gender: 76% female, 24% male; Race/Ethnicity: 59% Latino, 30% White, and 9% African American/Black, 3% Other.										
	Outcome Measure Details:												
	Question(s)	Results											
<p>Question #5: How often do you eat at least 2 cups of fruit per day? (All of the time; Most of the time; Sometimes; Rarely; Never).</p>	<table border="1"> <thead> <tr> <th>Results: N = 174</th> <th>Pre</th> <th>Post</th> <th>Diff</th> <th>P-Value</th> </tr> </thead> <tbody> <tr> <td>Q5</td> <td>3.44</td> <td>3.98</td> <td>0.54</td> <td>.000</td> </tr> </tbody> </table>	Results: N = 174	Pre	Post	Diff	P-Value	Q5	3.44	3.98	0.54	.000		
Results: N = 174	Pre	Post	Diff	P-Value									
Q5	3.44	3.98	0.54	.000									

<p>MT1l. Cups of fruit consumed per day SIA: UC CalFresh</p>	Outcome Measure:													
	Survey / Data Analysis Tool			Population										
	Visually-Enhanced Food Behavior Checklist–16 items (pre/post, matched pairs).			Adults 18+										
	Outcome Measure Details:													
	Question(s)		Results											
	Question: Fruits: How much do you eat each day? (None, ½ cup, 1 cup, 1½ cups, 2 cups, 2½ cups, 3 cups or more)		<table border="1"> <thead> <tr> <th>Results</th> <th>Pre</th> <th>Post</th> <th>Diff</th> <th>P-Value</th> </tr> </thead> <tbody> <tr> <td>1,080</td> <td>1.13</td> <td>1.51</td> <td>0.38</td> <td><.001</td> </tr> </tbody> </table>	Results	Pre	Post	Diff	P-Value	1,080	1.13	1.51	0.38	<.001	
Results	Pre	Post	Diff	P-Value										
1,080	1.13	1.51	0.38	<.001										

<p>MT1m. Cups of vegetables consumed per day SIA: CDPH</p>	Outcome Measure:									
	Survey / Data Analysis Tool		Population							
	Youth Nutrition and Physical Activity Survey.		Grades 3-8							
	Outcome Measure Details:									
	Question(s)	Results								
	Question: Yesterday, did you eat any vegetables?	<table border="1"> <thead> <tr> <th>Results:</th> <th>Mean Change</th> <th>P-Value</th> </tr> </thead> <tbody> <tr> <td>Intervention <i>n</i> = 4,822</td> <td>0.008</td> <td rowspan="2">.354</td> </tr> <tr> <td>Comparison <i>n</i> = 960</td> <td>-0.042</td> </tr> </tbody> </table>	Results:	Mean Change	P-Value	Intervention <i>n</i> = 4,822	0.008	.354	Comparison <i>n</i> = 960	-0.042
Results:	Mean Change	P-Value								
Intervention <i>n</i> = 4,822	0.008	.354								
Comparison <i>n</i> = 960	-0.042									

<p>MT1m. Cups of vegetables consumed per day SIA: CDPH</p>	Outcome Measure:									
	Survey / Data Analysis Tool		Population							
	High School Nutrition and Physical Activity Survey.		Grades 9-12							
	Outcome Measure Details:									
	Question(s)	Results								
	Question: During the past 7 days, how many times did you eat (green salad, potatoes, carrots, other vegetables)?	<table border="1"> <thead> <tr> <th>Results:</th> <th>Mean Change</th> <th>P-Value</th> </tr> </thead> <tbody> <tr> <td>Intervention <i>n</i> = 912</td> <td>0.165</td> <td rowspan="2">.259</td> </tr> <tr> <td>Comparison <i>n</i> = 315</td> <td>0.073</td> </tr> </tbody> </table>	Results:	Mean Change	P-Value	Intervention <i>n</i> = 912	0.165	.259	Comparison <i>n</i> = 315	0.073
Results:	Mean Change	P-Value								
Intervention <i>n</i> = 912	0.165	.259								
Comparison <i>n</i> = 315	0.073									

<p>MT1m. Cups of vegetables consumed per day SIA: CDPH</p>	Outcome Measure:										
	Survey / Data Analysis Tool			Population							
	Food Behavior Checklist			Adults 18+							
	Outcome Measure Details:										
	Question(s)		Results								
	Vegetables: How much do you eat each day?		<table border="1"> <thead> <tr> <th>Results:</th> <th>Pretest mean</th> <th>Posttest mean</th> <th>P-Value</th> </tr> </thead> <tbody> <tr> <td><i>N</i> = 1,089</td> <td>1.352</td> <td>1.566</td> <td><.001</td> </tr> </tbody> </table>	Results:	Pretest mean	Posttest mean	P-Value	<i>N</i> = 1,089	1.352	1.566	<.001
Results:	Pretest mean	Posttest mean	P-Value								
<i>N</i> = 1,089	1.352	1.566	<.001								

<p>MT1m. Cups of vegetables consumed per day SIA: CCC</p>	Outcome Measure:													
	Survey	Data Analysis Tool	Population											
	Visually-Enhanced Food Behavior Checklist (FBC) –16 items (pre/post, matched pairs).	Survey Monkey data entry form, SPSS Ver. 23 for Frequencies, <i>t</i> -test verification, and cross tabulations.	161 adult participants from Catholic Charities of Los Angeles San Gabriel Region and Catholic Charities Diocese of Stockton. Age: 85% 18-59 and 15% age 60+; Gender: 88% female, and 12% male; Ethnicity: 94% Latino and 6% African American and White.											
	Outcome Measure Details:													
	Question(s)	Results												
Question #7: Vegetables: How much do you eat each day? (None; ½ cup; 1 cup; 1 ½ cups; 2 cups; 2 ½ cups; 3 cups).	<table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="text-align: left;">Results: <i>N</i> = 161</th> <th>Pre</th> <th>Post</th> <th>Diff</th> <th><i>P</i>-Value</th> </tr> </thead> <tbody> <tr> <td>Q7</td> <td>1.16</td> <td>1.73</td> <td>0.57</td> <td>.000</td> </tr> </tbody> </table>				Results: <i>N</i> = 161	Pre	Post	Diff	<i>P</i> -Value	Q7	1.16	1.73	0.57	.000
Results: <i>N</i> = 161	Pre	Post	Diff	<i>P</i> -Value										
Q7	1.16	1.73	0.57	.000										

