

# **Community Food and Nutrition Programs (CFNP) Highlights of New Position Paper**

Sarah L. Francis  
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# Proposed Outcomes of CFNP

- Lower risk of malnutrition
- Prevent or reverse unintended weight loss (UWL)
- Improve dietary practices as determined by validated screening and assessment tools
- Improve food security
- Decrease avoidable admissions to hospitals, nursing homes, and other care settings related to poor nutrition
- Lower hospital readmissions through integrated services and recognition of malnutrition risk during transitions of care.

# Nutritional risk and screening assessment

- Continued outcomes assessments are necessary
- Recommended tools:
  - Mini Nutritional Assessment (MNA)
  - Dietary Screening Tool (DST)\*\*
  - Malnutrition Screening Tool (MST)
  - Seniors in the Community: Risk Evaluation for Eating and Nutrition (SCREEN II)

# Food security assessment

- US Household Food Security Survey Module (national surveys)
- “Six-Item Short Form” from Economic Research Services\*\*
- Two-question subset of “Six-Item Short Form” \*\*

# ***FC* Evaluation Process**

<b>Year</b>	<b>Project</b>
<b>2011-2012</b>	Chef Charles Revision Project
<b>2015-2016</b>	Statewide <i>FC</i> Evaluation Project
<b>2017-2018</b>	Fidelity checklist validation study Physical activity needs and preference assessment
<b>2018-2019</b>	Fidelity assessment Program satisfaction assessment
<b>2019-2020</b>	Statewide <i>FC</i> Evaluation Project

# FC-Related Publications

- Bahl, M., Yap, L., Francis, S.L., Montgomery, D., & Lillehoj, C. SNAP-Ed Program for Older Adults: Facilitators' Perspectives. *Journal of Nutrition Education and Behavior*. 51(4), 486-491.  
<https://doi.org/10.1016/j.jneb.2018.10.012>
- Yap, L., Francis, S.L., Shelley, M.C., Montgomery, D., Lillehoj, C.J. Food Safety Practice Gaps for Older Adults. *Journal of Extension*. (online), Article RB11. Available at: <https://joe.org/joe/2019february/rb11.php>
- Lillehoj, C.J., Yap, L., Montgomery, D., Shelley, M., Francis, S. L. Nutritional risk among congregate meal site participants: benefits of a SNAP-Ed Program. *Journal of Nutrition in Gerontology and Geriatrics*. 1-14.  
<https://doi.org/10.1080/21551197.2018.1516592>
- Francis, S.L., MacNab, L., & Shelley, M. A theory-based newsletter nutrition education program reduces nutritional risk and improves dietary intake for congregate meal participants. *Journal of Nutrition in Gerontology and Geriatrics*, 33: 91-107.

# **Physical Activity Needs and Preference Assessment Outcomes**



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CONVERSATIONS

# Participants

Characteristics	Number	Percent (%)
<b>Age (years)</b>		
60 to 69	6	10.3
70 to 79	30	51.7
80 and older	21	36.2
Missing	1	1.7
<b>Gender</b>		
Female	50	86.2
Male	8	13.8
<b>Race</b>		
Black	1	1.7
White	56	96.6
Other	1	1.7
<b>Marital Status</b>		
Divorced	9	15.5
Married	22	37.9
Single, never married	4	6.9
Widowed	23	39.7

# Participants

Characteristics	Number	Percent (%)
<b>Highest Degree Completed</b>		
Less than high school	2	3.4
High school/GED	22	37.9
Some college	13	22.4
Associates Degree and/or Technical School degree	7	12.0
Bachelor's degree	6	10.3
Graduate degree	8	13.8
<b>Self-reported health status</b>		
Very poor	2	3.4
Somewhat poor	8	13.8
Average	19	32.8
Somewhat good	12	20.7
Very good	17	29.3
<b>Currently participate in <i>Fresh Conversations</i></b>		
No	22	37.9
Yes	36	62.1
<b>Food Security Classification</b>		
Food Insecure	2	3.4
Food Secure	56	96.6

