

5 Steps to Prevent Diabetes®

Evaluation Report



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Introduction

Five Steps to Prevent Diabetes® / Cinco Pasos Para Prevenir la Diabetes is a proven model of the power philanthropy has to fuel the change needed in people's lives to create better health.

Background

In 2009-2011, Natividad Foundation developed and piloted "Five Steps to Health," a program of five, two-hour classes, held over a five-week period. It was part of a three-year Local Food and Nutrition Education Project funded by the California Department of Public Health's Network for a Healthy California. The program promoted healthy lifestyle behaviors and strategies to increase access to healthy foods and was designed to teach adults who have low literacy levels and are eligible for CalFresh benefits. Program content focused on ways to improve individual and family health through an affordable, nutritious diet and regular physical activity.

In 2012, Natividad Foundation refocused the curriculum to diabetes prevention in response to requests from "Five Steps to Health" participants and community partners. At the same time, a new, multi-year funding commitment to chronic disease prevention programs was extended by the Community Foundation for Monterey County.

In 2016, the YMCA began offering the Centers for Disease Control and Prevention's National Diabetes Prevention Program in Salinas and Watsonville for English and Spanish speakers. The YMCA program requires that participants have a clinical pre-diabetes diagnosis. 5 Steps does not require a pre-diabetes diagnosis and attracts participants before they even have pre-diabetes but who are at risk. In addition, while limited financial assistance is available to help pay for the program, the YMCA's fee of \$429 each is not feasible for many farm workers and their families, particularly highly marginalized indigenous immigrants. Most healthcare materials are written above the 10th grade level. Lack of literacy, reliable transportation and varying levels of English proficiency and education paired with vulnerable populations' poverty and health disparities combine to form a "disaster in the making" scenario. Without continued direct and sustained intervention, the future for the majority of the local population will be plagued by diabetes and its long-term consequences. 5 Steps to Prevent Diabetes addresses these barriers.

In 2017, Natividad Foundation began a powerful partnership with the Food Bank for Monterey County to deliver fresh produce to 5 Steps participants at four of seven series. This year, the Food Bank delivered fresh produce to 5 Steps participants at five of six series. The addition of healthful foods to the educational experience gave participants an opportunity to practice lifestyle behavior changes in real-time and at no cost.

The goal of the "5 Steps to Prevent Diabetes" curriculum is to prevent or delay the onset of diabetes among adults having high social-environmental risk factors (adults with or without pre-diabetes diagnosis) by providing education on improving healthy lifestyle behaviors. In addition, the program aims to assist program participants to achieve personal

and medically advised goals to prevent diabetes as defined in individualized plans for increased consumption of fruits and vegetables, portion control, and daily physical activity.

An evaluation plan surveyed participants' pre- and post-program changes in knowledge and behaviors related to the program's objectives. Survey instruments were validated through the Network for a Healthy California and consisted of the *Modified USDA Food Behavior Checklist* and a modified Food Stamp Program *Fruit and Vegetable Checklist*. The *Fruit and Vegetable Checklist* survey uses photographs to help program participants understand the survey questions.

The **Survey Instruments** are included as Attachment 1.

Evaluation Purpose

The evaluation purpose is to analyze and present program outcome data for participants, partner agencies, project funders and the general public by providing clear and concise interpretations of the data collected from pre- and post-workshop surveys. Findings highlighted in this report will help program implementers measure the program's impact on the participants in the study.

Additionally, results from this study will be used to make future changes to this program in order to have the maximum positive impact on future participants. The results in this report also provide data for promising practices for diabetes prevention programs and will be necessary to secure continuing funding for the program.

Methodology

Participant survey data were entered into an Excel line item listing and matched based on unique identification numbers given to participants as they started the program. Likert scale and multiple-choice survey responses were coded (allotted numerical values) and analyzed for frequency and percentages.

Pre- and post-workshop percentages of multiple-choice answers and Likert scale improvements were compared. The analysis was performed for aggregated data from all sites. **Site-Specific Results** are included as Attachment 2.

Results

The **Goal** of 5 Steps to Prevent Diabetes is to prevent or delay the onset of diabetes in high risk adults (adults with or without pre-diabetes diagnosis) by providing education (5 Steps to Prevent Diabetes) on improving healthy lifestyle behaviors.

The **Target Population** included 80 low-income, high-risk adults with or without a diagnosis of pre-diabetes living throughout Monterey County (estimated Salinas – approximately 90%, n=72; Greenfield/Soledad/King City – approximately 10%, n=8) who will enroll in the 5 Steps to Prevent Diabetes Program. The participants' families were the secondary population as they will benefit from the knowledge and skills gained in the 5-

class series. About 9% of participants were from South County (n=11) and 91% (n=115) were from Salinas.

A grand total of 52 survey instruments were analyzed for 6 sessions of “5 Steps to Prevent Diabetes” occurring at 6 locations. The total number of participants (126) exceeded the target goal of 80 participants by 46 participants or 58%. Of those, 52 (41%) represented matched pre- and post-program pairs. Analysis presented here compares aggregated pre- to aggregated post- results, and matched pre- and post- pair results.

Site – Community Partner	Pre-survey date	Post-survey date	Total participants	Total matched pairs*
Everett Alvarez High School, Salinas Union High School District, Salinas	10/3/18	10/31/18	22	10
Boronda Meadows Elementary School, Salinas City Elementary School District, Salinas	10/16/18	11/27/18	26	7
King City Early Education Center, King City Union School District, King City	11/1/18	12/6/18	11	6
La Paz Middle School, Salinas Union High School District, Migrant Education Program, Salinas	2/5/19	3/5/19	31	12
Food Bank for Monterey County, Salinas	3/27/19	4/24/19	13	7
Salinas River Community Church, Salinas	3/28/19	4/25/19	23	10
TOTAL			126	52

* “Matched pairs” represent surveys completed by participants who attended at least 3 of 5 classes, including classes #1 (pre-survey) and #5 (post-survey).

Survey Instrument: Modified USDA Food Behavior Checklist

Survey responses to the **Modified USDA Food Behavior Checklist** ranged from 50 to 52, because not every participant answered all questions.

Of note, there were **meaningful positive changes in five (5) of seven (7) matched paired responses** as demonstrated below:

1. A combined **15 percentage point increase** (52 to 67) in participants who planned meals ahead of time “most of the time” or “almost always” (Figure A1).
2. A combined **18 percentage point increase** (41 to 59) in participants who said they compare prices before purchasing food “most of the time” or “almost always” (Figure A2).
3. A combined **0 percentage point decrease** (18 to 18) in participants who run out of food before the end of the month “most of the time” or “almost always” (Figure A3).
4. A combined **10 percentage point increase** (42 to 52) in participants who shop with a grocery list “most of the time” or “almost always” (Figure A4).
5. A combined **29 percentage point increase** (33 to 62) in participants who increased daily physical activity by exercising moderately at least 30 minutes per day “most of the time” or “almost always” (Figure A5).
6. A combined **14 percentage point increase** (42 to 56) in participants who eat low fat foods “most of the time” or “almost always” (Figure A6).
7. A combined **7 percentage point increase** (12 to 19) in participants who eat supersize meals “most of the time” or “almost always” (Figure A7).

For comments on Figures A3 and A7, please see "Challenges and Limitations". For comments on Figure A6, please see "Conclusions".

