



Healthy for Life®

2022 Evaluation Results

National Extension Association of
Family & Consumer Sciences



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Key Evaluation Questions

- ❖ What are the demographic characteristics of participants of Healthy for Life?
- ❖ How has participant confidence in the preparation of healthy foods at home changed *over time*?
- ❖ How has participant consumption of fruits, vegetables, and whole grains changed *over time*?
- ❖ How has frequency of healthy shopping habits changed *over time*?

Methods

Data Collection

- Facilitators were asked to administer the same survey to participants at the beginning of the **first educational experience**, and then again **at the end, 4th or final, experience in 2022**

Data Analysis

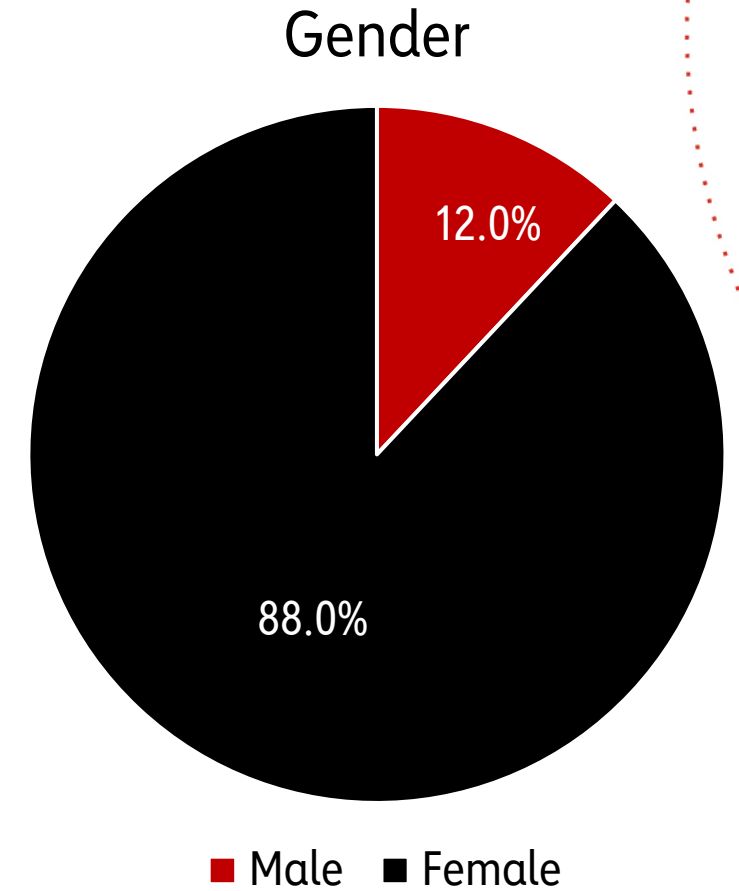
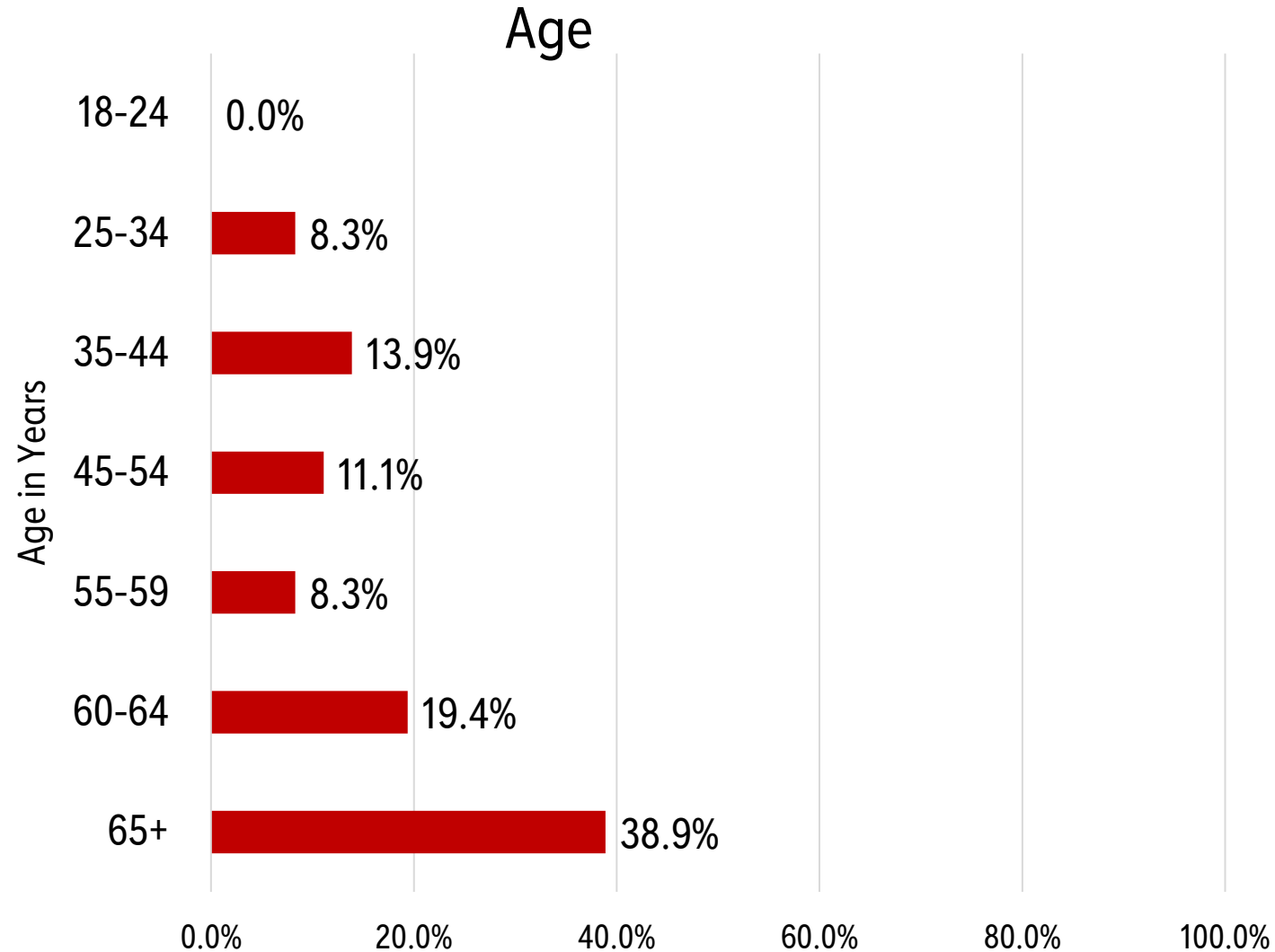
- Percentages and counts were reported for all demographic variables
- To assess changes in key metrics between the pre and post surveys, two-way repeated ordinal regression was used as the data was not normally distributed
- All demographic variables (gender, age, race, ethnicity, and education) and number of sessions attended were adjusted for in the model