# Outcomes

## Feelings about PA or Exercise

- happy,
- fearful/skeptical,
- makes me feel better

## Barriers to PA or Exercise

- pain/fear of pain,
- limited time/scheduling challenges,
- finances,
- physical limitations,
- low motivation

# Outcomes

## Motivators

- Socialization,
- Anticipated health benefits

## Perceived Benefits

- Improved:
  - physical function,
  - cognitive function,
  - general health

# Outcomes

## Current Community Supports

- Senior center
- Designated walking areas

## Community Support Needs

- Residential sidewalks
- Access to community facilities

# Suggestions

- Focus *FC PA* articles on:
  - Barriers and strategies to overcome barriers
  - Benefits to PA and exercise

# Satisfaction Survey Outcomes



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# Respondents (n=757)

	Number	Percent (%)
<b>Gender</b>		
Female	557	73.6
Male	182	24.0
Missing	18	2.3
<b>Age (years)</b>		
≤ 64	43	5.7
65 to 74	185	24.4
75-84	280	37.0
85 and older	181	23.9
Missing	68	9.0
<b>Race</b>		
Persons of Color	42	5.6
White	686	90.6
Missing	29	3.8

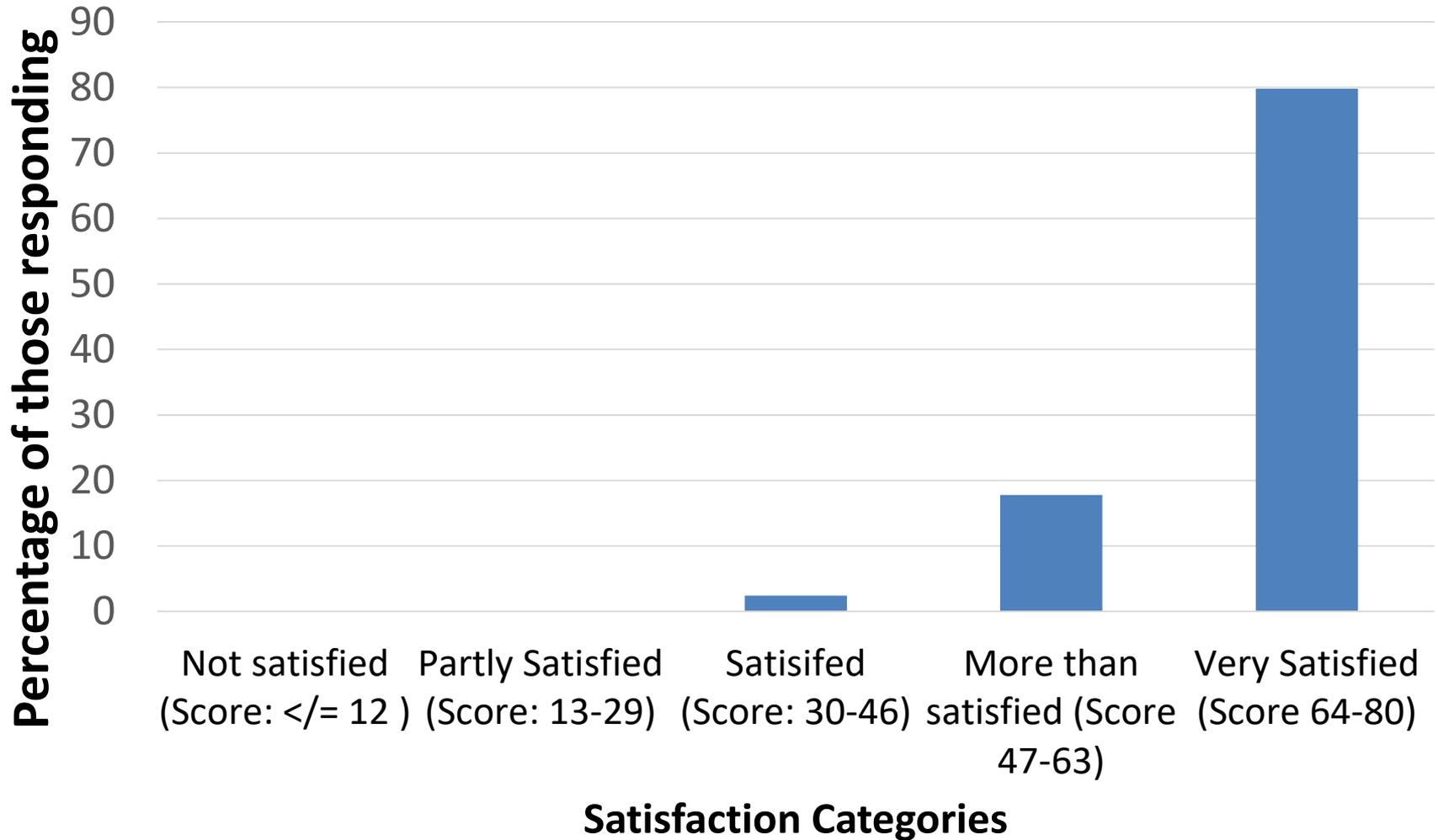
# Respondents (n=757)