Figures A1 through A7: Results of the Modified USDA Food Behavior Checklist**

Figure A1. Percentage of participants who plan their meals ahead of time (n=52)

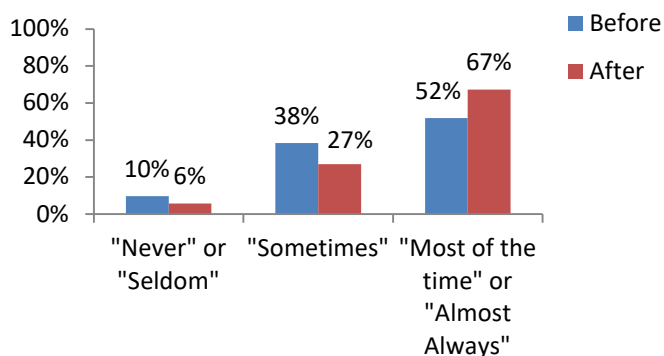


Figure A2. Percentage of participants who compare prices before buying food (n=51)

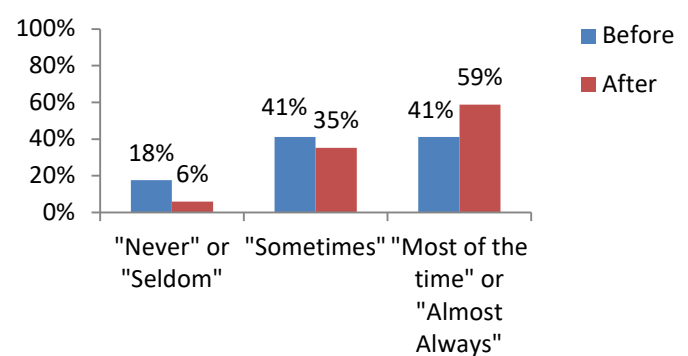


Figure A3. Percentage of participants who run out of food before the end of the month (n=50)

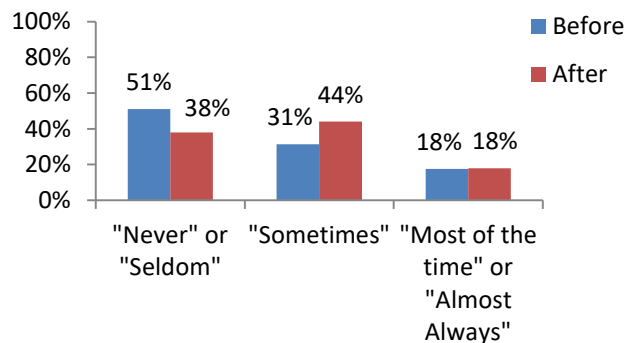


Figure A4. Percentage of participants who shop with a grocery list (n=52)

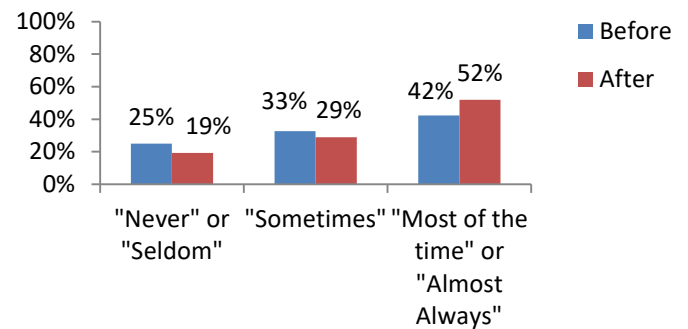


Figure A5. Percentage of participants who participate in at least 30 minutes of physical activity every day (n=52)

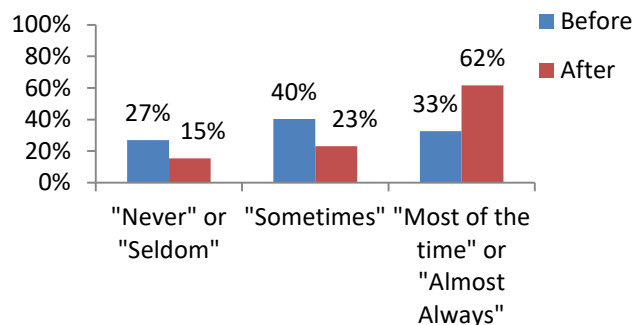


Figure A6. Percentage of participants who eat low-fat foods (n=52)

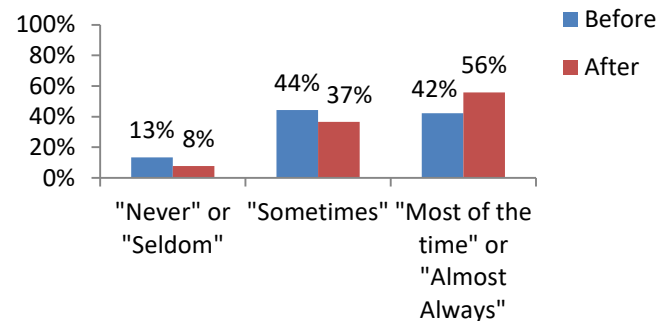
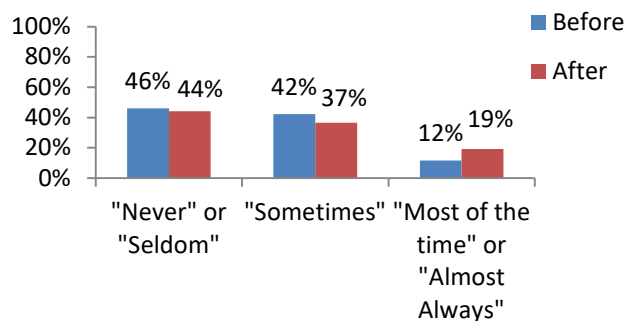


Figure A7. Percentage of participants who order "supersized" portion when the option is available (n=52)



****Percentages may not total 100 due to rounding.**

Survey Instrument: Food Stamp Program Fruit and Vegetable Checklist

There were 51 total responses to the *Food Stamp Program Fruit and Vegetable Checklist* survey.

Of note, there were **meaningful positive changes in six (6) of six (6) matched paired responses**, as demonstrated below:

1. A combined **7 percentage point increase** (56 to 63) in participants who eat fruits or vegetables as snacks "often" or "everyday" (Figure B1).
2. A combined **28 percentage point increase** (35 to 63) in participants who ate 1-½ to 3 cups or more of fruit each day (Figure B2).
3. A combined **25 percentage point increase** (44 to 69) in participants who ate more than one kind of fruit each day "often" or "always" (Figure B3).
4. A combined **13 percentage point increase** (52 to 65) in participants who ate more than one kind of vegetable "often" or "always" (Figure B4).
5. A combined **30 percentage point increase** (27 to 57) in participants who ate 1-½ to 3 cups or more of vegetables each day (Figure B5).
6. A combined **16 percentage point increase** (37 to 53) in participants who eat 2 or more vegetables at their main meal "often" or "everyday" (Figure B6).

Figures B1 through B6: Results of the Food Stamp Program Fruit and Vegetable Checklist**

Figure B1. Percentage of participants who eat fruits or vegetables as snacks (n=51)

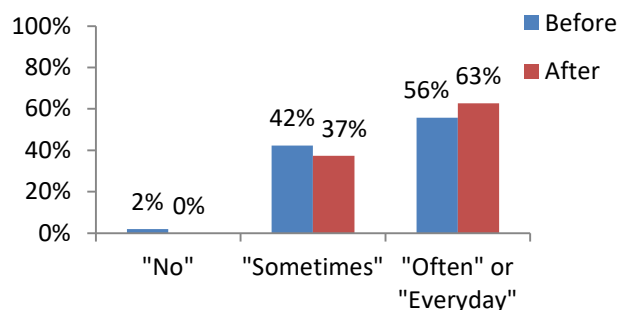


Figure B2. Percentage of participants who eat specific amounts of fruit per day (n=51)

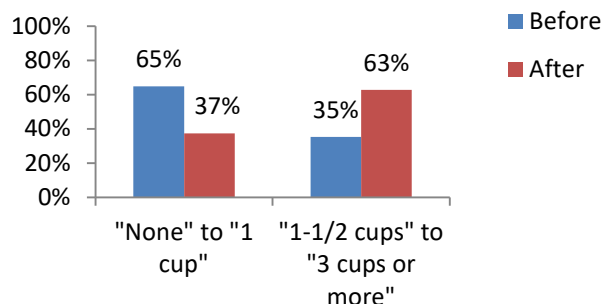


Figure B3. Percentage of participants who eat more than one kind of fruit each day (n=51)

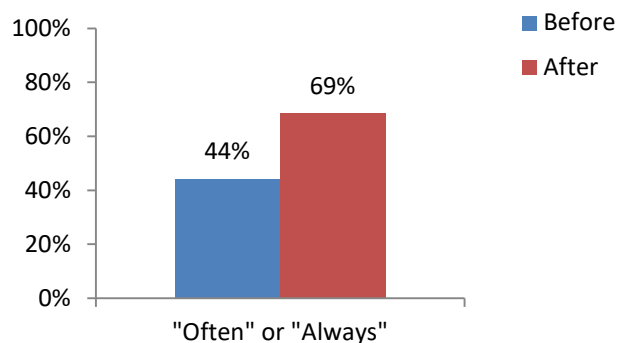


Figure B4. Percentage of participants who eat more than one kind of vegetable each day (n=51)