Survey Completion Information

- There were a total of 79 participants
- 72 of 79 (91.1%) participants completed 2 surveys
- **Analysis and results based on 72 participants who completed 2 surveys**
 - At least 2 surveys required to assess changes in key program metrics

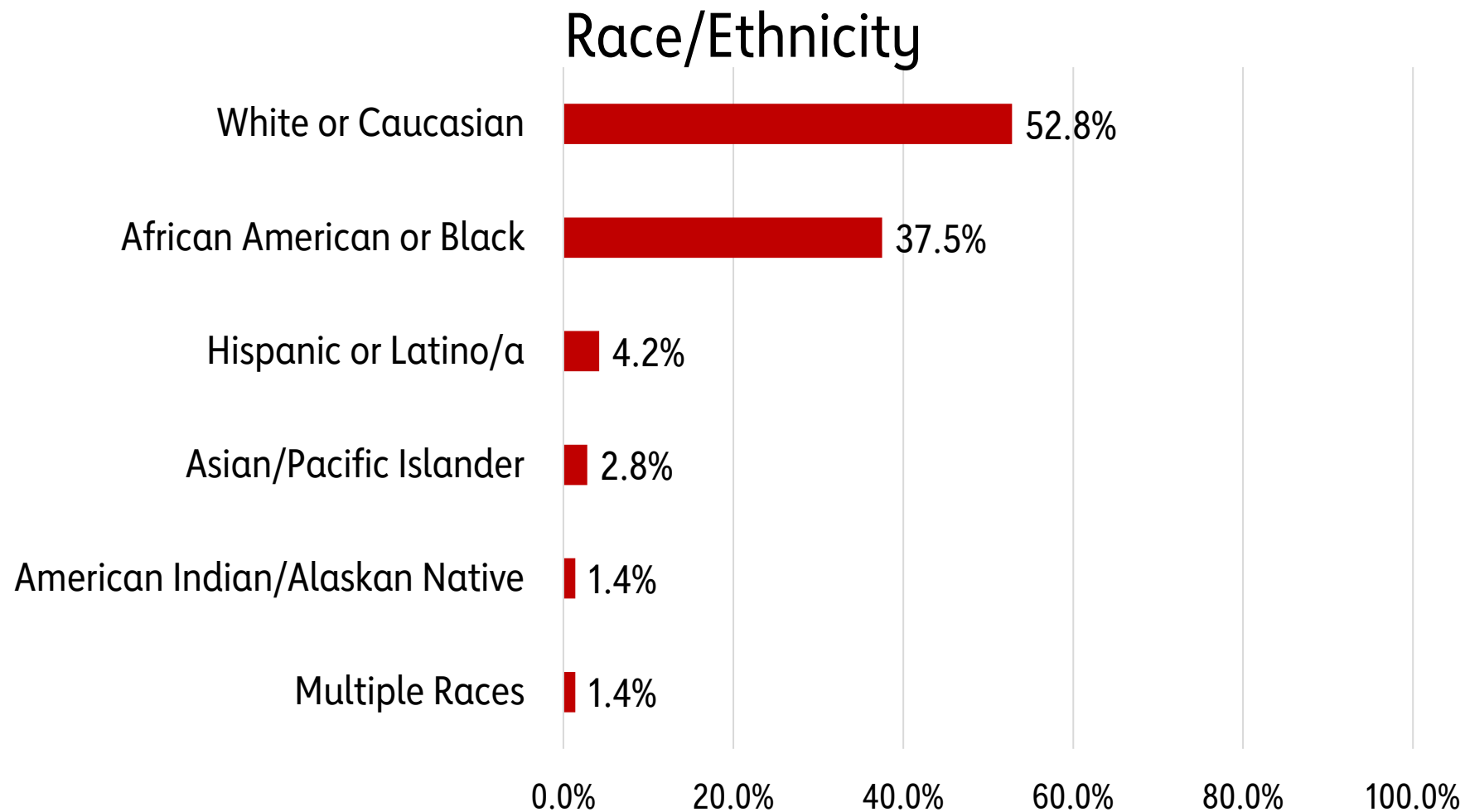
Respondent Characteristics

Respondent Characteristics



N=72