<p>MT1m. Cups of vegetables consumed per day SIA: CCC</p>	Outcome Measure:													
	Survey	Data Analysis Tool	Population											
	Food Smarts version 2017–18 items (pre/post, matched pairs).	Survey Monkey data entry form, SPSS Ver. 23 for Frequencies, <i>t</i> -test verification, and cross tabulations.	174 adult participants from CC of Los Angeles–St Margaret’s Center, CC Diocese of Monterey, and CC Diocese of San Diego. Age: 63% age 18-59 and 27% age 60+; Gender: 76% female, 24% male; Race/Ethnicity: 59% Latino, 30% White, and 9% African American/Black, 3% Other.											
	Outcome Measure Details:													
	Question(s)	Results												
Question #5: How often do you eat at least 2.5 cups of vegetables per day? (All of the time; Most of the time; Sometimes; Rarely; Never).	<table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="text-align: left;">Results: <i>N</i> = 174</th> <th>Pre</th> <th>Post</th> <th>Diff</th> <th><i>P</i>-Value</th> </tr> </thead> <tbody> <tr> <td>Q5</td> <td>3.28</td> <td>3.72</td> <td>0.44</td> <td>.000</td> </tr> </tbody> </table>				Results: <i>N</i> = 174	Pre	Post	Diff	<i>P</i> -Value	Q5	3.28	3.72	0.44	.000
Results: <i>N</i> = 174	Pre	Post	Diff	<i>P</i> -Value										
Q5	3.28	3.72	0.44	.000										

<p>MT1m. Cups of vegetables consumed per day SIA: UC CalFresh</p>	Outcome Measure:													
	Survey / Data Analysis Tool			Population										
	Visually-Enhanced Food Behavior Checklist–16 items (pre/post, matched pairs).			Adults 18+										
	Outcome Measure Details:													
	Question(s)		Results											
<p>Question: Vegetables: How much do you eat each day? (None, ½ cup, 1 cup, 1½ cups, 2 cups, 2½ cups, 3 cups or more)</p>		<table border="1"> <thead> <tr> <th>Results</th> <th>Pre</th> <th>Post</th> <th>Diff</th> <th>P-Value</th> </tr> </thead> <tbody> <tr> <td>N = 1,080</td> <td>1.14</td> <td>1.54</td> <td>0.40</td> <td><.001</td> </tr> </tbody> </table>	Results	Pre	Post	Diff	P-Value	N = 1,080	1.14	1.54	0.40	<.001		
Results	Pre	Post	Diff	P-Value										
N = 1,080	1.14	1.54	0.40	<.001										

<p>MT1m. Other unhealthy behavior SIA: CCC</p>	Outcome Measure:																		
	Survey		Data Analysis Tool		Population														
	Food Smarts version 2017–18 items (pre/post, matched pairs).		Survey Monkey data entry form, SPSS Ver. 23 for Frequencies, <i>t</i> -test verification, and cross tabulations.		<p>174 adult participants from CC of Los Angeles–St Margaret’s Center, CC Diocese of Monterey, and CC Diocese of San Diego.</p> <p>Age: 63% age 18-59 and 27% age 60+; Gender: 76% female, 24% male; Race/Ethnicity: 59% Latino, 30% White, and 9% African American/Black, 3% Other.</p>														
	Outcome Measure Details:																		
	Question(s)		Results																
<p>Question #11: How often do you eat a meal from a fast food restaurant? (Not at all; Once a week or less; More than once a week; Once a day; More than once a day).</p>		<table border="1"> <thead> <tr> <th>Results:</th> <th>Pre</th> <th>Post</th> <th>Diff</th> <th>P-Value</th> </tr> </thead> <tbody> <tr> <td>N = 174</td> <td></td> <td></td> <td></td> <td></td> </tr> <tr> <td>Q11</td> <td>2.11</td> <td>1.86</td> <td>-0.25</td> <td>.001</td> </tr> </tbody> </table>	Results:	Pre	Post	Diff	P-Value	N = 174					Q11	2.11	1.86	-0.25	.001		
Results:	Pre	Post	Diff	P-Value															
N = 174																			
Q11	2.11	1.86	-0.25	.001															

SUCCESS STORY

DIRECT NUTRITION EDUCATION FOR FARM LABOR FAMILIES

Migrant and seasonal farm labor workers are a vital component of the United States agricultural industry. Despite their important contributions, farm labor families often live in poverty, have limited access to health care, are malnourished, and have poor health indicators. UC CalFresh collaborated with Expanded Food and Nutrition Program (EFNEP) specialists and the Butte County Cluster to help farm labor families achieve success. The Butte County Cluster includes Butte, Colusa, Sutter, Glenn, and Yuba Counties.

After facilitating lessons over an 8-week period, 92% of the adult participants graduated from EFNEP. Of these graduates, 78% reported eating more fruits, 22% reported eating more vegetables, and 44% reported increases in their physical activity levels.

The partners delivered a dual series-based presentation of curricula over an 8-week period. One EFNEP educator also reported that with every week that went by, she received more comments from the participants than ever before about their incremental changes, including increased fruit and vegetable consumption, decreased consumption of sugar sweetened beverages, and checking the nutrition facts labels.

"Since the class started, I compare prices and I have bought healthier food like fruits and vegetables, eat less fast food, and prep foods with less salt, sugar, and oils." - participant



FOOD RESOURCE MANAGEMENT

The MT2 indicators measure changes in individual and family behaviors that reflect smarter shopping and food resource management strategies, enabling participants to stretch their food resource dollars to support a healthier diet (USDA-FNS, 2016).