	Number	Percent (%)
<b>Highest degree completed</b>		
< High School	55	7.3
High school/GED	323	42.7
Some college/ Associates or technical school	225	29.7
Bachelor's and higher	124	16.4
Missing	30	4.0
<b>Marital status</b>		
Divorced/ Separated	114	15.1
Married	186	24.6
Single, never married	49	6.5
Widowed	387	51.1
Missing	21	2.8
<b>Overall Satisfaction (General question)</b>		
Not satisfied/ Partly satisfied	26	2.1
Satisfied	193	25.5
More than satisfied	119	15.7
Very satisfied	399	52.7
Missing	30	4.0

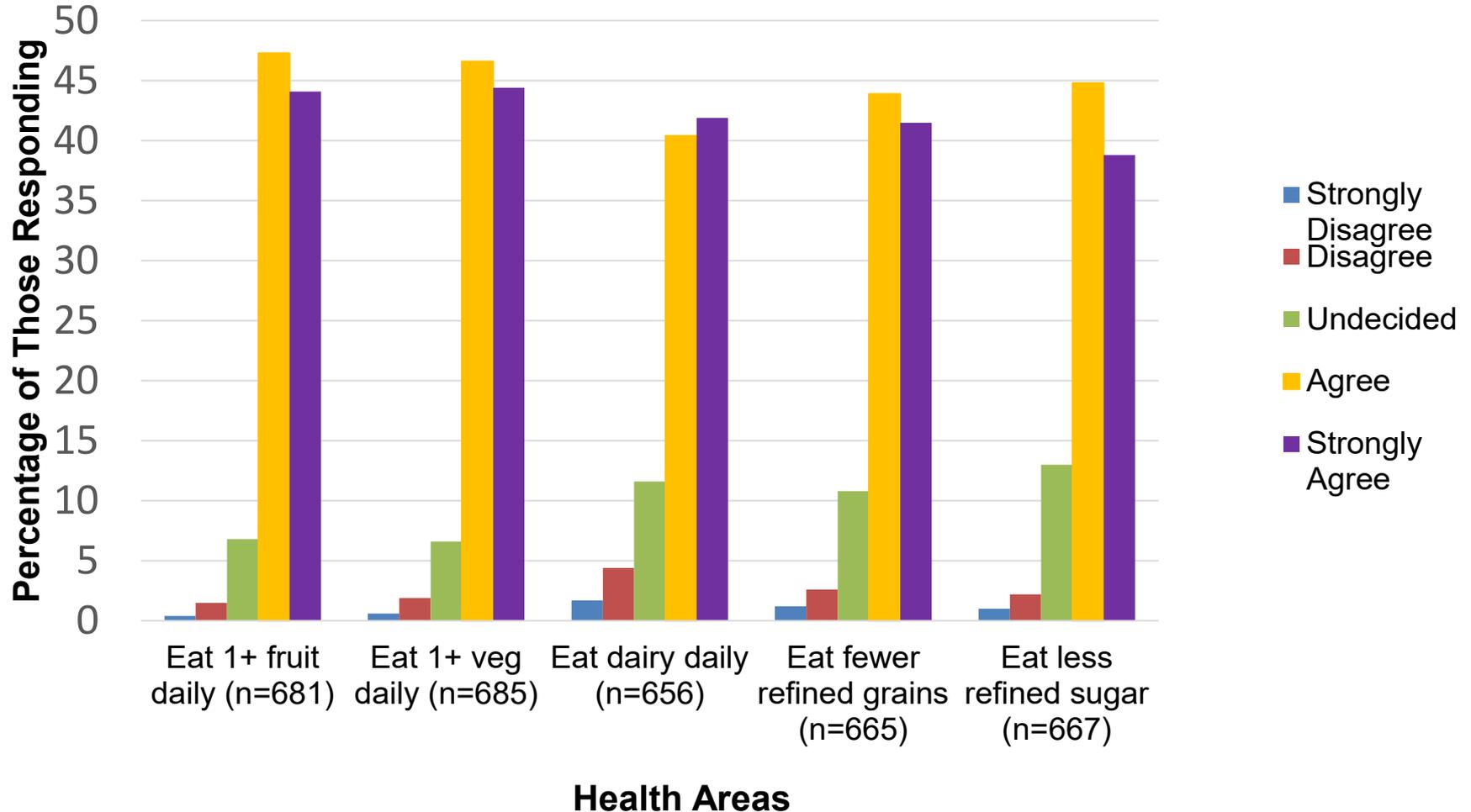
# Satisfaction Average Scores

Satisfaction Construct (number of responses)	Maximum Score Possible	Mean Score Overall (± Standard Deviation)
<b>Newsletter (459)</b>	36	30.6 (± 5.7)
<b>Meeting (n=563)</b>	24	21.4 (± 3.6)
<b>Location (n=649)</b>	20	18.7 (± 2.8)
<b>Total Satisfaction (n=411)</b>	80	71.2 (± 9.7)