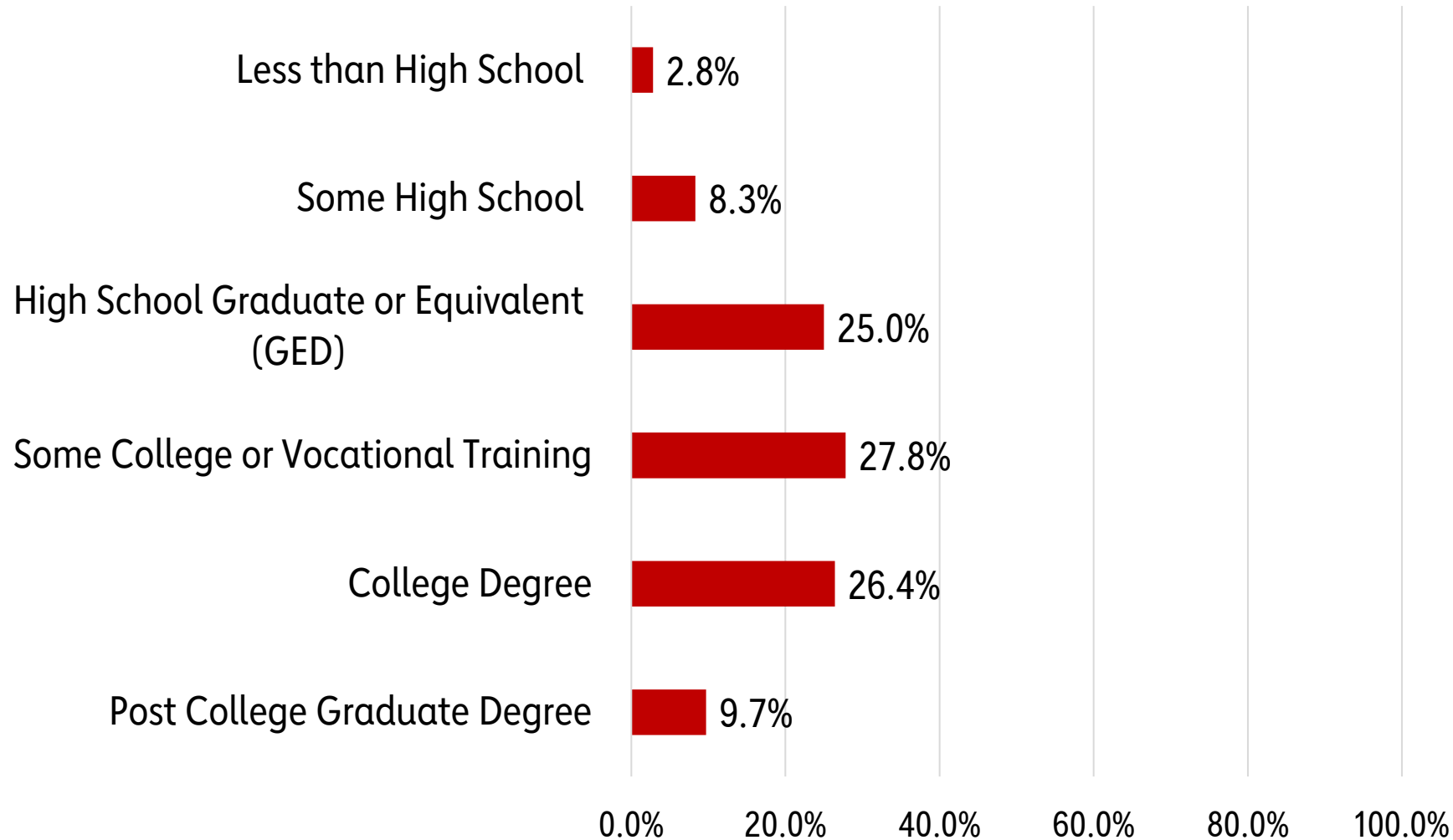
Respondent Characteristics



N=72

Respondent Characteristics

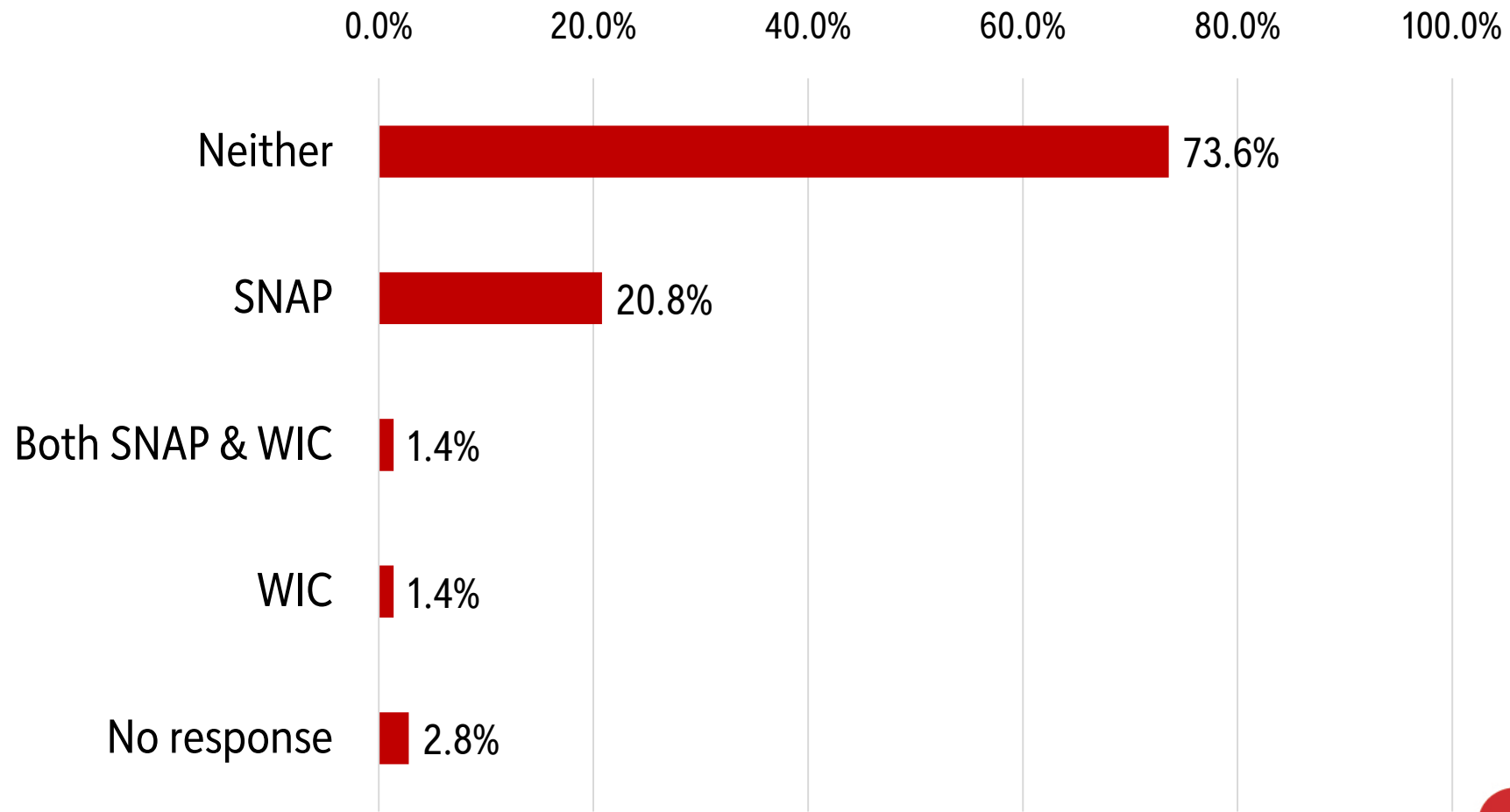
Highest Level of Education



N=72

