

FY 2011 PENNSYLVANIA NUTRITION EDUCATION TRACKS

Description of Nutrition Education Programming Tracks

ADULT/SENIOR TRACK

The Adult/Senior Track is a statewide plan for provision of nutrition education to Supplemental Nutrition Assistance Program (SNAP) eligible individuals ages 18 and over. Although the audience of primary interest is caregivers with dependent children, other eligible audiences can be served as well. This plan meets criteria established by USDA's Food & Nutrition Service for provision of Supplemental Nutrition Assistance Program Education (SNAP-Ed). Refer to the [SNAP-Ed Plan Guidance](#) for more information about these criteria.

Applicants are encouraged to participate in statewide initiatives identified in this Track. Applicants may provide other interventions that are consistent with requirements in this description. Applicants must address at least one Adult/Senior-Age objective to participate in this Track.

1. ADULT/SENIOR GOALS & OBJECTIVES

Goal 1: Adopt behaviors consistent with current USDA guidance outlined in *MyPyramid* and *2005 Dietary Guidelines for Americans*.

- Objective 1:** Consume or intend to consume recommended amounts and variety of fruits daily.
- Objective 2:** Consume or intend to consume recommended amounts and variety of vegetables daily.
- Objective 3:** Consume or intend to consume recommended amounts of whole grain foods daily.
- Objective 4:** Consume or intend to consume recommended amounts of low-fat calcium-rich foods daily.
- Objective 5:** Be or intend to be physically active every day as part of a healthy lifestyle.
- Objective 6:** Balance or intend to balance calorie intake from foods and beverages with calories expended.
- Objective 7:** Choose or intend to choose a diet with adequate fiber.
- Objective 8:** Use or intend to use the food label or package to make healthy food choices.
- Objective 9:** Consume or intend to consume a diet low in saturated fat, trans fat and cholesterol and moderate in total fat.
- Objective 10:** Choose or intend to choose beverages and foods to moderate intake of sugars.
- Objective 11:** Adopt or intend to adopt food safety practices.

Goal 2: Adopt behaviors that stretch food resources.

- Objective 1:** Use or intend to use shopping strategies to stretch food dollars

Goal 3: Adopt cognitive eating behaviors compatible with good health.

- Objective 11:** Increase practice of eating competence constructs.

FY 2011 PENNSYLVANIA NUTRITION EDUCATION TRACKS Description of Nutrition Education Programming Tracks

2. DESCRIPTION OF ADULT/SENIOR INTERVENTIONS

a) Program Delivery

TRACKS About Eating consists of 5 web modules tailored specifically for low-income Pennsylvanians interested in eating competence and healthy eating behaviors. Lessons address the constructs of the eating competence model: eating attitudes, food acceptance, internal regulation of food intake, eating context (meal planning), and physical activity. Topics include on enjoyment of meals, encouraging consumption of a wider variety of foods, self-trust to manage food and eating patterns, and skills to manage meal contexts, e.g. meal planning and preparation. Applicants are encouraged to explore ways to recruit SNAP eligibles to participate in these interactive, web modules. Agencies can promote these modules to clients to extend their educational programming reach and maximize the use of limited professional staff.

Eat Smart, Live Strong: Nutrition Education for Older Adults is an FNS intervention for SNAP eligible adults ages 60-74. The *Eat Smart, Live Strong* activity kit contains interventions aimed at increasing vegetable and fruit consumption and physical activity in this population. This kit includes a leader's guide and four session guides. The curriculum encourages participants to practice nutrition and exercise activities; each session reinforces key messages and promotes adoption of key behaviors. Applicants programming to senior audiences are strongly encouraged to use this curriculum. Examples of appropriate settings include senior centers, low-income housing, food pantries, and local county assistance offices.