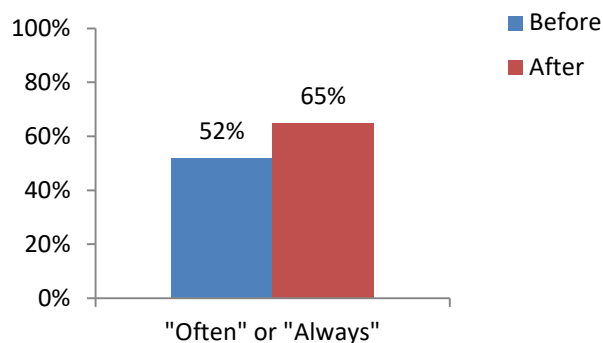


Figure B5. Percentage of participants who eat specific amounts of vegetables per day (n=51)

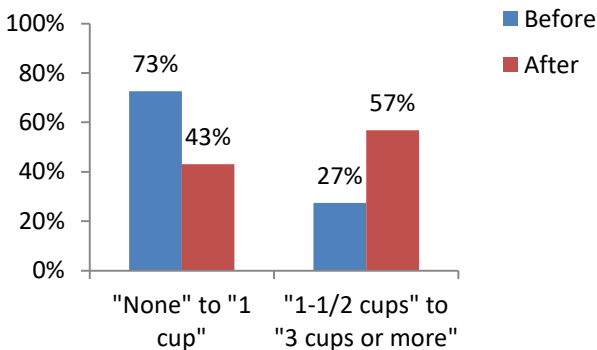
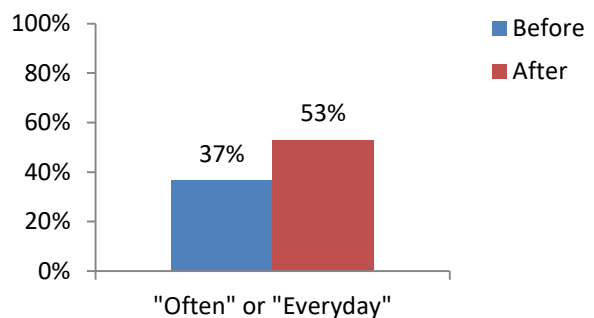


Figure B6. Percentage of participants who eat two or more vegetables at their main meal (n=51)



****Percentages may not total 100 due to rounding.**

In addition to the surveys and associated results outlined above, participants have the opportunity to provide feedback. A **Summary of Participant Comments** is included (Attachment 3). Feedback is collected using the **Participant Comment Form** (Attachment 4).

Conclusions

The study pre- and post-program survey responses indicate that overall, participants in the 5 Steps to Prevent Diabetes program made **meaningful positive changes in 11 of 13 lifestyle habits that were measured**.

As noted above, the number of participants was substantially higher than anticipated, exceeding the goal by 58% or 46 participants.

There were large improvements among participants regarding participants comparing food prices (Figure A2), physical activity (Figure A5), eating more than one kind of fruit each day (Figure B3) and the quantity of fruit (Figure B2) and vegetable (Figure B5) consumption. These outcomes are superior to prior years.

Data again demonstrated a positive improvement among participants who eat low-fat foods (Figure A6). The Health Educator (Lisa Rico, MPH) emphasizes that it is critical for participants not to replace undesirable fats with poor-quality carbohydrates. Instead, they should replace undesirable fats with healthful fats which play an important role in a healthy diet.

After seven years of demonstrating positive results with a proven methodology, 5 Steps to Prevent Diabetes is a proven diabetes prevention education model for at-risk, low income populations with low levels of literacy and varying cultural values and beliefs. See the **Comparison to Prior Years** chart (Attachment 5) for a summary of outcomes for Years 1, 2, 3, 4, 5, 6 and 7.

Challenges and Limitations

A negative change was seen in the percentage of participants who “super-size” food options in Year 7. As has been discussed in previous years, the language used to market large portions of fast food at low costs has changed. The fast food industry has re-branded itself as “healthier”, and the phrase “super-size” is no longer used by many major U.S. fast food chains. Instead, menu items and meal combinations are described as “mighty kid’s meals”, “very hungry menu” and “finger foods”; and descriptive words such as “ultimate”, “power”, “juicy”, “extreme” and “loaded” are used to disguise unhealthy food. This message has been consistently shared with 5 Steps participants for the past several years. It is important to note that participants may buy larger-sized options and share them for cost savings.

Data collection challenges continue to include the lack of adequate support to provide one-to-one assistance to participants with low levels of literacy and limited visual ability during the survey completion activities. In addition, knowledge gained at the 2018 Fund for Shared Insight (nonprofit dedicated to applying corporate feedback/customer satisfaction surveys in the social sector to improve outcomes) conference in Houston recognized challenges that may be present particularly among Spanish-speaking people who have not been previously exposed to Likert scale-type questions.

The percentage of participants with pre-/post-survey matched sets, indicating they attended the first and fifth class and at least one additional class, was similar to previous years. The increase in maintenance of attendance throughout the series may be correlated with the addition of education reinforcement incentives (diabetes cookbooks, measuring cups, resistance bands, pedometers) beginning in Year 3. In addition, our partnership with the Food Bank for Monterey County (since 2017), for the delivery of fresh produce at most classes may have contributed to improved attendance and to increased fruit and vegetable consumption. The fruit and vegetable dairy was revised in Year 7 to help participants track their results.

Other challenges also encountered in previous project periods included the inability of participants to attend all classes due to seasonal agricultural laborers returning to work resulting in varying levels of success in the recruitment and retention of participants. Despite this challenge, our retention rates—participants who attend 3 or more classes—were 62% for Year 7 and 50% for Year 6.

Shopping with a grocery list may be a difficult strategy for participants with low literacy skills. Shopping with a list may also be difficult for participants with insufficient housing (living in a garage or car, renting a room) because of their difficult life circumstances and extreme challenges. Participants are encouraged to use coupons, use helpful websites such as EatFresh.org and download grocery store apps to their smartphones, if available. Some participants may have replaced paper lists with lists on their cell phones or grocery shopping store apps and may not consider these to be “grocery lists”.

Also, as has been observed previously, it is difficult to achieve and demonstrate changes in individual economics and behaviors related to food security within a 5-week period (Modified USDA Food Behavior Checklist, question #3). Data in Year 7 demonstrated no change in this measure, and negative changes were observed at some sites (Attachment 2). Food insecurity continues to be a challenge for the target population and may negatively impact their ability to eat a variety of fruits and vegetables and eat fruits and vegetables as snacks.

Of note, an increase in in-kind Foundation contributions, including hiring Ms. Rico as a full-time Director of Grant Programs and Evaluation and 5 Steps Health Educator (previously a 0.20 FTE and only working in the Health Educator capacity) decreased personnel hours and mileage allocated for this grant. Other in-kind contributions by Natividad Foundation included over 4,000 copies needed for the 6 series, which helped maintain the cost of the project below budget.

Lastly, it should be noted that the Evaluation Report for Year 6 included all 5 Steps class series for both major funding sources—Community Foundation for Monterey County (CFMC) and Pajaro Valley Community Health Trust (PVCHT). Therefore, the number of participants and total survey instruments analyzed was higher in Year 6. The format used this year only includes CFMC-funded class series in order to align with and clarify the reports submitted to both funders.

Recommendations

Results from this report will be shared with program participants through our community partners and with other diabetes prevention advocates. This is expected to again be valuable because, like all major lifestyle changes, constant effort and commitment are needed to ensure that these changes last throughout a lifetime rather than a brief period of time after participation in the program. Participants might be able to receive positive encouragement from these results which will help sustain their own future healthy lifestyle habits as well as those of their families.

Natividad Foundation will continue to share the results of 5 Steps as a promising practice for similar communities. Community partners have shared that these results promote their ongoing interest in offering the 5 Steps class series at their sites. For example, parent liaisons at a couple of schools have used these reports as evidence that these types of classes/programs should continue to be offered to their parents despite budget cuts to special programs, such as Migrant Education. In addition, students attending the Community Health Worker Program at Cabrillo College have reached out for guidance on best practices from our 5 Steps program in matters relating to retention, educational challenges and community engagement.

In July 2018, Natividad Foundation received its certificate of registration for the 5 Steps to Prevent Diabetes Program, which secured the intellectual property service mark “®” for this program.