Respondent Characteristics

Household Participation in SNAP & WIC



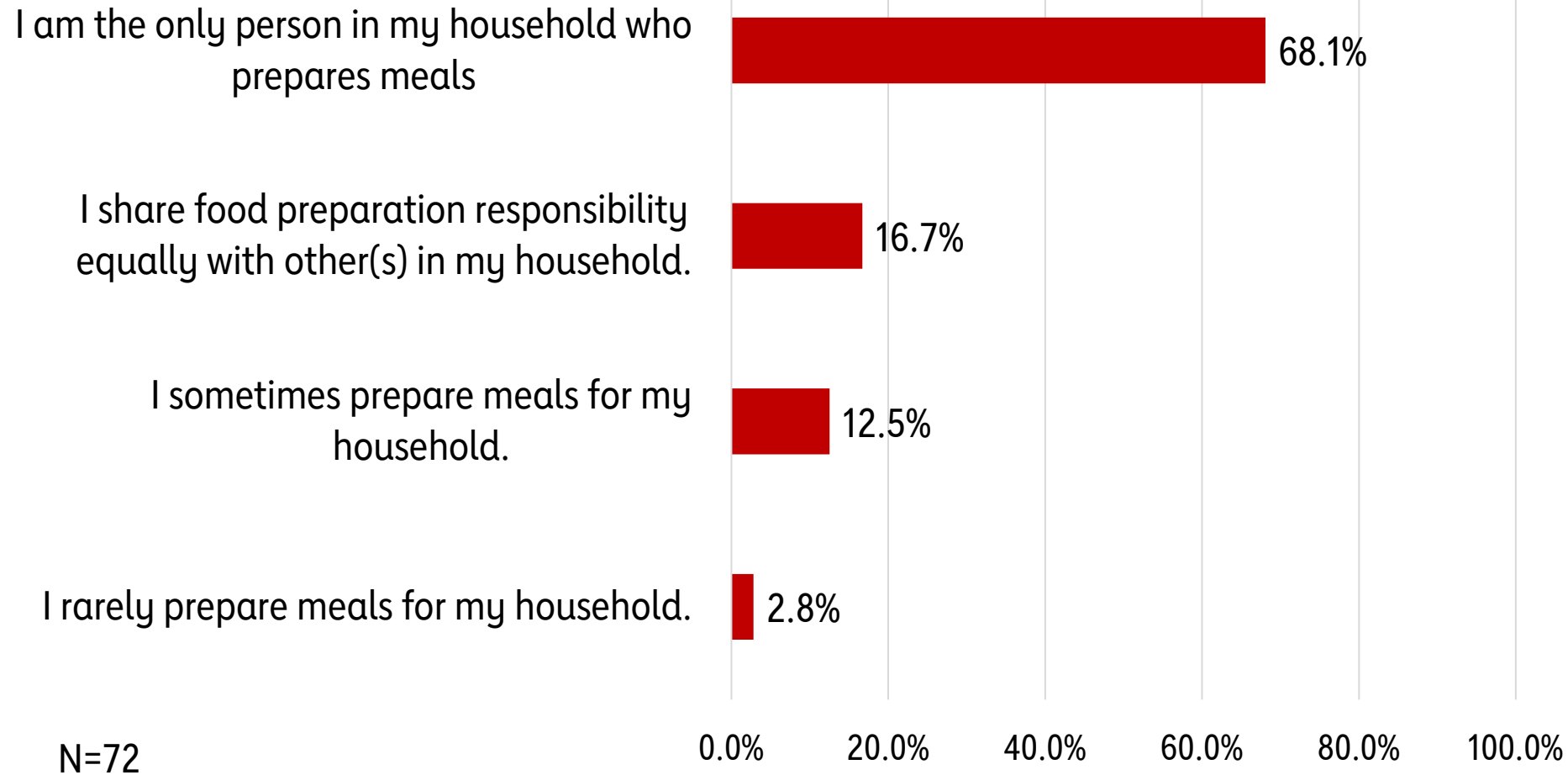
SNAP= Supplemental Nutrition Assistance Program
WIC=A program for Women Infant & Children