In FFY 2017, California SNAP-Ed evaluated the following MT2 indicators:

Healthful Shopping Practices:

- MT2b. Read nutrition facts labels or nutrition ingredients lists
- MT2e. Buy foods with lower added:
 - » 2e1. Solid fats (saturated and/or trans)
 - » 2e2. Sugar
 - » 2e3. Salt/sodium

Stretch Food Dollars:

- MT2g. Not run out of food before month's end
- MT2h. Compare prices before buying foods
- MT2i. Identify foods on sale or use coupons to save money
- MT2j. Shop with a list
- MT2l. Use unit pricing to find best values

MT2 FOOD RESOURCE MANAGEMENT BEHAVIORS						
MT2b. Read nutrition facts labels or nutrition ingredients lists SIA: CDPH	Outcome Measure:					
	Survey / Data Analysis Tool			Population		
	Food Behavior Checklist and Fruits and Vegetable Checklist			Adults 18+		
	Outcome Measure Details:					
	Question(s)		Results			
	Question: Do you use this label when food shopping?		Results: N = 987	Pre 35.16%	Post 50.66%	Diff 15.5%

<p>MT2b. Read nutrition facts labels or nutrition ingredients lists SIA: CCC</p>	Outcome Measure:																	
	Survey	Data Analysis Tool	Population															
	Visually-Enhanced Food Behavior Checklist (FBC) –16 items (pre/post, matched pairs).	CDPH FBC Excel <i>t</i> -test spreadsheet. SPSS Ver. 23 for Frequencies, <i>t</i> -test verification, and cross tabulations.	161 adult participants from CC L.A. San Gabriel Region, CC Diocese of San Diego, and CC Diocese of Santa Rosa. Age: 91% age 18-59 and 9% age 60+; Gender: 91% female, and 9% male; Race/Ethnicity: 94% Latino, 2% African American/ Black, and 1% Asian.															
	Outcome Measure Details:																	
	Question(s)	Results																
<p>Question #14: Do you use this (nutrition) label when food shopping? (No; Yes, sometimes; Yes, often; Yes, always).</p>	<table border="1"> <thead> <tr> <th>Results:</th> <th>Pre</th> <th>Post</th> <th>Diff</th> <th>P-Value</th> </tr> </thead> <tbody> <tr> <td>N = 161</td> <td></td> <td></td> <td></td> <td></td> </tr> <tr> <td>Q14</td> <td>2.17</td> <td>3.13</td> <td>0.96</td> <td>.000</td> </tr> </tbody> </table>	Results:	Pre	Post	Diff	P-Value	N = 161					Q14	2.17	3.13	0.96	.000		
Results:	Pre	Post	Diff	P-Value														
N = 161																		
Q14	2.17	3.13	0.96	.000														

<p>MT2b. Read nutrition facts labels or nutrition ingredients lists SIA: UC CalFresh</p>	Outcome Measure:												
	Survey / Data Analysis Tool		Population										
	Plan Shop Save Cook–7 items (pre/post, matched pairs).		UC CalFresh adult, 18+, participants in 13 counties.										
	Outcome Measure Details:												
	Question(s)	Results											
<p>Question: How often do you use the “Nutrition Facts” on the food label to make food choices? (Never, Seldom, Sometimes, Most of the time, Almost always).</p>	<table border="1"> <thead> <tr> <th>Results</th> <th>Pre</th> <th>Post</th> <th>Diff</th> <th>P-Value</th> </tr> </thead> <tbody> <tr> <td>N = 1,080</td> <td>31%</td> <td>56%</td> <td>25%</td> <td><.001</td> </tr> </tbody> </table>	Results	Pre	Post	Diff	P-Value	N = 1,080	31%	56%	25%	<.001		
Results	Pre	Post	Diff	P-Value									
N = 1,080	31%	56%	25%	<.001									

<p>MT2b. Read nutrition facts labels or nutrition ingredients lists SIA: UC CalFresh</p>	Outcome Measure:												
	Survey / Data Analysis Tool		Population										
	Visually-Enhanced Food Behavior Checklist– 16 items (pre/post, matched pairs).		UC CalFresh adult, 18+, participants in 6 counties.										
	Outcome Measure Details:												
	Question(s)	Results											
<p>Question: Do you use this label [image of Nutrition Facts panel] when food shopping? (No; Yes, sometimes; Yes, often; Yes, always).</p>	<table border="1"> <thead> <tr> <th>Results</th> <th>Pre</th> <th>Post</th> <th>Diff</th> <th>P-Value</th> </tr> </thead> <tbody> <tr> <td>N = 1,080</td> <td>28%</td> <td>58%</td> <td>30%</td> <td><.001</td> </tr> </tbody> </table>	Results	Pre	Post	Diff	P-Value	N = 1,080	28%	58%	30%	<.001		
Results	Pre	Post	Diff	P-Value									
N = 1,080	28%	58%	30%	<.001									

<p>MT2e. Buy foods with lower added: 2E1. Solid fats; 2E2: Sugar; 2E3: Salt/Sodium SIA: CCC</p>	Outcome Measure:																		
	Survey		Data Analysis Tool		Population														
	Food Smarts version 2017–18 items (pre/post, matched pairs).		Survey Monkey data entry form, SPSS Ver. 23 for Frequencies, <i>t</i> -test verification, and cross tabulations.		174 adult participants from CC of Los Angeles–St Margaret’s Center, CC Diocese of Monterey, and CC Diocese of San Diego. Age: 63% age 18-59 and 27% age 60+; Gender: 76% female, 24% male; Race/Ethnicity: 59% Latino, 30% White, and 9% African American/Black, 3% Other.														
	Outcome Measure Details:																		
	Question(s)		Results																
	<p>Question #14: How often do you buy foods with lower added salt/sodium? (All the time; Most of the time; Sometimes; Rarely; Never).</p>		<table border="1"> <thead> <tr> <th>Results:</th> <th>Pre</th> <th>Post</th> <th>Diff</th> <th>P-Value</th> </tr> </thead> <tbody> <tr> <td><i>N</i> = 174</td> <td></td> <td></td> <td></td> <td></td> </tr> <tr> <td>Q14</td> <td>3.12</td> <td>3.71</td> <td>0.59</td> <td>.000</td> </tr> </tbody> </table>	Results:	Pre	Post	Diff	P-Value	<i>N</i> = 174					Q14	3.12	3.71	0.59	.000	
Results:	Pre	Post	Diff	P-Value															
<i>N</i> = 174																			
Q14	3.12	3.71	0.59	.000															

<p>MT2g. Not run out of food before month’s end SIA: CDPH</p>	Outcome Measure:													
	Survey / Data Analysis Tool			Population										
	Food Behavior Checklist and Fruits and Vegetable Checklist			Adults 18+										
	Outcome Measure Details:													
	Question(s)		Results											
	<p>Question: Do you run out of food before the end of the month?</p>		<table border="1"> <thead> <tr> <th>Results:</th> <th>Pre</th> <th>Post</th> <th>Diff</th> <th>P-Value</th> </tr> </thead> <tbody> <tr> <td><i>N</i> = 987</td> <td>22.70%</td> <td>19.86%</td> <td>2.84%</td> <td>0.030</td> </tr> </tbody> </table>	Results:	Pre	Post	Diff	P-Value	<i>N</i> = 987	22.70%	19.86%	2.84%	0.030	
Results:	Pre	Post	Diff	P-Value										
<i>N</i> = 987	22.70%	19.86%	2.84%	0.030										