Other Direct Education. Direct education is defined as active participant engagement in the learning process with an educator and/or interactive media. For an activity to qualify as direct education, information on the number of individuals, SNAP participation, age, gender, and race/ethnicity must be collected. Strategies for delivering direct education include: **series or single session** group classes, individual **one-on-one** education, or **multimedia** approaches. Allowable curricula and/or supporting materials may be used to provide additional direct education programming. Only behaviorally focused, preventive programs that address TRACKS objectives can be funded. Curricula and materials use plans must be described in a TRACKS proposal.

Indirect Education. Indirect education is defined as the distribution of information and resources, including any mass communications, public events, and materials distribution that **DO NOT** meet the definitions of direct education. Indirect education is to be delivered to a defined eligible audience. Strategies for delivering indirect education include: **community events, newsletters, fact sheets, food tastings, food/cooking demonstrations, and digital photo receiver (DPR) programs**. Several downloadable DPR programs are available at no cost to interested Local Partners. DPRs display images and text that revolve automatically, and are generally designed to be understandable to the viewer from any point in the progression of program. They can be used to deliver education in a variety of settings (e.g. county assistance offices, waiting rooms).

b) Educational Materials

Allowable curricula and supporting materials for nutrition education delivered to adult/senior audiences are listed in the following tables. *Underlined items are hyperlinks to the resource named.*

**FY 2011 Pennsylvania Nutrition Education TRACKS
Description of Nutrition Education Programming Tracks**

TITLE	AUTHOR/ DEVELOPER	DESCRIPTION
ADULT/SENIOR TRACK INITIATIVES		
<u>TRACKS About Eating</u>	Barbara Lohse, PhD – PSU	5 web based lessons that address the core constructs of the eating competence model: eating attitudes, food acceptance, internal regulation of food intake, eating context (meal planning), and an additional lesson focused on the importance of physical activity. English only. Cost: None
<u>Eat Smart. Live Strong</u>	USDA/FNS	4 lesson behavioral intervention for adults ages 60-74; focuses on fruit and vegetable consumption and physical activity. English only. Cost: None
ADULT/SENIOR ADDITIONAL CURRICULA		
<u>A New You: Health for Every Body</u>	Wellness in the Rockies	10-lesson curriculum based on Health at Every Size model and non-diet approach; involves group discussion, journaling. English only. Cost: None to download, CDs \$25
<u>Eating Smart, Being Active</u>	Colorado State and UC-Davis EFNEP	8 lessons for caregivers that focus on nutrition and physical activity. Topics include exercise, food resource management, vegetables, whole grains, calcium, limiting high sugar/fat/salt-containing foods, lean protein, & healthy snacks. English only. Cost: \$51.96 for Educator Guide
<u>FRIDGE (Food Related Inter- generational Discussion Group Experiences)</u>	Matt Kaplan, PhD -Penn State University (PSU)	Program involving multiple generations within the family with the goal of fostering better communication and healthier food choices English only. Cost: None
Healthy Living	Barbara Myers, RD	10 lesson curriculum focusing on nutrition and physical activity for older adults; intended for group classes. English only. Cost: None
<u>Loving Your Family, Feeding Their Future, Nutrition Education Through the Food Stamp Program</u>	USDA/FNS	4 discussion sessions covering nutrition and physical activity; includes staff support materials, participant handouts. Materials targeted and designed for English and Spanish speaking caregivers with children ages 2-18. In English & Spanish. Cost: None
<u>Money for Food (Oct 2007 ed.)</u>	University of Wisconsin Cooperative Extension	13 lessons focusing on food resource management and food security. English only. Cost: None
<u>MyPyramid</u>	USDA	Official USDA food guidance; graphic representation of principles of the 2005 Dietary Guidelines; tracker feature gives guidance tailored to the user's gender and age; In English & Spanish. Cost: None
Problem Based Learning 1 (PBL1 lessons)	Penny Kris- Etherton, PhD, Tricia Psota & Barbara Lohse, PhD—PSU	Small group lessons utilizing a problem-based approach specifically designed to teach pre-menopausal women (usually mothers) about eating and lifestyle behaviors that are promoted in the Dietary Guidelines. English only Cost: None
<u>Seniors Eating Well</u>	Lynn James, PSU Cooperative Extension	9 lessons on nutrition & health for middle-aged and older adults. Lessons are 45 minutes; include visuals, handouts, recipes, & evaluation tools. English only. Cost: \$40