In May 2016, 5 Steps was nominated for inclusion in the exploratory evaluation project of Tackling Hunger, a collaboration of the Public Health Institute (PHI), the Centers for Disease Control and Prevention (CDC) and the CDC Foundation, with funding from ProMedica and the AARP Foundation. The Tackling Hunger exploratory evaluation project seeks to validate and highlight promising practices that identify and address needs of food insecure patients with chronic disease.

Outcomes from the 5 Steps to Prevent Diabetes program comprised three (3) of five (5) publicly reported measures that helped Natividad Foundation achieve and maintain “Platinum” seal approval by GuideStar in early 2016, distinguishing Natividad Foundation as one of only 900 nonprofits out of the United States’ 1.4 million nonprofits to achieve this level of transparency and demonstrated social impact. Natividad Foundation has maintained the GuideStar Platinum Seal since 2016.

We continue using education reinforcement incentives and received funds from The Agricultural Leadership Council (TALC) in 2017 and 2018 for this purpose. Natividad Foundation received a \$7,500 grant from the Pajaro Valley Community Health Trust in 2017, \$8,000 in 2018 and \$7,500 in 2019 to expand 5 Steps to the Pajaro Valley. Finally, Natividad provided financial support for one series in 2017 and additional funding in 2018 and 2019.

Attachments

Attachment 1 - Survey Instruments

Attachment 2 - Site-Specific Results

Attachment 3 - Summary of Participant Comments

Attachment 4 - Participant Comment Form

Attachment 5 - Comparison to Prior Year Results

Attachment 1

Survey Instruments



Number/Número _____ Date/Fecha _____	Instructor/Educadora
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USDA Checklist. This is not a test and there are no wrong answers. These are questions about ways you plan and fix food. Circle the response that best describes how you usually do things

1) How often do you plan meals ahead of time?	Never	Seldom	Sometimes	Most of the time	Almost always
2) How often do you compare prices before you buy food?	Never	Seldom	Sometimes	Most of the time	Almost always
3) How often do you run out of food before the end of the month?	Never	Seldom	Sometimes	Most of the time	Almost always
4) How often do you shop with a grocery list?	Never	Seldom	Sometimes	Most of the time	Almost always
5) How often do you participate in at least 30 minutes of moderate physical activity every day?	Never	Seldom	Sometimes	Most of the time	Almost Always
6) Do you eat low-fat foods?	Never	Seldom	Sometimes	Most of the time	Almost Always
7) When you have the option of getting a "super-sized" portion of food or beverage, how often do you order it?	Never	Seldom	Sometimes	Most of the time	Almost Always



Number/Número _____
 Date/Fecha _____ Instructor/Educadora _____

Formulario inicial. Este no es un examen y no hay respuestas incorrectas. Se trata de preguntas acerca de la manera en que usted planea y prepara las comidas.
 Marque con un círculo la respuesta a que mejor describe lo que usualmente hace.

1) ¿Con qué frecuencia planea usted las comidas antes de tiempo?	Nunca	Rara	De vez en cuando	Muy seguido	Casi siempre
2) ¿Con qué frecuencia compara usted precios antes de comprar alimentos?	Nunca	Rara	De vez en cuando	Muy seguido	Casi siempre
3) ¿Con qué frecuencia se le acaban los alimentos antes de que termine el mes?	Nunca	Rara	De vez en cuando	Muy seguido	Casi siempre
4) ¿Con qué frecuencia hace usted una lista cuando va a comprar sus alimentos?	Nunca	Rara	De vez en cuando	Muy seguido	Casi siempre
5) ¿Con qué frecuencia participa usted en por lo menos 30 minutos de actividad física moderada todos los días?	Nunca	Rara	De vez en cuando	Muy seguido	Casi siempre
6) ¿Come usted alimentos con poca grasa?	Nunca	Rara	De vez en cuando	Muy seguido	Casi siempre
7) ¿Cuando tiene la opción de obtener una porción "súper grande" de comida o bebida, ¿con qué frecuencia lo hace?	Nunca	Rara	De vez en cuando	Muy seguido	Casi siempre

Fruit and Vegetable Checklist

These questions are about the ways you plan and fix food.
Think about how you usually do things.

Name _____

Date _____

ID# _____

☐ Entry
☐ Exit

Choose one answer for each question.

1



Do you eat fruits or vegetables
as snacks?

☐

no

☐

yes,
sometimes

☐

yes,
often

☐

yes,
everyday

2

Fruit: How much do you eat each day?


☐

none


☐

1/2 cup

☐

1 cup

1 1/2 cups


☐

2 cups

☐

2 1/2 cups


☐

3 cups or more

3



Do you eat more than one kind of **fruit** each day?

☐

no

☐
yes,
sometimes
☐
yes,
often
☐
yes,
always

4



Do you eat more than one kind of **vegetable** each day?

☐

no

☐
yes,
sometimes
☐
yes,
often
☐
yes,
always

5

Vegetables: How much do you eat each day?


☐
none

☐
1/2 cup

☐
1 cup

☐
1 1/2 cups

☐
2 cups

☐
2 1/2 cups

☐
3 cups or more

6



Do you eat 2 or more vegetables at your main meal?

☐

no

☐
yes,
sometimes
☐
yes,
often
☐
yes,
everyday

• Use the accompanying instruction guide when administering this tool.

• Research and development for this illustrated diet quality checklist were a joint effort of University of California (UC) Cooperative Extension, the California Nutrition Network, UC Davis Design Program and UC Davis Nutrition Department. Authors: Kathryn Sylva, Marilyn Townsend, Anna Martin, Diane Metz.

• The research for this diet quality instrument is available:

Townsend MS, Kaiser LL, Allen LH, Joy AB, Murphy SP. Selecting items for a food behavior checklist for a limited resource audience. *Journal of Nutrition Education and Behavior*. 2003;35:69-82.

Murphy SP, Kaiser LL, Townsend MS, Allen LH. Evaluation of Validity of Items in a Food Behavior Checklist. *Journal of the American Dietetic Association*. 2001;101:751-756, 761.

Townsend MS, Sylva KG, Martin A, Metz D, Wooten-Swanson P, Follett J, Keim N, Sugerman S. Visually Enhanced Evaluation for Low-income Clients. *J Nutr Educ Behav*. 2005; 37 (1):S49.

• Funded by the USDA Food Stamp Program via the California Nutrition Network, UC Cooperative Extension and UC Davis.

Lista de frutas y verdura

Estas preguntas son sobre cómo usted escoge y prepara la comida.
Piense en lo que usualmente hace.

Nombre _____

Fecha _____

ID# _____

☐ Entrada
☐ Salida

Elija una respuesta para cada pregunta.

1



¿Come frutas o verduras entre comidas?

☐

no

☐

a veces

☐

con
frecuencia

☐

todos
los días

2

¿Cuánta fruta come cada día?


☐

nada

☐

1/2 taza


☐

1 taza

☐

1 1/2 tazas


☐

2 tazas

☐

2 1/2 tazas


☐

3 tazas o más

3



Durante el día, ¿come diferentes frutas?

☐

no

☐

a veces

☐
con
frecuencia
☐
casi
siempre

4



¿Come diferentes verduras cada día?

☐

no

☐

a veces

☐
con
frecuencia
☐
casi
siempre

5

¿Qué cantidad de verduras come cada día?


☐

nada

☐

1/2 taza


☐

1 taza

☐

1 1/2 tazas


☐

2 tazas

☐

2 1/2 tazas


☐

3 tazas o más

6



¿Come más de dos porciones de
verduras en su comida principal?