<p>MT2g. Not run out of food before month's end SIA: CCC</p>	Outcome Measure:				
	Survey	Data Analysis Tool	Population		
	Visually-Enhanced Food Behavior Checklist (FBC) –16 items (pre/post, matched pairs).	CDPH FBC Excel <i>t</i> -test spreadsheet. SPSS Ver. 23 for Frequencies, <i>t</i> -test verification, and cross tabulations.	161 adult participants from CC L.A. San Gabriel Region, CC Diocese of San Diego, and CC Diocese of Santa Rosa. Age: 91% age 18-59 and 9% age 60+; Gender: 91% female, and 9% male; Race/Ethnicity: 94% Latino, 2% African American/ Black, and 1% Asian.		
	Outcome Measure Details:				
	Question(s)	Results			
Question #15: Do you run out of food before the end of the month? (No; Yes, sometimes; Yes, often; Yes, always).	Results: N = 161	Pre	Post	Diff	P-Value
	Q15	2.36	1.96	-0.40	.000

<p>MT2g. Not run out of food before month's end SIA: UC CalFresh</p>	Outcome Measure:				
	Survey / Data Analysis Tool		Population		
	Plan Shop Save Cook–7 items (pre/post, matched pairs).		1,549 UC CalFresh adult participants, 18+ in 13 counties.		
	Outcome Measure Details:				
	Question(s)	Results			
How often do you run out of food before the end of the month? (Never; Seldom; Sometimes; Most of the time; Almost always).	Results N = 1,549	Pre 43%	Post 54%	Diff 12%	P-Value <.001

<p>MT2g. Not run out of food before month's end SIA: UC CalFresh</p>	Outcome Measure:				
	Survey / Data Analysis Tool		Population		
	Visually-Enhanced Food Behavior Checklist–16 items (pre/post, matched pairs).		1,080 UC CalFresh adult participants, 18+ in 6 counties.		
	Outcome Measure Details:				
	Question(s)	Results			
Question: Do you run out of food before the end of the month? (No; Yes, sometimes; Yes, often; Yes, always).	Results N = 1,080	Pre 85%	Post 89%	Diff 4%	P-Value <.01

<p>MT2h. Compare prices before buying foods SIA: UC CalFresh</p>	Outcome Measure:													
	Survey / Data Analysis Tool			Population										
	Plan Shop Save Cook–7 items (pre/post, matched pairs).			1,549 UC CalFresh adult participants, 18+ in 6 counties.										
	Outcome Measure Details:													
	Question(s)		Results											
How often do you compare unit prices before buying food? (Never, Seldom, Sometimes, Most of the time, Almost always).		<table border="1"> <thead> <tr> <th>Results</th> <th>Pre</th> <th>Post</th> <th>Diff</th> <th>P-Value</th> </tr> </thead> <tbody> <tr> <td>N = 1,549</td> <td>47%</td> <td>61%</td> <td>15%</td> <td><.001</td> </tr> </tbody> </table>	Results	Pre	Post	Diff	P-Value	N = 1,549	47%	61%	15%	<.001		
Results	Pre	Post	Diff	P-Value										
N = 1,549	47%	61%	15%	<.001										

<p>MT2i. Identify foods on sale or use coupons to save money SIA: CCC</p>	Outcome Measure:																		
	Survey		Data Analysis Tool		Population														
	Food Smarts version 2017–18 items (pre/post, matched pairs).		Survey Monkey data entry form, SPSS Ver. 23 for Frequencies, t-test verification, and cross tabulations.		<p>174 adult participants from CC of Los Angeles–St Margaret’s Center, CC Diocese of Monterey, and CC Diocese of San Diego.</p> <p>Age: 63% age 18-59 and 27% age 60+; Gender: 76% female, 24% male; Race/Ethnicity: 59% Latino, 30% White, and 9% African American/Black, 3% Other.</p>														
	Outcome Measure Details:																		
	Question(s)		Results																
Question #13: Identify foods on sale or use coupons to save money? (All the time; Most of the time; Sometimes; Rarely; Never).		<table border="1"> <thead> <tr> <th>Results:</th> <th>Pre</th> <th>Post</th> <th>Diff</th> <th>P-Value</th> </tr> </thead> <tbody> <tr> <td>N = 174</td> <td></td> <td></td> <td></td> <td></td> </tr> <tr> <td>Q13</td> <td>2.83</td> <td>3.27</td> <td>0.44</td> <td>.000</td> </tr> </tbody> </table>	Results:	Pre	Post	Diff	P-Value	N = 174					Q13	2.83	3.27	0.44	.000		
Results:	Pre	Post	Diff	P-Value															
N = 174																			
Q13	2.83	3.27	0.44	.000															

<p>MT2i. Identify foods on sale or use coupons to save money SIA: UC CalFresh</p>	Outcome Measure:											
	Survey / Data Analysis Tool			Population								
	Making Every Dollar Count (MEDC) –21 items (retrospective)			1,146 UC CalFresh adult (18+) participants in 8 counties.								
	Outcome Measure Details:											
	Question(s)		Results									
Because of the MEDC program, have you determined if using a coupon is better than buying the store brand? (No; Plan to, yes)		<table border="1"> <thead> <tr> <th>Results</th> <th>No</th> <th>Plan To</th> <th>Yes</th> </tr> </thead> <tbody> <tr> <td>N = 1,146</td> <td>7%</td> <td>20%</td> <td>73%</td> </tr> </tbody> </table>	Results	No	Plan To	Yes	N = 1,146	7%	20%	73%		
Results	No	Plan To	Yes									
N = 1,146	7%	20%	73%									

<p>MT2j. Shop with a list SIA: UC CalFresh</p>	Outcome Measure:														
	Survey / Data Analysis Tool			Population											
	Plan Shop Save Cook–7 items (pre/post, matched pairs).			1,549 UC CalFresh adult participants (18+) in 13 counties.											
	Outcome Measure Details:														
	Question(s)		Results												
How often do you shop with a grocery list? (Never; Seldom; Sometimes; Most of the time; Almost always).		<table border="1"> <thead> <tr> <th>Results</th> <th>Pre</th> <th>Post</th> <th>Diff</th> <th>P-Value</th> </tr> </thead> <tbody> <tr> <td>N = 1,549</td> <td>44%</td> <td>61%</td> <td>17%</td> <td><.001</td> </tr> </tbody> </table>	Results	Pre	Post	Diff	P-Value	N = 1,549	44%	61%	17%	<.001			
Results	Pre	Post	Diff	P-Value											
N = 1,549	44%	61%	17%	<.001											