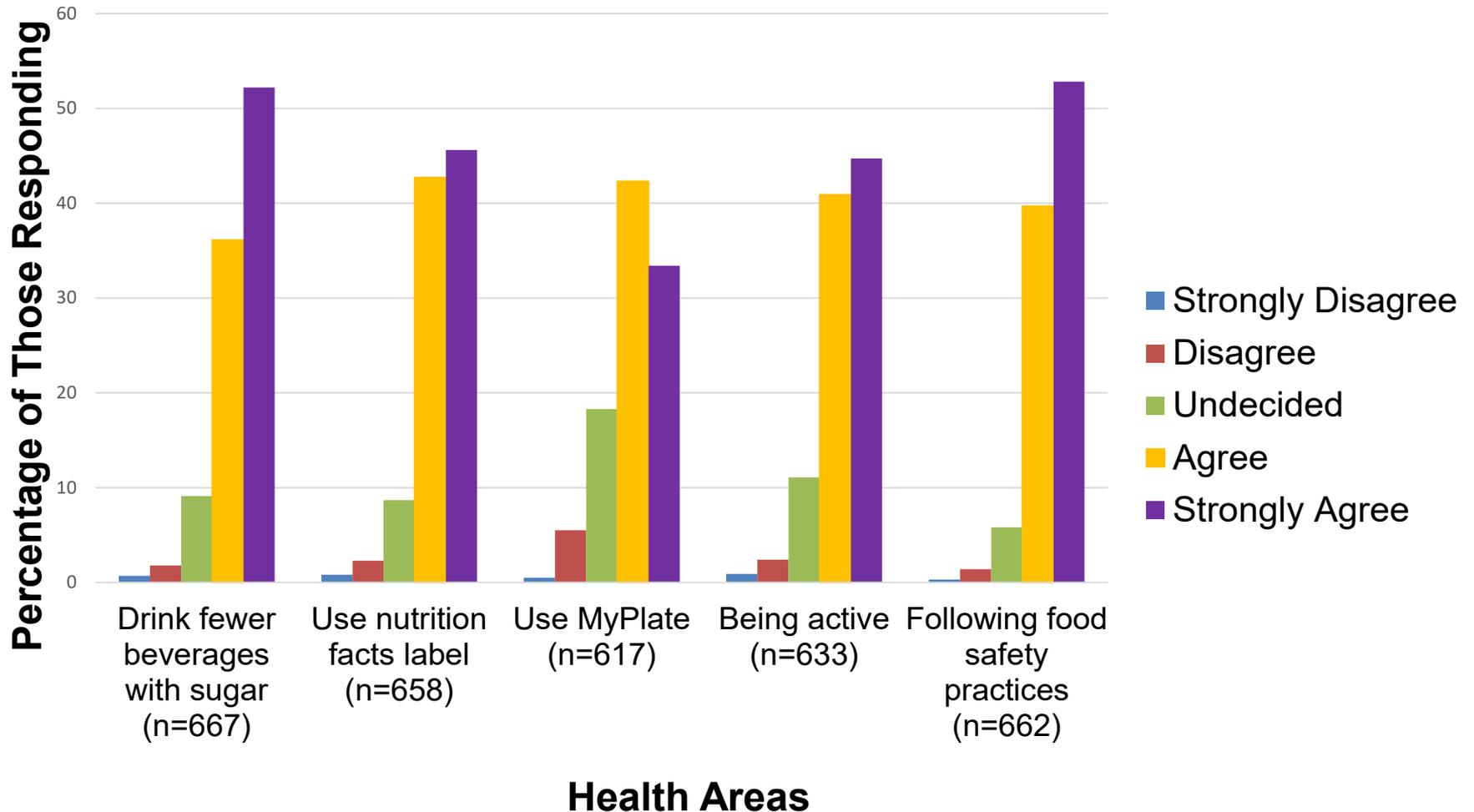
# Total Satisfaction with *FC*



# Perceived Health Impacts



# Perceived Health Impacts



# FC evidence base classification

- Thank you for submitting Fresh Conversations for review and potential inclusion in the SNAP-Ed Toolkit. Three experts reviewed and scored your application materials, and they determined this intervention should be included in the SNAP-Ed Toolkit as an evidence-based intervention. Congratulations!



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# **2020 EVALUATION PROJECT OVERVIEW**

# Evaluation Project Purpose

- To evaluate to what extent the *Fresh Conversations (FC)* Program is able to increase health promoting behaviors of adults age 60+ including:
  - improved dietary intake frequencies (DST)
  - nutritional status (DST)
  - nutritional self-efficacy
  - reduced sedentary time

# Evaluation Project Overview

	<i>FC</i> GROUP	COMPARISON GROUP
<b>Goal Number</b>	5 mealsites/AAA 200 to 400 participants total	2-3 mealsites/AAA 80 to 240 participants total
<b>Target Audience</b>	Locations offering <i>FC</i> Current <i>FC</i> participants	Locations not offering <i>FC</i> Non- <i>FC</i> participants
<b>Person responsible for data collection</b>	<i>FC</i> facilitators	ISU research staff
<b>Evaluation Method</b>	Paper/pencil survey	
<b>Data collection points</b>	March 2020 October 2020	
<b>Incentives</b>	Small gifts provided at the time of data collection	