☐

no

☐

a veces

☐
con
frecuencia
☐
todos
los días

- An instruction guide is available to help you administer this tool.
- Research and development for this illustrated checklist were a joint effort of University of California (UC) Cooperative Extension, UC Davis Design Program and the UC Davis Nutrition Department. Authors: Jinan Banna, Marilyn Townsend, Kathryn Sylva. Translators: Luz Elvia Vera Becerra, Gloria Espinosa-Hall, Myriam Grajales-Hall.
- The quantitative and qualitative research for this tool is reported in:
Townsend Marilyn S, Kaiser Lucia L, Allen LH, Joy AB, Murphy SP. Selecting items for a food behavior checklist for a limited resource audience. *Journal for Nutrition Education and Behavior*. 2003;35:69-82.
- Murphy S, Kaiser LL, Townsend MS, Allen L. Evaluation of Validity of Items in a Food Behavior Checklist. *Journal of the American Dietetic Association*. 2001;101:751-756, 761.
- Townsend MS, Sylva KG, Martin A, Metz D, Wooten-Swanson P, Follett J, Keim N, Sugerman S. Visually Enhanced Evaluation for Low-income Clients. *J Nutr Educ Behav*. 2005; 37 (1):S49.
- Townsend MS, Sylva K, Martin A, Metz D, Wooten Swanson P. Improving readability of an evaluation tool for low-income clients using visual information processing theories. *J Nutrition Education Behavior*. In press.
- Funded by the USDA Food Stamp Program via the Network for a Healthy California, UC Cooperative Extension, and the Gustavus and Louise Pfeiffer Research Foundation through the Program in International and Community Nutrition, UC Davis.

Attachment 2

Site-Specific Results

Appendix 1a: Everett Alvarez High School Salinas Union High School District (Salinas) - Spanish

Modified USDA Food Behavior Checklist Results
Surveys collected: 10

Pre-program date: 10/03/2018
Post-program date: 10/31/2018

1. How often do you plan meals ahead of time?	% Pre	% Post
Never	0%	0%
Seldom	10%	0%
Sometimes	20%	20%
Most of the time	40%	50%
Almost always	30%	30%

2. How often do you compare prices before you buy food?	% Pre	% Post
Never	0%	0%
Seldom	22%	0%
Sometimes	33%	50%
Most of the time	22%	30%
Almost always	22%	20%

3. How often do you run out of food before the end of the month?	% Pre	% Post
Never	10%	11%
Seldom	20%	11%
Sometimes	30%	33%
Most of the time	40%	33%
Almost always	0%	11%

4. How often do you shop with a grocery list?	% Pre	% Post
Never	10%	10%
Seldom	0%	0%
Sometimes	50%	30%
Most of the time	20%	20%
Almost always	20%	40%

5. How often do you participate in at least 30 minutes of moderate physical exercise every day?	% Pre	% Post
Never	0%	0%
Seldom	30%	10%
Sometimes	40%	20%
Most of the time	20%	50%
Almost always	10%	20%

6. Do you eat low-fat foods?	% Pre	% Post
Never	0%	0%
Seldom	20%	20%
Sometimes	30%	30%
Most of the time	10%	40%
Almost always	40%	10%

7. When you have the option of getting a "super-sized" portion of food or beverage, how often do you order it?	% Pre	% Post
Never	0%	0%
Seldom	50%	40%
Sometimes	30%	40%
Most of the time	20%	20%
Almost always	0%	0%

Positive improvements were seen for indicators #1, #2, #4 and #5.

A negative change was seen for indicator #3.

Indicators #6 and #7 remained unchanged.

See related discussion regarding indicator #6 in the "Conclusions" section.

See related discussions regarding indicators #3 and #7 in the "Challenges and Limitations" section.

Appendix 1b: Everett Alvarez High School Salinas Union High School District (Salinas) – Spanish

Food Stamp Program Fruit and Vegetable Checklist Results
Surveys collected: 10

Pre-program date: 10/03/2018
Post-program date: 10/31/2018

1. Do you eat fruits or vegetables as snacks?	% Pre	% Post
No	10%	0%
Yes, sometimes	30%	56%
Yes, often	60%	33%
Yes, everyday	0%	11%

2. Fruit: How much do you eat each day?	% Pre	% Post
None	0%	0%
½ Cup	40%	11%
1 Cup	30%	33%
1 ½ Cup	10%	22%
2 Cups	10%	11%
2 ½ Cup	0%	11%
3 Cups	10%	11%

3. Do you eat more than one kind of fruit each day?	% Pre	% Post
No	0%	0%
Yes, sometimes	70%	44%
Yes, often	20%	33%
Yes, always	10%	22%

4. Do you eat more than one kind of vegetable each day?	% Pre	% Post
No	0%	0%
Yes, sometimes	60%	33%
Yes, often	30%	67%
Yes, always	10%	0%

5. Vegetables: How much do you eat each day?	% Pre	% Post
None	0%	0%
½ Cup	40%	0%
1 Cup	50%	44%
1 ½ Cup	0%	22%
2 Cups	10%	11%
2 ½ Cup	0%	22%
3 Cups	0%	0%

6. Do you eat 2 or more vegetables at your main meal?	% Pre	% Post
No	10%	0%
Yes, sometimes	50%	56%
Yes, often	40%	44%
Yes, everyday	0%	0%

Positive improvements were seen for indicators #2, #3, #4, #5 and #6.

A negative change was seen in Indicator #1.

Appendix 2a: Boronda Meadows Elementary School Salinas City Elementary School District (Salinas) – Spanish

Modified USDA Food Behavior Checklist Results
Surveys collected: 7

Pre-program date: 10/16/2018
Post-program date: 11/27/2018

1. How often do you plan meals ahead of time?	% Pre	% Post
Never	0%	0%
Seldom	14%	0%
Sometimes	14%	14%
Most of the time	29%	57%
Almost always	43%	29%

2. How often do you compare prices before you buy food?	% Pre	% Post
Never	0%	0%
Seldom	0%	14%
Sometimes	86%	43%
Most of the time	14%	29%
Almost always	0%	14%

3. How often do you run out of food before the end of the month?	% Pre	% Post
Never	0%	0%
Seldom	50%	43%
Sometimes	50%	43%
Most of the time	0%	14%
Almost always	0%	0%

4. How often do you shop with a grocery list?	% Pre	% Post
Never	0%	0%
Seldom	0%	14%
Sometimes	57%	14%
Most of the time	14%	57%
Almost always	29%	14%

5. How often do you participate in at least 30 minutes of moderate physical exercise every day?	% Pre	% Post
Never	0%	0%
Seldom	0%	14%
Sometimes	71%	0%
Most of the time	14%	43%
Almost always	14%	43%

6. Do you eat low-fat foods?	% Pre	% Post
Never	0%	0%
Seldom	0%	14%
Sometimes	43%	0%
Most of the time	57%	43%
Almost always	0%	43%

7. When you have the option of getting a "super-sized" portion of food or beverage, how often do you order it?	% Pre	% Post
Never	0%	0%
Seldom	57%	29%
Sometimes	29%	57%
Most of the time	14%	14%
Almost always	0%	0%

Positive improvements were seen for indicators #1, #2, #4, #5 and #6.

A negative change was seen in indicator #3.

Indicator #7 was unchanged.

See a related discussion regarding indicators #3 and #7 in the “Challenges and Limitations” section.

Appendix 2b: Boronda Meadows Elementary School Salinas City Elementary School District (Salinas) – Spanish

Food Stamp Program Fruit and Vegetable Checklist Results

Pre-program date: 10/16/2018

Surveys collected: 7

Post-program date: 11/27/2018

1. Do you eat fruits or vegetables as snacks?	% Pre	% Post
No	0%	0%
Yes, sometimes	29%	14%
Yes, often	43%	43%
Yes, everyday	29%	43%

2. Fruit: How much do you eat each day?	% Pre	% Post
None	0%	0%
½ Cup	14%	0%
1 Cup	57%	57%
1½ Cup	14%	29%
2 Cups	14%	14%
2½ Cup	0%	0%
3 Cups	0%	0%

3. Do you eat more than one kind of fruit each day?	% Pre	% Post
No	0%	0%
Yes, sometimes	29%	29%
Yes, often	43%	43%
Yes, always	29%	29%

4. Do you eat more than one kind of vegetable each day?	% Pre	% Post
No	0%	0%
Yes, sometimes	43%	0%
Yes, often	57%	100%
Yes, always	0%	0%

5. Vegetables: How much do you eat each day?	% Pre	% Post
None	0%	0%
½ Cup	43%	43%
1 Cup	29%	0%
1½ Cup	29%	14%
2 Cups	0%	29%
2½ Cup	0%	14%
3 Cups	0%	0%

6. Do you eat 2 or more vegetables at your main meal?	% Pre	% Post
No	0%	14%
Yes, sometimes	86%	14%
Yes, often	14%	71%
Yes, everyday	0%	0%

Positive improvements were seen on indicators #1, #2, #4, #5 and #6.

Indicator #3 remained unchanged.