FY 2011 PENNSYLVANIA NUTRITION EDUCATION TRACKS
Description of Nutrition Education Programming Tracks

Simply Good Eating	University of Minnesota Cooperative Extension	Comprised of four units: For Moms & Kids, For Seniors, For Health, and Now You're Cooking! Lessons focus on nutrition and physical activity as part of a healthy lifestyle and cooking on a limited budget. The Moms & Kids section <i>Baby Feeding Tips that Really Work</i> is not approved for TRACKS. English only. Cost: \$97.00 for entire curriculum, units sold separately.
ADULT/SENIOR SUPPORTING EDUCATIONAL MATERIALS		
Be Active, Healthy, and Happy!	USDA/ DHHS	8 chapter resource guide that outlines the 2008 Physical Activity Guidelines for Americans; An accompanying toolkit also contains posters, flyers, and fact sheets that promote and explain the guidelines. English only. Cost: None
Digital Photo Receiver programs	Barbara Lohse, PhD, RD Robin Rifkin, MS <i>Kansas State University, funded in part by USDA</i>	A Guide to Whole Grain Foods (Eng/Sp) A Guide to Eating Well (Eng/Sp) A Guide to Healthy Foods and Herbs (Eng) Breakfast is Smart* (Eng) Shop for Folic Acid (Eng/Sp)* *Kansas State University programs In English & Spanish. Cost: None
Finding Your Way to a Healthier You	USDA/ DHHS	80 page book with the complete 2005 Dietary Guidelines. Addresses dietary quality, energy balance, food labels, food safety, and alcohol use. English only. Cost: None to download; \$12.50 for 1 copy; \$106.00 for 25 copies.
Fruits and Veggies: More Matters -CDC site -PBH site	CDC/DHHS/ NCI/ Produce for Better Health Foundation	Previously 5-a-Day sites; promote fruit and vegetable consumption; feature nutrition information & resources for professionals. English only. Cost: None
Good Food in Action Toolkit	USDA and SNAP-Ed projects in California	20 min. DVD demonstrating quick low-cost food preparation, poster display, brochures containing nutrition and food resource management tips, recipe cards, and resource guide; In English & Spanish. Cost: Contact PA NEN
Health Promotion Council's Low Literacy Educational Materials	Philadelphia's Health Promotion Council	Food For Health newsletters, lessons, and fact sheets that address fat, calcium, sodium, food safety, healthy weight, fruits, vegetables, label reading; In English & Spanish. Cost: None
Make Your Calories Count	FDA/DHHS	An online training module that reviews the Nutrition Facts label. English only. Cost: None
My Child, My Choices: Healthy eating when you are pregnant	University of Wisconsin-Extension	Colorful booklet for pregnant adolescents about nutrition, weight gain, taking care of self and baby, building decision-making skills. English only. Cost: \$5.65 per copy.
MyPyramid for Older Adults	University of Florida IFAS Extension	Adaptation of <i>MyPyramid</i> for use with older adults. The mini-poster outlines the <i>2005 Dietary Guidelines for Americans</i> that are specific to older adults; English only. Cost: \$15/pkg of 50.

FY 2011 PENNSYLVANIA NUTRITION EDUCATION TRACKS
Description of Nutrition Education Programming Tracks