# Take the Survey



# Logic Model

Inputs	Outputs		Outcomes -- Impact		
	Activities	Outputs	Short-term	Medium-term	Long-term
<ul style="list-style-type: none"> <li>• Funding/Grant Dollars</li> <li>• Staff</li> <li>• Equipment</li> <li>• Materials (newsletters, Facilitator guides, supplies)</li> <li>• Volunteers</li> <li>• Community Partners</li> <li>• Existing Resources</li> <li>• Facilitators</li> <li>• Older Adults</li> <li>• Congregate meal sites</li> <li>• Area Agencies on Aging</li> <li>• Retirement communities</li> <li>• Senior apartments</li> <li>• FC Program Coordinator</li> <li>• Iowa Department on Aging</li> <li>• Iowa Department of Public Health</li> <li>• Iowa State University Extension and Outreach</li> <li>• Education materials</li> </ul>	<p><u>Fresh Conversations</u></p> <ul style="list-style-type: none"> <li>• Monthly Newsletter</li> <li>• In-Person Sessions</li> <li>• Monthly 30 minute lessons               <ul style="list-style-type: none"> <li>○ Taste-testing</li> <li>○ Group discussion on barriers</li> <li>○ Address Individual action steps</li> <li>○ Goal setting</li> </ul> </li> <li>• Program promotion, participant recruitment training curriculum developed</li> </ul> <p><u>Evaluation</u></p> <ul style="list-style-type: none"> <li>• Measures               <ul style="list-style-type: none"> <li>• NSE<sup>1</sup></li> <li>• DST<sup>2-3</sup></li> <li>• MOST<sup>4</sup></li> </ul> </li> <li>• Program Evaluation</li> </ul> <p><u>Environmental Change</u></p> <ul style="list-style-type: none"> <li>• Produce box plan development</li> <li>• Identify barriers/opportunities for produce boxes</li> <li>• Identify produce sources, distribution systems</li> <li>• Physical activity action plan development</li> </ul> <p><u>Systems Change</u></p> <ul style="list-style-type: none"> <li>• Iowa Senior Hunger Partnership Campaign (ISHPC)</li> </ul>	<p><u>Fresh Conversations</u></p> <ul style="list-style-type: none"> <li>• # of Older Iowans reached</li> <li>• Fresh Conversations implemented</li> <li>• Additional sites recruited to implement Fresh Conversations</li> <li>• Fresh Conversations fidelity assessment</li> </ul> <p><u>Environmental Change</u></p> <ul style="list-style-type: none"> <li>• # Meal site facilitators complete training</li> <li>• # Action plans developed</li> <li>• # Meal sites participate in produce box pilot</li> <li>• # Partners who participate in produce box pilot</li> </ul> <p><u>Systems Change</u></p> <ul style="list-style-type: none"> <li>• # of partners</li> <li>• ISHPC promotional materials</li> </ul>	<p><u>Fresh Conversations</u></p> <ul style="list-style-type: none"> <li>• Improved self-efficacy in ability to maintain a healthful eating pattern (NSE)</li> <li>• Maintained or improved nutritional risk score (DST)</li> <li>• Identify physical activity preferences, needs, and current opportunities</li> <li>• 90% of Facilitators score 21 or higher on Fidelity Checklist</li> </ul> <p><u>Environmental Change</u></p> <ul style="list-style-type: none"> <li>• Increase in accessibility local produce</li> <li>• Increase in AAA produce box participation</li> <li>• Physical activity action plan finalized</li> </ul> <p><u>Systems Change</u></p> <ul style="list-style-type: none"> <li>• Increase awareness of ISHPC</li> </ul>	<p><u>Fresh Conversations</u></p> <ul style="list-style-type: none"> <li>• Maintenance of NSE and/or further improvement</li> <li>• Improved nutritional risk (DST) category</li> <li>• Increased dietary intake frequency for at least two food group categories (DST)</li> <li>• Improved food selection practices</li> <li>• Reduced sedentary time (MOST)</li> </ul> <p><u>Environmental Change</u></p> <ul style="list-style-type: none"> <li>• Increase in produce box participation</li> <li>• Increased capacity interagency collaboration (state, regional, local levels)</li> <li>• Physical activity action plan fidelity assessment completed</li> </ul> <p><u>Systems Change</u></p> <ul style="list-style-type: none"> <li>• Increase in ISHPC partners</li> <li>• Increase number of SNAP partners using ISHPC promotional materials</li> </ul>	<p><u>Overall</u></p> <ul style="list-style-type: none"> <li>• Improved health outcomes</li> <li>• Maintenance of independence of older adults</li> <li>• Decreased health care costs</li> <li>• Support local produce</li> </ul>

# Questions