Appendix 3a: King City Early Education Center (King City) – Spanish

Modified USDA Food Behavior Checklist Results
Surveys collected: 6

Pre-program date: 11/01/2018
Post-program date: 12/06/2018

1. How often do you plan meals ahead of time?	% Pre	% Post
Never	0%	0%
Seldom	17%	0%
Sometimes	33%	17%
Most of the time	17%	17%
Almost always	33%	67%

2. How often do you compare prices before you buy food?	% Pre	% Post
Never	17%	0%
Seldom	33%	0%
Sometimes	17%	17%
Most of the time	17%	33%
Almost always	17%	50%

3. How often do you run out of food before the end of the month?	% Pre	% Post
Never	33%	17%
Seldom	33%	50%
Sometimes	17%	33%
Most of the time	17%	0%
Almost always	0%	0%

4. How often do you shop with a grocery list?	% Pre	% Post
Never	17%	0%
Seldom	17%	17%
Sometimes	0%	0%
Most of the time	17%	50%
Almost always	50%	33%

5. How often do you participate in at least 30 minutes of moderate physical exercise every day?	% Pre	% Post
Never	0%	0%
Seldom	0%	17%
Sometimes	50%	33%
Most of the time	33%	33%
Almost always	17%	17%

6. Do you eat low-fat foods?	% Pre	% Post
Never	0%	0%
Seldom	17%	0%
Sometimes	50%	33%
Most of the time	17%	17%
Almost always	17%	50%

7. When you have the option of getting a "super-sized" portion of food or beverage, how often do you order it?	% Pre	% Post
Never	0%	0%
Seldom	50%	83%
Sometimes	50%	17%
Most of the time	0%	0%
Almost always	0%	0%

Positive improvements were seen for indicators #1, #2, #3, #4 and #6.

Indicators #5 and #7 remained unchanged.

See a related discussion regarding indicator #7 in the "Challenges and Limitations" section.

Appendix 3b: King City Early Education Center (King City) – Spanish

Food Stamp Program Fruit and Vegetable Checklist Results
Surveys collected: 6

Pre-program date: 11/01/2018
Post-program date: 12/06/2018

1. Do you eat fruits or vegetables as snacks?	% Pre	% Post
No	0%	0%
Yes, sometimes	50%	33%
Yes, often	33%	33%
Yes, everyday	17%	33%

2. Fruit: How much do you eat each day?	% Pre	% Post
None	0%	0%
½ Cup	20%	0%
1 Cup	40%	20%
1½ Cup	0%	40%
2 Cups	40%	40%
2½ Cup	0%	0%
3 Cups	0%	0%

3. Do you eat more than one kind of fruit each day?	% Pre	% Post
No	0%	0%
Yes, sometimes	50%	50%
Yes, often	0%	17%
Yes, always	50%	33%

4. Do you eat more than one kind of vegetable each day?	% Pre	% Post
No	0%	0%
Yes, sometimes	33%	50%
Yes, often	17%	17%
Yes, always	50%	33%

5. Vegetables: How much do you eat each day?	% Pre	% Post
None	0%	0%
½ Cup	60%	17%
1 Cup	0%	50%
1½ Cup	20%	17%
2 Cups	20%	17%
2½ Cup	0%	0%
3 Cups	0%	0%

6. Do you eat 2 or more vegetables at your main meal?	% Pre	% Post
No	33%	33%
Yes, sometimes	33%	33%
Yes, often	33%	17%
Yes, everyday	0%	17%

These data showed mixed results.

Positive improvements were seen for indicators #1, #2 and #6.

Negative changes were seen for indicators #4 and #5.

Indicator #3 remained unchanged.

Appendix 4a: La Paz Middle School

Salinas Union High School District Migrant Education Program (Salinas) – Spanish

Modified USDA Food Behavior Checklist Results

Surveys collected: 12

Pre-program date: 02/05/2019

Post-program date: 03/05/2019

1. How often do you plan meals ahead of time?	% Pre	% Post
Never	0%	0%
Seldom	0%	0%
Sometimes	42%	25%
Most of the time	17%	33%
Almost always	42%	42%

2. How often do you compare prices before you buy food?	% Pre	% Post
Never	0%	0%
Seldom	0%	0%
Sometimes	42%	27%
Most of the time	42%	36%
Almost always	17%	36%

3. How often do you run out of food before the end of the month?	% Pre	% Post
Never	17%	9%
Seldom	33%	9%
Sometimes	42%	64%
Most of the time	0%	9%
Almost always	8%	9%

4. How often do you shop with a grocery list?	% Pre	% Post
Never	8%	0%
Seldom	25%	17%
Sometimes	17%	42%
Most of the time	17%	25%
Almost always	33%	17%

5. How often do you participate in at least 30 minutes of moderate physical exercise every day?	% Pre	% Post
Never	8%	0%
Seldom	33%	8%
Sometimes	33%	33%
Most of the time	25%	33%
Almost always	0%	25%

6. Do you eat low-fat foods?	% Pre	% Post
Never	0%	0%
Seldom	8%	0%
Sometimes	42%	50%
Most of the time	25%	42%
Almost always	25%	8%

7. When you have the option of getting a "super-sized" portion of food or beverage, how often do you order it?	% Pre	% Post
Never	0%	0%
Seldom	42%	17%
Sometimes	58%	50%
Most of the time	0%	25%
Almost always	0%	8%

These data showed mixed results.

Positive improvements were seen for indicators #1, #2 and #5.

Negative changes were seen for indicators #3, #4, and #7.

Indicator #6 remained unchanged.

See related discussion regarding indicator #6 in the "Conclusions" section.

See related discussions regarding indicators #3 and #7 in the "Challenges and Limitations" section.

Appendix 4b: La Paz Middle School

Salinas Union High School District Migrant Education Program (Salinas) – Spanish

Food Stamp Program Fruit and Vegetable Checklist Results
Surveys collected: 12

Pre-program date: 02/05/2019
Post-program date: 03/05/2019

1. Do you eat fruits or vegetables as snacks?	% Pre	% Post
No	0%	0%
Yes, sometimes	67%	33%
Yes, often	17%	25%
Yes, everyday	17%	42%

2. Fruit: How much do you eat each day?	% Pre	% Post
None	0%	0%
½ Cup	17%	8%
1 Cup	50%	33%
1½ Cup	8%	8%
2 Cups	25%	33%
2½ Cup	0%	17%
3 Cups	0%	0%

3. Do you eat more than one kind of fruit each day?	% Pre	% Post
No	0%	0%
Yes, sometimes	58%	25%
Yes, often	8%	42%
Yes, always	33%	33%

4. Do you eat more than one kind of vegetable each day?	% Pre	% Post
No	0%	0%
Yes, sometimes	50%	50%
Yes, often	25%	8%
Yes, always	25%	42%

5. Vegetables: How much do you eat each day?	% Pre	% Post
None	0%	0%
½ Cup	17%	8%
1 Cup	50%	42%
1½ Cup	17%	0%
2 Cups	8%	42%
2½ Cup	8%	8%
3 Cups	0%	0%

6. Do you eat 2 or more vegetables at your main meal?	% Pre	% Post
No	0%	0%
Yes, sometimes	58%	50%
Yes, often	25%	50%
Yes, everyday	17%	0%

Positive improvements were seen for indicators #1, #2, #3, #5 and #6.

Indicator #4 remained unchanged.

Appendix 5a: Food Bank for Monterey County (Salinas) - English

Modified USDA Food Behavior Checklist Results
Surveys collected: 7

Pre-program date: 03/27/2019
Post-program date: 04/24/2019

1. How often do you plan meals ahead of time?	% Pre	% Post
Never	0%	0%
Seldom	14%	43%
Sometimes	71%	43%
Most of the time	14%	14%
Almost always	0%	0%

2. How often do you compare prices before you buy food?	% Pre	% Post
Never	0%	0%
Seldom	14%	0%
Sometimes	29%	43%
Most of the time	43%	29%
Almost always	14%	29%

3. How often do you run out of food before the end of the month?	% Pre	% Post
Never	43%	43%
Seldom	14%	14%
Sometimes	29%	43%
Most of the time	14%	0%
Almost always	0%	0%

4. How often do you shop with a grocery list?	% Pre	% Post
Never	29%	14%
Seldom	29%	43%
Sometimes	29%	43%
Most of the time	14%	0%
Almost always	0%	0%

5. How often do you participate in at least 30 minutes of moderate physical exercise every day?	% Pre	% Post
Never	43%	14%
Seldom	0%	29%
Sometimes	29%	14%
Most of the time	29%	43%
Almost always	0%	0%

6. Do you eat low-fat foods?	% Pre	% Post
Never	29%	14%
Seldom	14%	0%
Sometimes	57%	71%
Most of the time	0%	14%
Almost always	0%	0%

7. When you have the option of getting a "super-sized" portion of food or beverage, how often do you order it?	% Pre	% Post
Never	29%	29%
Seldom	14%	14%
Sometimes	29%	14%
Most of the time	29%	29%
Almost always	0%	14%

These data showed mixed results.