<p>MT2l. Use unit pricing to find the best value SIA: CCC</p>	Outcome Measure:																			
	Survey		Data Analysis Tool		Population															
	Food Smarts version 2017–18 items (pre/post, matched pairs).		Survey Monkey data entry form, SPSS Ver. 23 for Frequencies, <i>t</i> -test verification, and cross tabulations.		<p>174 adult participants from CC of Los Angeles–St Margaret’s Center, CC Diocese of Monterey, and CC Diocese of San Diego.</p> <p>Age: 63% age 18-59 and 27% age 60+; Gender: 76% female, 24% male; Race/Ethnicity: 59% Latino, 30% White, and 9% African American/Black, 3% Other.</p>															
	Outcome Measure Details:																			
	Question(s)		Results																	
<p>Question #12: Use unit pricing to find the best values? (All the time; Most of the time; Sometimes; Rarely; Never).</p>		<table border="1"> <thead> <tr> <th>Results:</th> <th>Pre</th> <th>Post</th> <th>Diff</th> <th>P-Value</th> </tr> </thead> <tbody> <tr> <td>N = 174</td> <td></td> <td></td> <td></td> <td></td> </tr> <tr> <td>Q12</td> <td>2.91</td> <td>3.44</td> <td>0.53</td> <td>.000</td> </tr> </tbody> </table>	Results:	Pre	Post	Diff	P-Value	N = 174					Q12	2.91	3.44	0.53	.000			
Results:	Pre	Post	Diff	P-Value																
N = 174																				
Q12	2.91	3.44	0.53	.000																

SUCCESS STORY

TAI CHI: MOVING FOR BETTER BALANCE

The Napa and Solano Area Agency on Aging set a Community Change Goal to increase physical activity rates for SNAP-Ed eligible residents by integrating physical activity promotion into qualifying programs. As part of that goal we tried using the SNAP-Ed approved, evidence-based Tai Chi: Moving for Better Balance (TCMBB) class as part of the Fairfield Adult Recreation Center's program. TCMBB consists of slow, flowing tai chi movements that have been modified by Dr. Fuzhong Li of the Oregon Research Institute to enhance balance and strength, specifically for older people.

Two years ago, on the very first day of the program there was only one participant! After the first 12-week program, word got out about how helpful the program is, in terms of improved mobility and range of motion as well as an increased sense of independence. Attendance climbed from each 12-week workshop to the next. People began bringing their friends. Physicians began referring their older patients. Most recently, there were 24 participants on the first day of class!

Working with the group and the Center, we split into two more manageable groups with 12 in each group. Each time we start over with a new 12-week program, about half of the previous attendees return as program alumni and half are brand-new to the program. This mix provides excellent program support. The enthusiasm of the alumni and their demonstrations of the forms help give the new participants the confidence to continue and the desire to continue the social relationships established.



Rosa Pickett practices tai chi in a TCMBB class.

This program has a tremendous impact on seniors' lives, many of them beginning their own regular tai chi practices at home. Participants have started the program barely able to walk or unable to reach their arms up. Their movements have become smoother and their pain is diminished. Others have said that they were previously sedentary at home, feeling depressed but feel energized after TCMBB. Now we are scheduled to begin TCMBB programs at other venues throughout Napa and Solano. It is thrilling to spread this lovely program to reach more and more seniors with a physical activity they enjoy and that helps their well-being on so many levels.

"My doctor says I don't need knee surgery after doing Tai Chi in your class! Thank you!!" -participant

PHYSICAL ACTIVITY AND REDUCED SEDENTARY BEHAVIOR

The MT3 indicators measure behavioral changes to increase physical activity and/or reduce sedentary behavior (USDA-FNS, 2016). Physical activity is defined as any body movement that works muscles and requires more energy than resting. Sedentary behavior is defined as too much sitting or lying down at work, at home, in social settings, and during leisure time. Both increasing physical activity and decreasing sedentary behaviors are important for overall health.

In FFY 2017, California SNAP-Ed evaluated the following MT3 indicators:

Increased Physical Activity, Fitness, and Leisure Sport:

- MT3a. Physical activity and leisure sport (general physical activity or leisure sport)
- MT3b. Physical activity when you breathed harder than normal (moderate-vigorous physical activity)
- MT3c. Physical activity to make your muscles stronger (muscular strength)

Reduced Sedentary Behavior. Decreases in time spent in sedentary behavior (computers, desk sitting, television watching) during the period assessed.

- MT3g. Television viewing
- MT3h. Computer and video games

MT3 PHYSICAL ACTIVITY AND REDUCED SEDENTARY BEHAVIOR			
MT3a. Physical activity and leisure sport SIA: CDPH	Outcome Measure:		
	Survey / Data Analysis Tool		Population
	Youth Nutrition and Physical Activity Survey.		Grades 3-8
	Outcome Measure Details:		
	Question(s)	Results	
	Check all the days you exercised or took part in physical activity that made your heart beat fast and made you breathe hard for at least 60 minutes.	Results:	Mean Change
Intervention <i>n</i> = 4,774		0.597	.433
Comparison <i>n</i> = 961		0.496	

<p>MT3a. Physical activity and leisure sport SIA: CDPH</p>	Outcome Measure:		
	Survey / Data Analysis Tool		Population
	High School Nutrition and Physical Activity Survey.		Grades 9-12
	Outcome Measure Details:		
	Question(s)	Results	
	<p>Check all the days you exercised or took part in physical activity that made your heart beat fast and made you breathe hard for at least 60 minutes.</p>	Results:	Mean Change
Intervention <i>n</i> = 903		0.309	.670
Comparison <i>n</i> = 313		0.392	