N=72



Respondent Characteristics

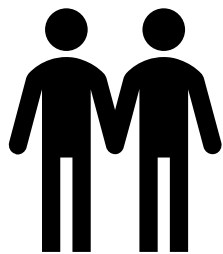
Role in Meal Preparation



Respondent Characteristics

Children in the Household

9.7% of respondents reported they have 1 or more **children in their household**



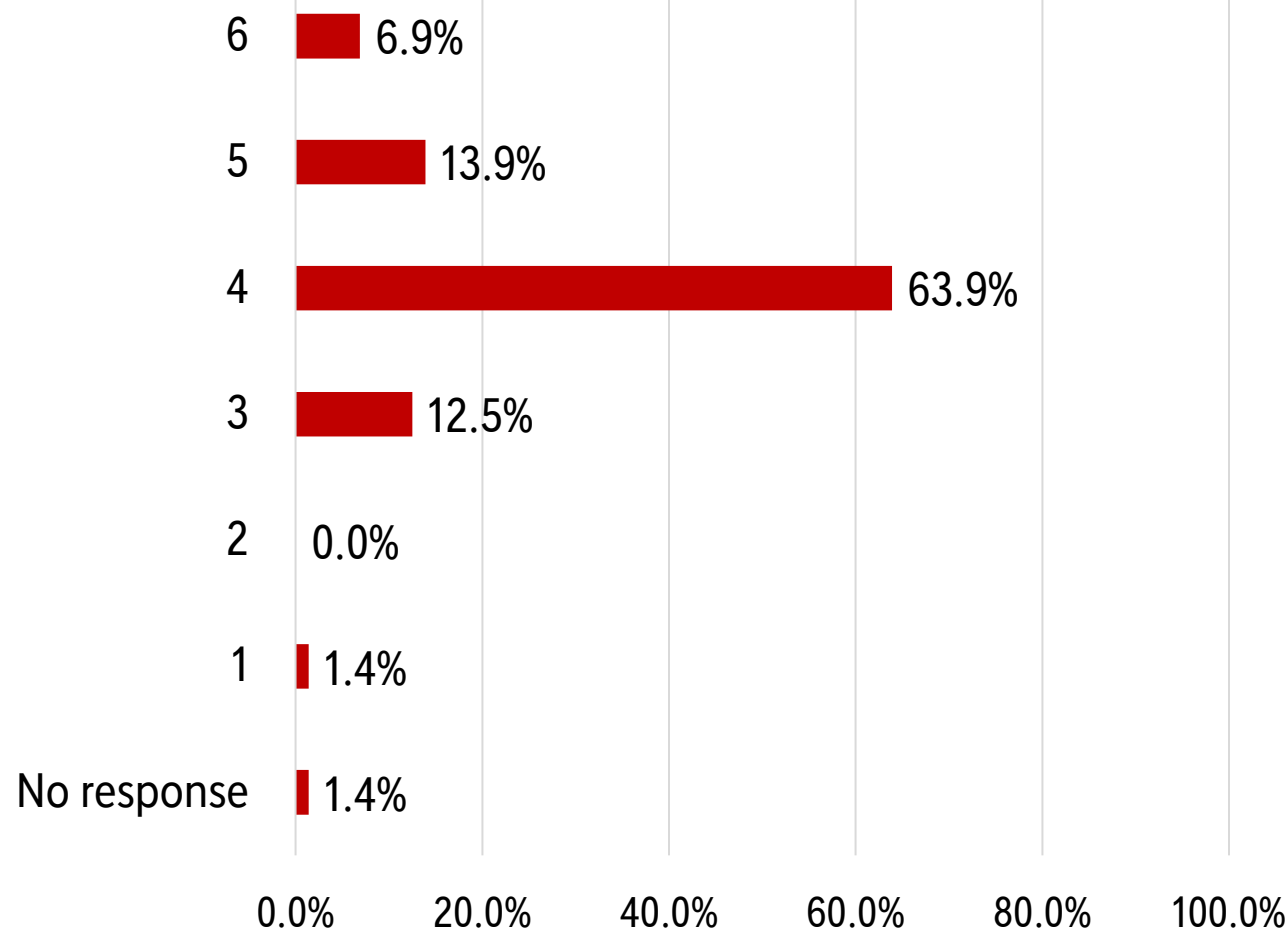
Adults in the Household

37.5% of respondents reported they have 2 or more **adults in their household (including themselves)**

N=72

Respondent Participation in Educational Experiences

Total Number of Experiences Attended



N=72

Changes in Program Outcomes



Confidence in Food Preparation - Results

Participants were asked to rate their level of confidence in doing the several activities related to preparing food at home

Scale: not at all confident (1) to totally confident (5)

Item 1: "I am confident in my ability to prepare healthy meals at home."

- **38.9% increased** their level of confidence
- On average, respondent confidence ratings increased by 14.02%*

** $p < 0.05$, statistically significant*

N=72

Confidence in Food Preparation - Results

Item 2: "I am confident in my ability to eat the recommended serving sizes for the foods I eat."

- **38.9% increased** their level of confidence
- On average, respondent confidence ratings increased by 6.58%*

Item 3: "I am confident in my ability to substitute healthier cooking and preparation methods (e.g. bake, grill, sauté) for traditionally fried foods."

- **48.6% increased** their level of confidence
- On average, respondent confidence ratings increased by 13.86%*

Frequency of Healthy Grocery Shopping Habits - Results

Participants were asked about frequency of performing certain behaviors over the **past month** :

- Scale: Never (1) – Always (5)

Item 1: "Before grocery shopping, I plan my meals that I am shopping for."