Positive improvements were seen for indicators #2, #3, #5 and #6.

Indicator #1 remained unchanged.

Negative changes were seen for indicators #4 and #7.

See a related discussion regarding indicator #7 in the "Challenges and Limitations" section.

Appendix 5b: Food Bank for Monterey County (Salinas) - English

Food Stamp Program Fruit and Vegetable Checklist Results
Surveys collected: 7

Pre-program date: 03/27/2019
Post-program date: 04/24/2019

1. Do you eat fruits or vegetables as snacks?	% Pre	% Post
No	0%	0%
Yes, sometimes	71%	43%
Yes, often	29%	14%
Yes, everyday	0%	43%

2. Fruit: How much do you eat each day?	% Pre	% Post
None	0%	0%
½ Cup	43%	0%
1 Cup	29%	29%
1½ Cup	0%	14%
2 Cups	29%	29%
2½ Cup	0%	29%
3 Cups	0%	0%

3. Do you eat more than one kind of fruit each day?	% Pre	% Post
No	29%	0%
Yes, sometimes	43%	29%
Yes, often	29%	57%
Yes, always	0%	14%

4. Do you eat more than one kind of vegetable each day?	% Pre	% Post
No	14%	0%
Yes, sometimes	43%	43%
Yes, often	43%	43%
Yes, always	0%	14%

5. Vegetables: How much do you eat each day?	% Pre	% Post
None	0%	0%
½ Cup	43%	0%
1 Cup	43%	14%
1½ Cup	0%	43%
2 Cups	14%	14%
2½ Cup	0%	29%
3 Cups	0%	0%

6. Do you eat 2 or more vegetables at your main meal?	% Pre	% Post
No	14%	0%
Yes, sometimes	57%	43%
Yes, often	29%	57%
Yes, everyday	0%	0%

Positive improvements were seen for all indicators.

Appendix 6a: Salinas River Community Church (Salinas) – Spanish

Modified USDA Food Behavior Checklist Results
Surveys collected: 10

Pre-program date: 03/28/2019
Post-program date: 04/25/2019

1. How often do you plan meals ahead of time?	% Pre	% Post
Never	10%	0%
Seldom	0%	0%
Sometimes	50%	40%
Most of the time	30%	40%
Almost always	10%	20%

2. How often do you compare prices before you buy food?	% Pre	% Post
Never	10%	0%
Seldom	20%	20%
Sometimes	40%	30%
Most of the time	10%	30%
Almost always	20%	20%

3. How often do you run out of food before the end of the month?	% Pre	% Post
Never	0%	30%
Seldom	60%	10%
Sometimes	20%	40%
Most of the time	20%	0%
Almost always	0%	20%

4. How often do you shop with a grocery list?	% Pre	% Post
Never	10%	0%
Seldom	10%	10%
Sometimes	40%	30%
Most of the time	0%	30%
Almost always	40%	30%

5. How often do you participate in at least 30 minutes of moderate physical exercise every day?	% Pre	% Post
Never	0%	0%
Seldom	30%	10%
Sometimes	30%	30%
Most of the time	30%	30%
Almost always	10%	30%

6. Do you eat low-fat foods?	% Pre	% Post
Never	0%	0%
Seldom	0%	0%
Sometimes	50%	30%
Most of the time	30%	20%
Almost always	20%	50%

7. When you have the option of getting a "super-sized" portion of food or beverage, how often do you order it?	% Pre	% Post
Never	20%	20%
Seldom	20%	50%
Sometimes	50%	30%
Most of the time	10%	0%
Almost always	0%	0%

Positive improvements were seen in indicators #1, #2, #4, #5, #6 and #7.

Indicator #3 remained unchanged.

See a related discussion regarding indicator #3 in the "Challenges and Limitations" section.

Appendix 6b: Salinas River Community Church (Salinas) – Spanish

Food Stamp Program Fruit and Vegetable Checklist Results
Surveys collected: 10

Pre-program date: 03/28/2019
Post-program date: 04/25/2019

1. Do you eat fruits or vegetables as snacks?	% Pre	% Post
No	0%	0%
Yes, sometimes	10%	40%
Yes, often	40%	10%
Yes, everyday	50%	50%

2. Fruit: How much do you eat each day?	% Pre	% Post
None	0%	0%
½ Cup	20%	20%
1 Cup	30%	10%
1½ Cup	20%	10%
2 Cups	20%	10%
2½ Cup	0%	40%
3 Cups	10%	10%

3. Do you eat more than one kind of fruit each day?	% Pre	% Post
No	0%	0%
Yes, sometimes	50%	20%
Yes, often	20%	50%
Yes, always	30%	30%

4. Do you eat more than one kind of vegetable each day?	% Pre	% Post
No	0%	0%
Yes, sometimes	40%	30%
Yes, often	30%	50%
Yes, always	30%	20%

5. Vegetables: How much do you eat each day?	% Pre	% Post
None	0%	0%
½ Cup	20%	20%
1 Cup	40%	20%
1½ Cup	0%	0%
2 Cups	20%	20%
2½ Cup	10%	30%
3 Cups	10%	10%

6. Do you eat 2 or more vegetables at your main meal?	% Pre	% Post
No	10%	20%
Yes, sometimes	40%	20%
Yes, often	50%	30%
Yes, everyday	0%	30%

Positive improvements were seen for indicators #2, #3, #4, #5 and #6.

A negative change was seen for indicator #1.

Attachment 3

Summary of Participant Comments

EVERETT ALVAREZ HIGH SCHOOL
SALINAS UNION HIGH SCHOOL DISTRICT
COMMENTS FORMS

Summary of 13 Respondents

Changes made as a result of attending this series of classes (*most common answers*):

- Eat healthier, including appropriate portions and more fruits and vegetables (10)
- Eat less fast/processed foods/sugar (1)
- Exercise more (2)
- Drink less sugary drinks (2)

Who and how participants/others benefit from these classes (*most common answers*):

- Participants and family—husband, wife, and/or kids—benefited (10)
- To eat healthier and/or prepare healthier meals, including drinking more water and eating appropriate portions and a balanced meal (7)
- Learned about the importance of eating healthier to help prevent diabetes (1)
- Lost weight (1)

A few quotes (*translated from Spanish to English*):

- “Keep bringing this program to as many people as you can to prevent these types of diseases. We need to make people aware of the importance of eating healthy.”
 - “Thank you for the important information, the data, recommendations and comments. I learned a lot about health and diabetes.”
 - “I liked the way the instructor explained the consequences of the different diseases [consequences of diabetes and obesity] due to eating processed foods.”
 - “I appreciate the information given because I learned that the appropriate portions are smaller than I thought, and about the recommended amounts of fruits and vegetables.”
-

**BORONDA MEADOWS ELEMENTARY SCHOOL
SALINAS CITY ELEMENTARY SCHOOL DISTRICT
COMMENTS FORMS**

Summary of 11 Respondents

Changes made as a result of attending this series of classes (*most common answers*):

- Eat healthier, including appropriate portions and more fruits and vegetables (6)
- Exercise more (6)
- Eat less fast/processed foods/sugar (2)
- Use different methods at the supermarket (1)

Who and how participants/others benefit from these classes (*most common answers*):

- Participants, family—husband, wife, and/or kids—and friends benefited (10)
- To eat healthier and/or prepare healthier meals, including drinking more water and eating appropriate portions and a balanced meal (9)
- Exercise more (1)

Additional comments (*most common answers*):

- Keep providing these classes that help us a lot.
- Very good classes that helped us eat healthier and take better care.