<p>MT3b. Moderate vigorous physical activity SIA: CDPH</p>	Outcome Measure:				
	Survey	Data Analysis Tool	Population		
	Youth Nutrition and Physical Activity Survey 2014 Version.	CDPH Youth Excel <i>t</i> -test spreadsheet and SPSS Ver. 23 for frequencies, <i>t</i> -test verification, and cross tabulations.	190 elementary school youth from elementary schools in the Pajaro Valley Unified School District and the Santa Clara County McKinley School District. Age: mean age 10.1; Gender: 56% female, 44% male; Race/Ethnicity: 65% Latino, 19% Asian, 6% White, 6% mixed race, 2% Black, and 2% American Indian/Alaska Native and Native Hawaiian/Pacific Islander.		
	Outcome Measure Details:				
	Question(s)	Results			
	<p>Question #24: Check all the days you exercised or took part in physical activity that make you heart beat fast and made you breathe hard for at least 60 minutes? (Monday; Tuesday; Wednesday; Thursday; Friday; Saturday; Sunday; I didn't do any exercise last week that made my heart beat fast for 60 minutes).</p>	Results: <i>N</i> = 190	Pre	Post	Diff
Q24		3.70	4.30	0.60	.00

<p>MT3b. Moderate vigorous physical activity SIA: CCC</p>	Outcome Measure:												
	Survey	Data Analysis Tool	Population										
	Food Smarts version 2017–18 items (pre/post, matched pairs).	Survey Monkey data entry form, SPSS Ver. 23 for Frequencies, <i>t</i> -test verification, and cross tabulations.	174 adult participants from CC of Los Angeles–St Margaret’s Center, CC Diocese of Monterey, and CC Diocese of San Diego. Age: 63% age 18-59 and 27% age 60+; Gender: 76% female, 24% male; Race/Ethnicity: 59% Latino, 30% White, and 9% African American/Black, 3% Other.										
	Outcome Measure Details:												
	Question(s)	Results											
Question #16: How often do you get at least 2.5 hours of moderate physical activity a week? (All the time; Most of the time; Sometimes; Rarely; Never).	<table border="1"> <thead> <tr> <th>Results: N = 174</th> <th>Pre</th> <th>Post</th> <th>Diff</th> <th>P-Value</th> </tr> </thead> <tbody> <tr> <td>Q16</td> <td>3.40</td> <td>3.85</td> <td>0.45</td> <td>.000</td> </tr> </tbody> </table>	Results: N = 174	Pre	Post	Diff	P-Value	Q16	3.40	3.85	0.45	.000		
Results: N = 174	Pre	Post	Diff	P-Value									
Q16	3.40	3.85	0.45	.000									

<p>MT3 c Physical activity to make your muscles stronger (<u>muscular strength</u>) SIA: CDA</p>	Outcome Measure:												
	Survey / Data Analysis Tool		Population										
	Rapid Assessment of Physical Activity (RAPA)		Adults 60 years and older										
	Outcome Measure Details:												
	Question(s)	Results											
How often do you engage in activities that increase muscle strength?	<table border="1"> <thead> <tr> <th>Results: N = 966</th> <th>Pretest Mean</th> <th>Posttest Mean</th> <th>Diff</th> <th>P-Value</th> </tr> </thead> <tbody> <tr> <td></td> <td>0.31</td> <td>0.43</td> <td>0.21</td> <td>9.4e⁻¹¹</td> </tr> </tbody> </table> <p>RAPA pretest and posttest suggests 12% of participants increased the frequency in which they engage in activities that increase muscle strength at least one or more times per week.</p>	Results: N = 966	Pretest Mean	Posttest Mean	Diff	P-Value		0.31	0.43	0.21	9.4e ⁻¹¹		
Results: N = 966	Pretest Mean	Posttest Mean	Diff	P-Value									
	0.31	0.43	0.21	9.4e ⁻¹¹									

<p>MT3 g, MT3 h Television viewing, Computer and video games SIA: CDPH</p>	Outcome Measure:		
	Survey / Data Analysis Tool		Population
	Youth Nutrition and Physical Activity Survey.		Grades 3-8
	Outcome Measure Details:		
	Question(s)	Results	
	<p>Think about the time you spend mostly sitting when you are not in school or doing homework. During the weekdays, about how much time do you spend on a typical or usual school day sitting and watching TV, playing video games, or on a computer?</p>	Results:	Mean Change
Intervention <i>n</i> = 4,771		0.082	.902
Comparison <i>n</i> = 945		0.074	

<p>MT3 g, MT3 h Television viewing, Computer and video games SIA: CDPH</p>	Outcome Measure:		
	Survey / Data Analysis Tool		Population
	High School Nutrition and Physical Activity Survey.		Grades 9-12
	Outcome Measure Details:		
	Question(s)	Results	
	<p>Think about the time you spend mostly sitting when you are not in school or doing homework. During the weekdays, about how much time do you spend on a typical or usual school day sitting and watching TV, playing video games, or on a computer?</p>	Results:	Mean Change
Intervention <i>n</i> = 909		-0.348	.224
Comparison <i>n</i> = 316		-0.3214	



PLANNED IMPROVEMENTS

California SNAP-Ed had a strong and effective year in 2017. The efforts and successes seen throughout direct education and PSE nutrition interventions; coupled with the improved and expanded partnerships that lead to more coordinated, collaborative, and efficient programs; left California SNAP-Ed well poised for improvement in the year ahead. The following are anticipated modifications and improvements California has in store for FFY 2018.

IMPROVED DIRECT EDUCATION REPORTING VIA PEARS

As noted in the Program Highlights and Achievements section, California SNAP-Ed fully implemented the PEARS reporting system in FFY 2017 and successfully used PEARS PSE data for FFY 2017 reporting. However, direct education data were not recorded via PEARS in 2017 and therefore the current report relied on information collected from the five SIAs using templates. This historic system of reporting presents barriers to cohesive reporting for a SNAP-Ed program as large and active as California's, making it difficult to collect and synthesize basic information about program activity and outcomes across agencies. It also falls short of creating an efficient feedback loop in which program implementers can access timely information to improve their work.

In FFY 2018 standardized reporting for all direct education and PSE interventions will be accomplished using PEARS. This will enable the first truly comprehensive, coordinated, and fully integrated report of all California SNAP-Ed direct education activities in FFY 2018. The addition of PEARS direct education reporting will also facilitate the LIAs' timely access to information for the purpose of continuous quality improvement. With PEARS fully implemented, the PEARS project team will shift its focus to procedural improvements that will promote data quality, facilitate reporting, and help LIAs and their SIAs get the most out of their data.

ACCESS TO HEALTHY FOOD FIELD GUIDE

California SNAP-Ed is preparing an Access to Healthy Food Field Guide for Human Services Agencies. CDSS identified an opportunity to empower local communities to provide SNAP-Ed program support to recipients by providing county social services workers with a concise, but thorough directory of SNAP-Ed services. CDSS and California SNAP-Ed will offer the Field Guide to remedy disconnection at the local level and further foster cooperation and collaboration across programs.

