

# IMPACT



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## District III ENP uses “One-time Surveys” to Obtain Input from 97% of Adult Participants

### *The Situation*

The impact of the Food Stamp Nutrition Education (FSNE) program, called the Extension Nutrition Program (ENP) at the University of Idaho has been determined by measuring behavior changes in adult participants. After taking a series of six classes on dietary quality, food safety, and food resource management, they complete a retrospective behavior change questionnaire (post/pre). Approximately 10% of adult participants enroll in these six classes while the remaining 90% take 1-5 classes.

In order to obtain input from a higher percentage of ENP participants, “one-time surveys” were developed that all participants completed at the end of each class they attended.

### *Our Response*

ENP teaches 17 classes that cover dietary quality, food safety, and food resource management. For each class, a “one-time survey” was developed that participants completed at the end of the class.

Each “one-time survey” contained two questions. The first question asked them to choose which one behavior they thought was the most important to do as a result of the class. There were four choices. The first three choices were possible behaviors based on the objectives of the class. The fourth choice was the option to “not make any changes.”

The second question asked them if they learned something new (choose yes or no), and space was provided for them to write in comments.

Listed below is an example of a ‘one-time survey’ from the MyPyramid class.

A screenshot of a survey form titled "Figure 1. MyPyramid Evaluation" under the "FSNE Program" header. The form asks the respondent to "Fill in the circle of the ONE behavior that you think is the most important to do as the result of this class." It provides four radio button options: "use the MyPyramid to plan my meals.", "try to eat a variety of foods from all five food groups every day.", "make lower fat choices from all the food groups.", and "not make any changes." Below this, it asks "Did you learn anything new about MyPyramid from this class?" with "Yes" and "No" radio button options. A "Comments:" field is at the bottom. A legend indicates "Answer Selection: Correct = ● Incorrect = ✕" with icons for a correct answer and an incorrect answer.

In District III, the following ENP personnel participated in this study: Rhea Lanting, Cammie Jayo, Marcia Wilhite, Judy Skinner, Gretchen Manker, Nona Mock, Gayl Kerbs, and Mary Baker. The counties where this was implemented include: Twin Falls, Jerome, Gooding, Cassia, Lemhi, Lincoln, and Minidoka.

ENP adult participants were selected over a 6-month period of time, using a non-random sampling approach. Behaviors from the 17 classes were analyzed and grouped into the following three categories: dietary quality, food safety, and food resource managements. Analysis of variance was calculated on the completed surveys to determine which behaviors were selected by a significant number of participants.

## ***Program Outcomes***

There were 222 adults who attended classes and 215 or 97% of participants completed a “one-time survey.”

Behaviors selected by a significant ( $p < 0.001$ ) number of participants in the three categories are:

Dietary quality:

- Eat a variety of foods from the five food groups.
- Use the food label to make more nutritious choices.

Food Safety:

- No longer thawing meat at room temperature.
- Thoroughly cooking meat, poultry, and fish.

Food Resource Management:

- Use the five food groups to plan menus.
- Use a spending and saving plan.

The overwhelming majority indicated they learned something new. On the surveys, 95% selected yes and 5% selected no when asked if they learned something new.

### **Comments made by participants:**

Dietary quality:

- *I learned I need to eat more fruit.*
- *Convenience food is easier but not very nutritious.*

Food Safety

- *I learned how to thaw meat.*
- *I am amazed at all I have heard and learned about cross contamination.*

Food Resource Management:

- *Track and write down how much money I'm spending each month on food.*
- *I could save a lot if I didn't spend money on smokes, coffee, and soda.*

### **Application**

These results have been used to focus classes on how to implement the information covered in class.

### **Conclusions**

The one-time surveys were effective in obtaining input from a larger percentage of food stamp participants.

They provided input on what behaviors participants thought were the most important to them.

Future application: These surveys were adapted to fit into the new Education and Administrative Reporting System (EARS) and will be used state-wide during FY2007.

The FSNE program is funded through USDA.

### **Other Contributing Faculty**

Rhea Lanting, Cammie Jayo, Marty Denham.

## ***For More Information***

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