A few quotes (*translated from Spanish to English*):

- “Very good class with good information to learn how to prevent diabetes.”
- “I am thankful for these types of classes that help us learn so much I was not aware of. These classes have helped me a lot now that I’m diagnosed with pre-diabetes...”

KING CITY EARLY EDUCATION CENTER

COMMENTS FORMS

Summary of 7 Respondents

Changes made as a result of attending this series of classes (*most common answers*):

- Eat healthier, including appropriate portions and more fruits and vegetables (4)
- Exercise more (4)
- Eat less fast/processed foods/sugar (1)

Who and how participants/others benefit from these classes (*most common answers*):

- Participants and family—husband, wife, and/or kids—benefited (6)
- To eat healthier and/or prepare healthier meals, including drinking more water and eating appropriate portions and a balanced meal (4)
- Exercise more (2)

A few quotes (*translated from Spanish to English*):

- “My family and I benefited from attending these classes.”
 - “Very good information and hopefully you return more often.”
-

**LA PAZ MIDDLE SCHOOL
MIGRANT EDUCATION CENTER
SALINAS UNION HIGH SCHOOL DISTRICT
COMMENTS FORMS**

Summary of 15 Respondents

Changes made as a result of attending this series of classes (*most common answers*):

- Eat healthier, including appropriate portions and more fruits and vegetables (11)
- Exercise more (4)
- Eat less fast/processed foods/sugar (2)

Who and how participants/others benefit from these classes (*most common answers*):

- Participants and family—husband, wife, and/or kids—benefited (12)
- To eat healthier and/or prepare healthier meals, including drinking more water and eating appropriate portions and a balanced meal (12)

Additional comments (*most common answers*):

- Great classes, very interesting and helped me be healthier.
- I learned a lot from these classes.
- Each class taught us something different from eating more fruits and vegetables to portion sizes.
- The instructor explained everything very well.

A few quotes (*translated from Spanish to English*):

- “I liked everything very much and how the instructor explained things, which I put into practice.”
- “I learned about portions and amounts we should consume of fruits and vegetables. The topics were interesting. Thank you for what you taught us.”
- “Thank you for providing these classes. Classes were very good. I hope that there is more participation on the parents’ part next time.”
- “These classes will help us continue eating healthy. Thank you for everything.”

FOOD BANK FOR MONTEREY COUNTY

COMMENTS FORMS

Summary of 7 Respondents

Changes made as a result of attending this series of classes (*most common answers*):

- Eat healthier, including appropriate portions and more fruits and vegetables (7)
- Exercise more (3)

Who and how participants/others benefit from these classes (*most common answers*):

- Participants, family—husband, wife, and/or kids—and friends benefited (7)
- To eat healthier and/or prepare healthier meals, including drinking more water and eating appropriate portions and a balanced meal (7)

A few quotes:

- “It was a wonderful class, a lot of learning in my personal opinion.”
 - “Thank you for all the information you provided; a lot of things I didn’t know.”
-

SALINAS RIVER COMMUNITY CHURCH

COMMENTS FORMS

Summary of 12 Respondents

Changes made as a result of attending this series of classes (*most common answers*):

- Eat healthier, including appropriate portions and more fruits and vegetables (10)

Who and how participants/others benefit from these classes (*most common answers*):

- Participants, family—husband, wife, and/or kids—and friends benefited (10)
- To eat healthier and/or prepare healthier meals, including drinking more water and eating appropriate portions and a balanced meal (10)

Additional comments (*most common answers*):

- Very good classes. Thank you.
- Helped us learn to eat healthier, plan meals and exercise more.

A few quotes (*translated from Spanish to English*):

- “Thank you for these types of community programs. Very good job. Thank you for your enthusiasm and dedication.”
- “Thank you for providing these classes. They were very helpful for me and answered all my questions.”
- “Helped me eat healthier meals, eat less sugar and exercise more.”
- “I liked the classes and learned a lot which I will share with others.”

Attachment 4

Participant Comment Form

PARTNER SITE NAME

COMMENTS FORMS

Summary of (NUMBER) Respondents

Changes made as a result of attending this series of classes (*most common answers*):

-

How participants and/or others benefit from these classes (*most common answers*):

-

Additional comments (*most common answers*):

-

Quotes (*translated from Spanish to English*):

-

Attachment 5

Comparison to Prior Year Results

Comparison to Prior Year Results

The table below provides a comparison of Year 1, Year 2, Year 3, Year 4, Year 5, Year 6 and Year 7 results for the selected metrics.

Desired outcomes established in the Year 7 project were achieved, as demonstrated below.

Survey Tool	Survey Question	Year 1 Results	Year 2 Results	Year 3 Results	Year 4 Results	Year 5 Results	Year 6 Results	Year 7 Results
USDA Food Behavior Checklist	How often do you plan meals ahead of time?	Combined 33 percentage point increase in participants who planned meals ahead of time “most of the time” or “always” (51% to 84%)	Combined 7 percentage point increase in participants who planned meals ahead of time “most of the time” or “always” (81% to 88%)	9 percentage point increase in participants who planned meals ahead of time “sometimes” (20% to 29%)	8 percentage point increase (22% to 30%) in participants who planned meals ahead “sometimes”	Combined 7 percentage point increase in participants who planned meals ahead of time “most of the time” or “always” (54% to 61%)	Combined 8 percentage point increase in participants who planned meals ahead of time “most of the time” or “almost always” (55% to 63%)	Combined 15 percentage point increase in participants who planned meals ahead of time “most of the time” or “almost always” (52% to 67%)
USDA Food Behavior Checklist	How often do you participate in at least 30 minutes of moderate physical exercise every day?	Combined 30 percentage point increase in participants who participated in at least 30 minutes of physical exercise every day “most of the time” or “always” (41% to 71%)	Combined 40 percentage point increase in participants who participated in at least 30 minutes of moderate physical exercise every day “most of the time” or “always” (36% to 76%)	Combined 4 percentage point increase in participants who participated in at least 30 minutes of physical activity “most of the time” or “almost always” (49% to 53%)	Combined 17 percentage point increase (34% to 51%) in participants who increased daily physical activity by exercising moderately at least 30 minutes per day “most of the time” or “almost always”	Combined 21 percentage point increase in participants who participated in at least 30 minutes of physical exercise every day “most of the time” or “always” (33% to 54%)	Combined 27 percentage point increase in participants who increased daily physical activity by exercising moderately at least 30 minutes per day “most of the time” or “almost always” (44% to 71%)	Combined 29 percentage point increase in participants who increased daily physical activity by exercising moderately at least 30 minutes per day “most of the time” or “almost always” (33% to 62%)
Food Stamp Program Fruit & Vegetable Checklist	Fruit: How much do you eat each day?	Combined 46 percentage point increase in participants who ate 1-½ to 3 cups or more of fruit each day (33% to 79%)	Combined 50 percentage point increase in participants who ate 1-½ to 3 cups or more of fruit each day (34% to 84%)	Combined 21 percentage point increase in participants who ate 1-½ to 3 cups or more of fruit each day (45% to 66%)	Combined 50 percentage point increase (19% to 69%) in participants who ate 1-½ to 3 cups or more of fruit each day	Combined 32 percentage point increase in participants who ate 1-½ to 3 cups or more of fruit each day (44% to 76%)	Combined 22 percentage point increase in participants who ate 1-½ to 3 cups or more of fruit each day (38% to 60%)	Combined 28 percentage point increase in participants who ate 1-½ to 3 cups or more of fruit each day (35% to 63%)

Comparison to Prior Year Results

Food Stamp Program Fruit & Vegetable Checklist	Vegetables: How much do you eat each day?	Combined 46 percentage point increase in participants who ate 1-½ to 3 cups or more of vegetables each day (33% to 79%)	Combined 45 percentage point increase in participants who ate 1-½ to 3 cups or more of vegetables each day (36% to 81%)	Combined 37 percentage point increase in participants who ate 1-½ to 3 cups or more of vegetables each day (30% to 67%; a 123% increase)	Combined 25 percentage point increase (35% to 60%) in participants who ate 1-½ to 3 cups or more of vegetables each day	Combined 36 percentage point increase in participants who ate 1-½ to 3 cups or more of vegetables each day (39% to 75%)	Combined 18 percentage point increase in participants who ate 1-½ to 3 cups or more of vegetables each day (41% to 59%)	Combined 30 percentage point increase in participants who ate 1-½ to 3 cups or more of vegetables each day (27% to 57%)
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