The evidence-based Field Guide will support county human services staff and their partners in promoting their clients' health and well-being. It will also provide a venue for SIAs to reach SNAP recipients, and those eligible for SNAP and other services, with nutrition education support, physical activity support, and other SNAP-Ed intervention strategies. Several counties have already been visited to test the need for, and likely reception of, the Field Guide. Responses at the local level have been positive and have further illuminated the need for a resource targeted to social services workers at the local level. CDSS, with the assistance of PHI, will continue to develop the Field Guide and promote it through a webinar and additional visits to counties throughout California in 2018.

CALFRESH UNITED CONSUMER MESSAGING INITIATIVE

CDSS is working with Rescue, the Behavior Change Agency to develop a cohesive and comprehensive statewide consumer brand messaging and communication system for SNAP and SNAP-Ed programs and services. In 2017 and early 2018 CDSS and Rescue Agency conducted formative research, including

in-depth stakeholder interviews, to identify consumer motivations and obstacles related to healthy living among SNAP-Eligible Californians. An early finding was confusion and low awareness of SNAP-Eligible interventions and activities in California communities. This is perhaps an inevitable outcome, in the absence of clear direction and cohesive consumer messaging, for a program in which five SIAs serve a large and diverse state.

The CalFresh United initiative will increase overall awareness of the CalFresh name and promote consumers' recognition of CalFresh as a trusted and reliable source of information on healthy living. CalFresh United, therefore, creates a setting in which low-income consumers can readily recognize California SNAP-Eligible implementers in the field as credible, helpful allies in finding ways to live healthfully on a budget. Completion of the CalFresh United initiative, with implementation support from Rescue Agency, is slated for the end of FFY 2018.

TEAM COLLABORATION SOFTWARE SYSTEM IMPROVEMENTS

The SNAP-Eligible SharePoint website is the online solution for all SNAP-Eligible agencies to work collaboratively. SharePoint provides users the ability to contribute to the State Plan documents by allowing enabling co-authorship of documents, uploads, revisions, and edits in real-time, simultaneously, in an online environment.

SNAP-Eligible SharePoint is used by the SIAs to develop and submit State Plan and Annual Report documents to USDA-FNS. FFY 2017 is the first year of a Multi-Year State Plan for California and California SNAP-Eligible's State Plan was successfully submitted to USDA-FNS. CDSS will continue to expand and improve upon the capabilities of SharePoint for FFY 2018. In FFY 2018, State Plan documents, such as Integrated Work Plans, Budget Templates, Budget Adjustment Requests, Curriculum Lists, Site Lists, and Mid-Year Amendments will be converted to SharePoint forms with the capability for enhanced reporting by queries, and enhanced data collection and automation functionalities, such as updates and approval processes. In keeping with California SNAP-Eligible's overall impetus toward integration, these SharePoint enhancements will support the SIAs' progress toward streamlined and improved State Plan processes and outcomes.

RETAIL PROJECT

The Retail Project will support statewide partnerships in improving relations with corporate retailers, fruit and vegetable distributors, and other industry partners with the aim of increasing promotion of the new SNAP-Eligible brand and access to affordable fruits and vegetables statewide. Five corporate retail partners will be identified and "memorandum of understanding" agreements will be developed to engage the retailers. The retail intervention options, including behavioral economics strategies, will be presented to retailers for implementation. This year the focus will be on value chains and dollar stores. The Retail Project plan will be a strong promotional connection to the new SNAP-Eligible brand and to CalFresh.

WEBSITE

CDSS is working on developing a California SNAP-Eligible Website. The website will be developed for all California implementing agencies, local and statewide, as a one-stop shop for information and resources about California SNAP-Eligible. While developing the site we will focus on usability, brand equity, consistency, increased efficiency and reduced redundancy across programs. This site will host the Field Guide and online training modules.

FOOD SECURITY COMMUNITY BASED ORGANIZATION PILOT PROJECTS

With the assistance of PHI, small, community-based and tribal organizations will be identified to focus on food security initiatives that target the following priority populations: older adults, foster youth, Native Americans, early childcare education caregivers and providers. Specifically, the following pilot projects have been identified for this year: Healthy Torres Martinez Desert Cahuilla Indian Youth, Native Youth-led Healthy Foods Participatory Action Research Project, Health Ambassador Program, and the Summer Meals Coalition Early Childhood Library Project.

CDPH LOCAL PROGRAMS

In FFY 2018, CDPH plans to improve upon LHD guidance by strengthening and streamlining the FFY 2020 to 2022 LHD grant application process to be more focused, comprised of a refined menu of choices for LHDs, and organized by strategies that have the strongest basis in evidence for intervention effectiveness for specific populations, settings, and mechanisms (portfolios). CDPH plans to release its grant agreement guidance to LHDs by April 30, 2018.

CDPH ADMINISTRATION AND BUDGET

In FFY 2018, CDPH plans to strengthen very small rural counties' ability to implement SNAP-Ed projects by using carry-in funds to increase their budgets to a minimum of \$150,000/year.

CDPH MEDIA

CDPH will onboard and coordinate with the new media contractor (Rescue, the Behavior Change Agency) in FFY 2018. The current "Be Better" campaign will air in FFY 2018 while Rescue Agency conducts market segmentation research (expected to be completed by May 2018). The data will inform the development of the new SNAP-Ed media campaign, which is slated to be developed in the fall of 2018. Airing of the new campaign assets would take place in calendar year 2019. Throughout the planning process, CDPH will coordinate with Rescue and their efforts leading California SNAP-Ed's CalFresh United branding project under the direction of CDSS. The media campaign messages will also be informed and support focused area strategies that local agencies will implement in FFY 2020 through 2022.

