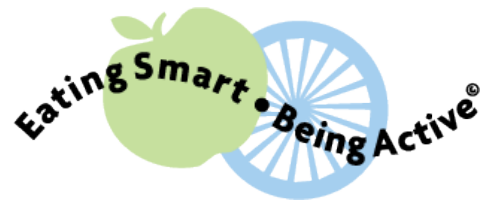


# Outcome Effectiveness of the Widely Adopted EFNEP Curriculum: Eating Smart • Being Active



▶ Colorado State University

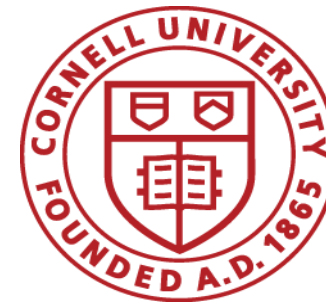
- ▶ Garry Auld
- ▶ Susan Baker
- ▶ Lisa Conway
- ▶ Kathryn McGirr

▶ Cornell University

- ▶ Jamie Dollahite

▶ Ohio State University

- ▶ Maria Carmen Lambea



THE OHIO STATE  
UNIVERSITY



# Pragmatic Considerations

- ▶ Eating Smart • Being Active (ESBA) had been adopted by >37 programs/states
- ▶ Limited resources to do the research
- ▶ Was ESBA as effective as “previous curricula?”



# Practical Considerations

- ▶ Access to multiple years of EFNEP data from 5 states
- ▶ Same Evaluation Tools
  - ▶ EFNEP 10 item Behavior checklist (BCL)
  - ▶ 24 hr dietary recall



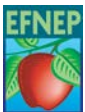
# Practical Considerations

- ▶ Define “pre-ESBA”
  - ▶ Prior curricula = “non ESBA”
  - ▶ Multiple curricula used prior to ESBA
- ▶ Allowed time for educators to become proficient at teaching ESBA
- ▶ Only include data from exclusive use of ESBA



# Practical Considerations

- ▶ Use all data from a 6 month interval before ESBA
  - ▶ Everyone who started (pre) and finished (post) within the 6 months
- ▶ Broader representativeness
  - ▶ Colorado, New York, Ohio, Arkansas, California
  - ▶ 4 NIFA regions



# Data Collection and Analysis

- ▶ Data required significant cleaning & confirming consistent coding over multiple years
- ▶ Variables chosen:
  - ▶ 3 BCL scales: nutrition, food safety, food resource management
  - ▶ 2 Physical Activity (only 1 asked by all states)
  - ▶ 24HR - food groups only



# Research Questions

- ▶ How effective was ESBA at changing self-reported behavior (pre to post)?
- ▶ How did ESBA behavior changes compare to behavior changes from prior curricula?





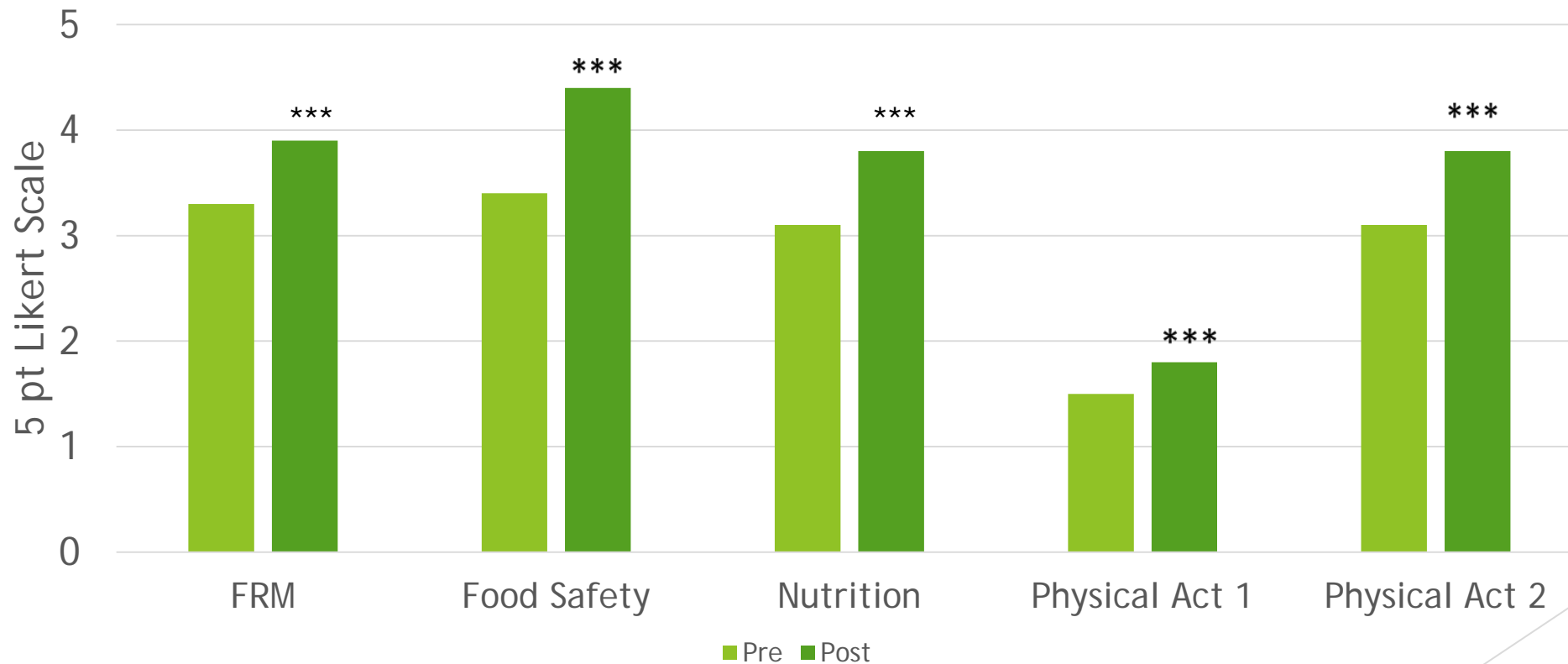
# Participant Demographics (n = 7231)