<i>MyPyramid</i> handouts	Universities of Missouri & Florida ; Food and Health Communications	Power Point slides, handouts, lesson plans for teaching MyPyramid; items for teaching adults/youth; English only. Cost: None for MO & FL materials; variable cost for Food and Health materials.
On The Table (SNAP-Ed Information and Resource Pamphlet)	PA NEN	Pamphlet to be distributed to SNAP Heads of Household at CAOs & contains nutrition information, tips for food resource management and referrals to local SNAP-Ed programs; In English & Spanish, Cost: \$0.50/booklet.
Pick a Better Snack	Iowa Dept. of Public Health	Newsletters, recipes, focused on increasing fruit and vegetable consumption; participants can subscribe to website and receive “Food, Recipe, Activity of the Week”. In English/Spanish. Cost: None
State Nutrition Action Committee (SNAC) materials	PA NEN, PA Depts. of Public Welfare, Ed., Health, Ag., Aging, WIC	Downloadable newsletters, display materials for promotion of vegetables. Follows “Vegetable of the Month” format; includes information on purchase, storage, cooking, growing, and nutrition highlights of each vegetable. In English/Spanish. Cost: None
Stretching your Food Dollars	University of Wisconsin Cooperative Extension	Activity sheets and handouts that focus on food resource management. Includes recipes and money saving tips. English only. Cost: \$3.00
The Fruit and Vegetable Connection Magazine & Fruit and Vegetable Express Bites Website	Funded through a multi-state grant by USDA	Magazine format material for young adults; content based on Stages of Change model; focus on fruit and vegetable consumption and physical activity. English only Website provides interactive module providing assessment of and education on fruit and vegetable intake; In English Cost: None

FY 2011 Pennsylvania Nutrition Education TRACKS Description of Nutrition Education Programming Tracks

3. EVALUATION PLANS FOR ADULT/SENIOR INTERVENTIONS

All major areas of programming must include an evaluation. The following sections describe evaluation activities to be implemented by Local Partners.

a) Adult Senior Track Process Evaluation

TRACKS local partners must enter information about interventions delivered and participant demographic data into the Statewide Technical and Administrative Reporting (STARtracks) online reporting system. Data elements required for reporting to the TRACKS federal funding agency and provides process evaluation data are compiled by STARtracks providing process evaluation to guide local and statewide programming and evaluation efforts.

b) Statewide Outcome Evaluation

About Eating Web Lessons

Module use will be tracked using programs to track and record web usage statistics (e.g. Number of hits, page views, etc.). Eating competence status will be assessed with online administration of the Satter Eating Competence Inventory for Low-Income Audiences. Results from FY 2010 About Eating evaluation will guide refinement of the evaluation protocol.

Eat Smart, Live Strong. Eat Smart, Live Strong (ESLS) client feedback surveys will be used to evaluate client perception of ESLS lessons. Educator feedback will be collected via telephone interviews or web survey from TRACKS educators. Interviews will focus on items such as: ease of obtaining and organizing materials for the lesson, facilitators and/or barriers to completing the lesson, and perception of how lesson format was received by target audience. Feedback from clients and educators will inform the need for development of additional evaluation support.

Post/Retrospective-pre Evaluation Tools. A post/retrospective-pre protocol will be used to evaluate **Food Shopping, Calcium, and Food Safety** objectives for TRACKS education delivered as single classes or individual sessions within a series class. After receiving education on one of these objectives, a topic-specific survey will be completed; participants will report behavioral intention and (retrospectively) their previous behavior. A Spanish language version of the **Food Shopping** post/pre survey is available. Post/retrospective-pre surveys are provided to Local Partners in scan-able format; Partners return completed surveys and evaluation materials to the TRACKS ME for processing.

Newsletter Surveys. FY 2009 revised newsletter survey will elicit client reported behavior changes resulting from newsletter programming, and provide client feedback for TRACKS partner use in developing locally tailored newsletters. Newsletter surveys are customizable by local partners to obtain feedback on specific recipes included in newsletters and to provide information on direct education opportunities in their service area, thus facilitating recruitment for more in-depth education.

FY 2011 PENNSYLVANIA NUTRITION EDUCATION TRACKS
Description of Nutrition Education Programming Tracks

c) Applicant-Specific Evaluation

Curricula or interventions that are not addressed by statewide evaluation activities, must include an evaluation to describe an evaluation plan (e.g. protocol for evaluation activities, description of survey(s), sampling plan, etc.) in a TRACKS proposal. All evaluation plans must be reviewed and approved by the TRACKS ME.