CDPH TRAINING

CDPH will continue the implementation of the California SNAP-Ed Training Plan which is comprised of three components:

1) Statewide training; 2) Regional Support; and 3) Specialized Trainings. As the current year's training plan is implemented, the CDPH-led Training Team simultaneously assesses and plans for the next FFY's trainings. Throughout FFY 2017, coordination members have defined program strategies, assessed training needs, and prioritized training topics. The objective of the last meeting in FFY 2017 was to propose a plan for trainings in FFY 2018. Attendees

considered big-picture approaches to satisfy SIA training needs and offered their rationale proposals to reach final agreement. Training leads and SIA representatives developed action plans and timelines, taking into account their individual SIA's FFY 2018 commitments. This allows CDPH-led training teams to conduct work while also reducing time conflicts of team members in the year ahead. The process in FFY 2018 will be as follows:

- a. Quarter 1: Needs Assessment.
- b. Quarter 2: Review and coordinate through SIA Manager discussion, one-on-one key informant interviews, and discuss cumulative summaries of assessments with SIA Managers.
- c. Quarters 2/3: Begin initial planning with SIA Managers and determine key priorities based on assessed needs.
- d. Quarter 3: Begin project coordination with SIA reps.
- e. Quarter 4: Review coordination proposals with SIA managers, arrive to final agreement at a planning meeting.
- f. SIA managers review and provide feedback on Learning Objectives and activities for specific training plan projects.

CDPH INCLUSION

CDPH will continue to foster the inclusion of individuals with disabilities within the work of California SNA-Ed programs, policies and educational materials. In FFY 2017, CDPH conducted an environmental/community scan of partners and resources with a contractor and developed a draft training and technical assistance plan. CDPH will explore how to finalize and implement this draft plan in FFY 2018.

UC CALFRESH ADULT AND FAMILY PHYSICAL ACTIVITY PROGRAMMING

UC CalFresh describes planned improvements for adult and family physical-activity programming as follows: Provide county programs with additional strategies on how to integrate physical activity into adult and family programming. Adult programs will further develop walking clubs, implement the physical activity component of "Eat Smart Be Active" curriculum, and build upon existing partnerships to explore intergenerational opportunities (i.e., CATCH OASIS Program and California Department of Aging).

UC CALFRESH EDUCATIONAL MATERIALS, CURRICULA AND EVALUATION TOOL TRANSLATIONS AND ONLINE INCORPORATION

Counties have expressed the need for University-of-California-developed educational materials and curriculum to be translated into languages that meet the needs of program participants. Program team staff will identify UC-developed educational materials, curricula, and evaluation tools to be translated into Asian languages per request of county programs. County programs have also expressed interest in incorporating online nutrition education curricula into their programs. Program team staff will continue to explore the integration of online nutrition education curriculum such as the EatFresh.org Mini Course, and others developed by the California SNAP-Ed training team, into county programs.

UC CALFRESH YOUTH ENGAGEMENT INITIATIVE

To improve the effectiveness and build upon the trainings conducted in FFY 2017. PHI, The University of California, Davis Center for Regional Change, and California 4-H will implement a Regional Cohort Model for training and technical assistance for FFY 2018. Three cohorts will include groups of nutrition educators, supervisors, and/or advisors who are implementing the same youth engagement program model (either Youth Participatory Action Research or Teens as Teachers) along the same trajectory. This model will allow for people to come together at strategic points in the process for collective training and learning, and receive ongoing technical assistance and program development support.

UC CALFRESH SMARTER LUNCHROOMS MOVEMENT (SLM)

To ensure the utilization of the most updated assessment SLM tools developed by the Cornell BEN Center. All County Programs implementing SLM will use the new, 60-Point SLM Scorecard and the Smarter Mealtimes Scorecard for childcare settings. The new 60-point scorecard employs the same evidence-based strategies of the original, 100-point scorecard, in a more streamlined, user-friendly format. Additionally, staff implementing SLM in childcare settings will utilize the Smarter Mealtimes Scorecard to assess childcare meal environments and identify strategies for implementation. Both tools will be utilized by all implementing counties to ensure consistency.

UC CALFRESH AND CALIFORNIA DEPARTMENT OF HEALTH CARE SERVICES PROJECT CONNECT

In the coming year, The California Department of Health Care Services and University of California, Davis Institute for Population Health Improvement are collaborating to develop and test an obesity program, called Project Connect. The purpose of the project is to reduce the risk and prevalence of obesity and associated health care costs among low-income, SNAP-Ed-eligible mothers in California. Project Connect consists of three phases: (1) formative research; (2) program development; and (3) evaluation and translation of results.

CCC LIA ON-SITE REFINEMENT AND STRATEGY SELECTION

Some CCC LIA projects would benefit from greater refinement in site and strategy selection. In FFY 2018, CCC plans to continue refining local level implementation to maximize program impact and cost effectiveness, as well as to align program strategies with statewide SNAP-Ed priorities. In addition, CCC will continue to develop program management and guidance tools to assist CCC LIAs in this refinement, and in accurately inputting program data to ensure valid reporting and consistent communication of program success.

CDA GAP ANALYSIS

CDA is conducting a gap analysis to ensure efficient utilization of SNAP-Ed funding and to determine the appropriate baseline level of funding required by an LIA to fully operate the program. CDA will utilize information from the following sources for the gap analysis:

- Results from multiple surveys of the SIAs (including quarterly program review, a survey of program and funding needs).
- Fiscal evaluation of expenditures.
- Data analysis, including cost of services per participant
- Evaluation of curricula to determine which programs are best suited to the needs of the elderly population served.

Currently, the average funding per CDA LIA is \$30,000 per year. This amount is insufficient to fully operate the program with dedicated staffing and provision of optimal frequency, locations, and variety of SNAP-Ed activities. The baseline level of funding needed to fully operate the program must be established in order to stabilize existing programs and expand to other LIAs in CDA's network of 33 AAAs. Determining the appropriate level of baseline funding will allow CDA to request the necessary amount of funding to stabilize current programs and expand SNAP-Ed to AAAs. The SNAP-Ed program will have a greater impact by expanding the footprint within CDA's 33 AAAs, rather than concentrating services within a select number of AAAs.



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APPENDICES

Appendices to the California SNAP-Ed Federal Fiscal Year 2017 Annual Report are available by request. To obtain copies of the appendices, please contact CalFreshSNAP-Ed@dss.ca.gov.

- A. Administrative Expenditures—SNAP-Ed Annual Report Template 7A
- B. Inventory of Publications
- C. Major Achievements
- D. Major Setbacks
- E. New and Ongoing Projects for CA in FFY 2017
- F. Outcome and Impact Evaluations—SNAP-Ed Annual Report Template 7B
- G. Partnerships
- H. Reporting SNAP-Ed Indicators—SNAP-Ed Annual Report Template C
- I. State Implementing Agency Awards and Publications
- J. State Implementing Agency Narrative Annual Reports—SNAP-Ed Annual Report Template 7A