- ▶ 89% female
- ▶ 57% Hispanic
- ▶ 22% < high school or GED; 20% HS
- ▶ Mean age 33.9
- ▶ California - 65%; Ohio - 22%; Arkansas -5%; Colorado -5%; New York - 3%



# ESBA - Behavior Check List (BCL)

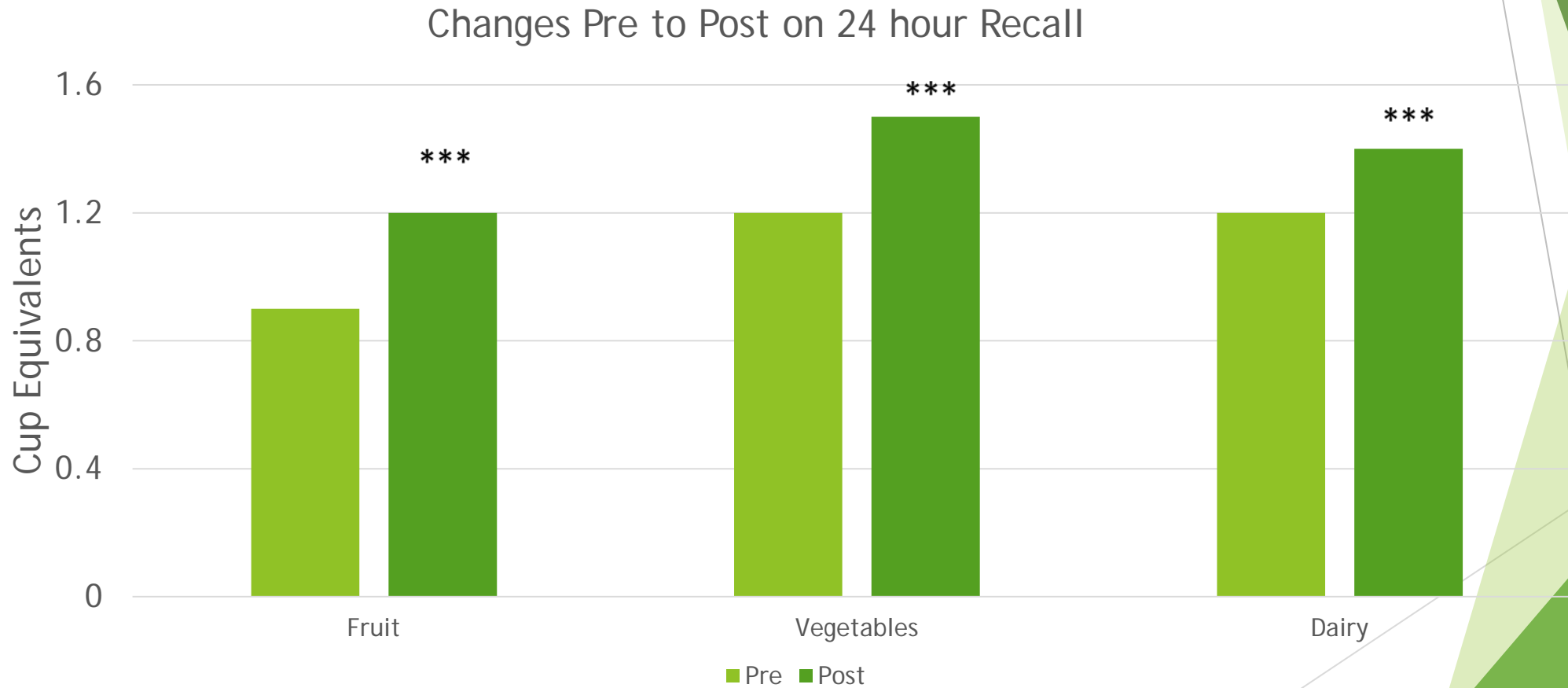
Changes Pre to Post on BCL and Physical Activity Items



\*\*\* p < 0.001



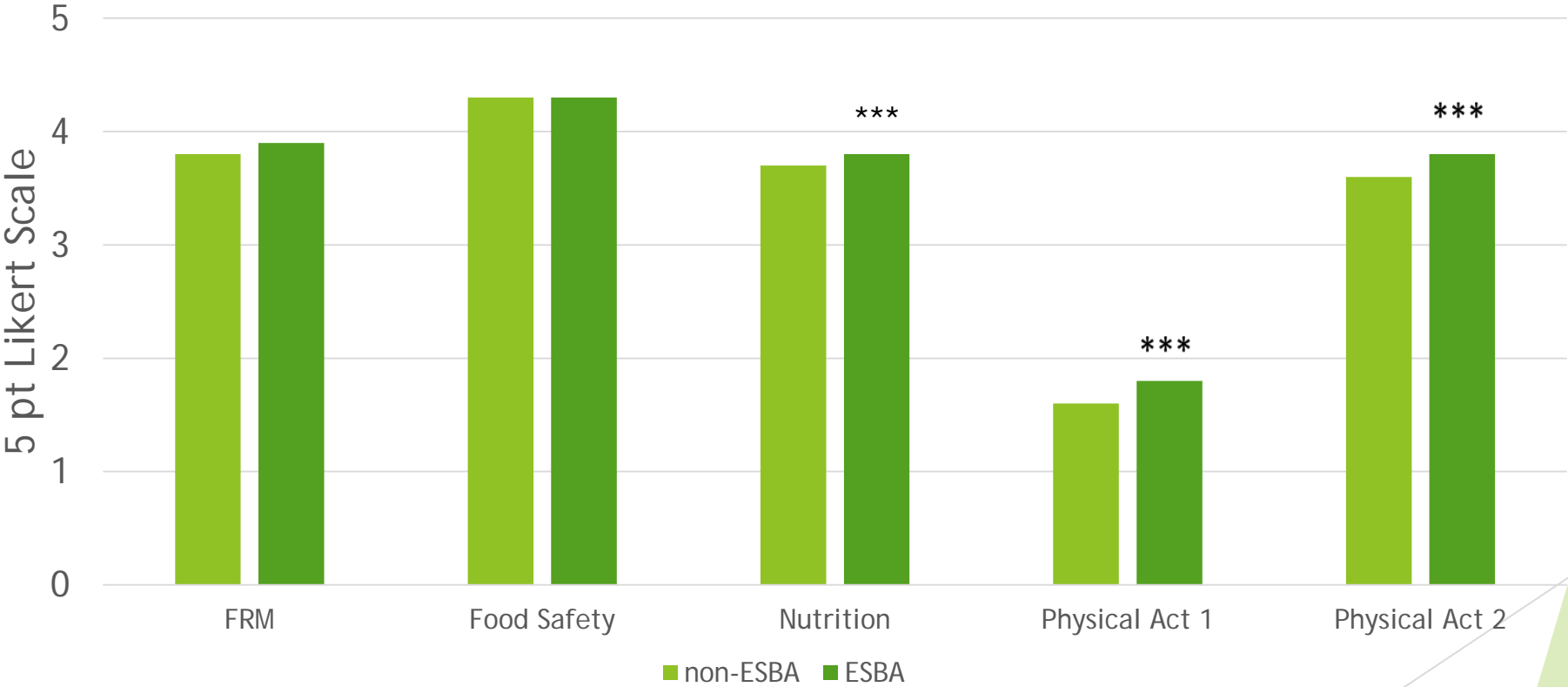
# ESBA - 24 hour recall food groups



\*\*\* p < 0.001

# ESBA vs non-ESBA - BCL

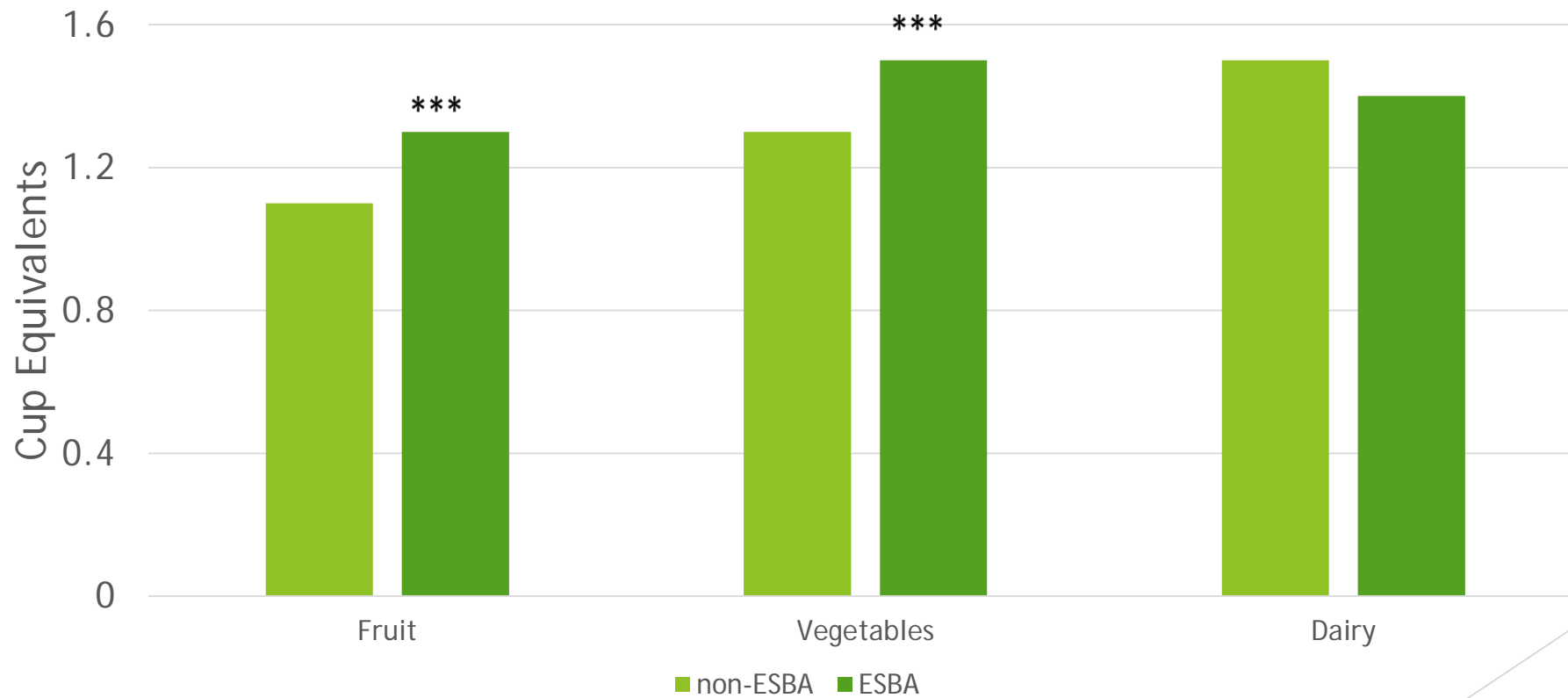
Post Scores on BCL and Physical Activity Items



\*\*\* p < 0.001

# ESBA vs non-ESBA - 24 hr recall food groups

Post Scores on 24 hr Recalls



\*\*\* p < 0.001



# Conclusions

When compared pre to post:

- ▶ Eating Smart • Being Active led to significant increases in:
  - ▶ all BCL scales
  - ▶ physical activity items
  - ▶ intakes of fruit
  - ▶ intake of vegetables
  - ▶ intake of dairy



# Conclusions

- ▶ Eating Smart • Being Active was as good or better than prior curricula in changing self-reported behaviors in:
  - ▶ nutrition
  - ▶ physical activity
  - ▶ intakes of fruit
  - ▶ intake of vegetables



# Pros/Cons of Methodology

## ▶ Pros

- ▶ Access large numbers at low cost

## ▶ Cons

- ▶ When using data collected by others retrospectively, lack of control on data collection methods and fidelity in program delivery and assessment





# Implications

- ▶ Compare and contrast effectiveness when there are major program changes such as:
  - ▶ New training approaches
  - ▶ New or revised curriculum
  - ▶ Multiple curricula
  - ▶ New evaluation tools