- **45.8%** reported **increased** frequency
- On average, respondent frequency increased by 20.52%*

** $p < 0.05$, statistically significant*

N=72

Frequency of Healthy Grocery Shopping Habits - Results

Item 2: "I use a list when I go grocery shopping."

- **45.8%** reported **increased** frequency
- On average, respondent frequency increased by 15.07%*

Item 3: "When purchasing food, I read the food label and check the nutritional values."

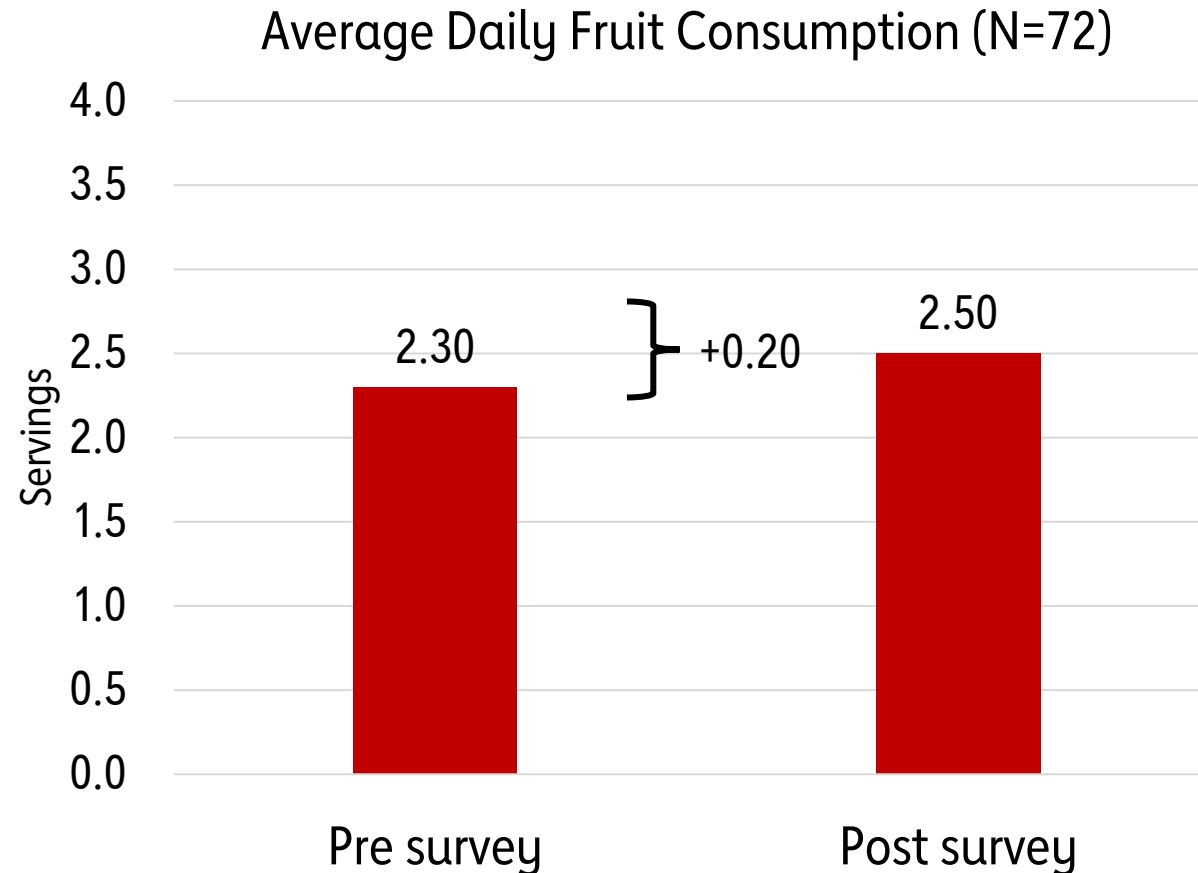
- **48.6%** reported **increased** frequency
- On average, respondent frequency increased by 21.59%*

** $p < 0.05$, statistically significant*

N=72

Change in Reported Fruit Consumption

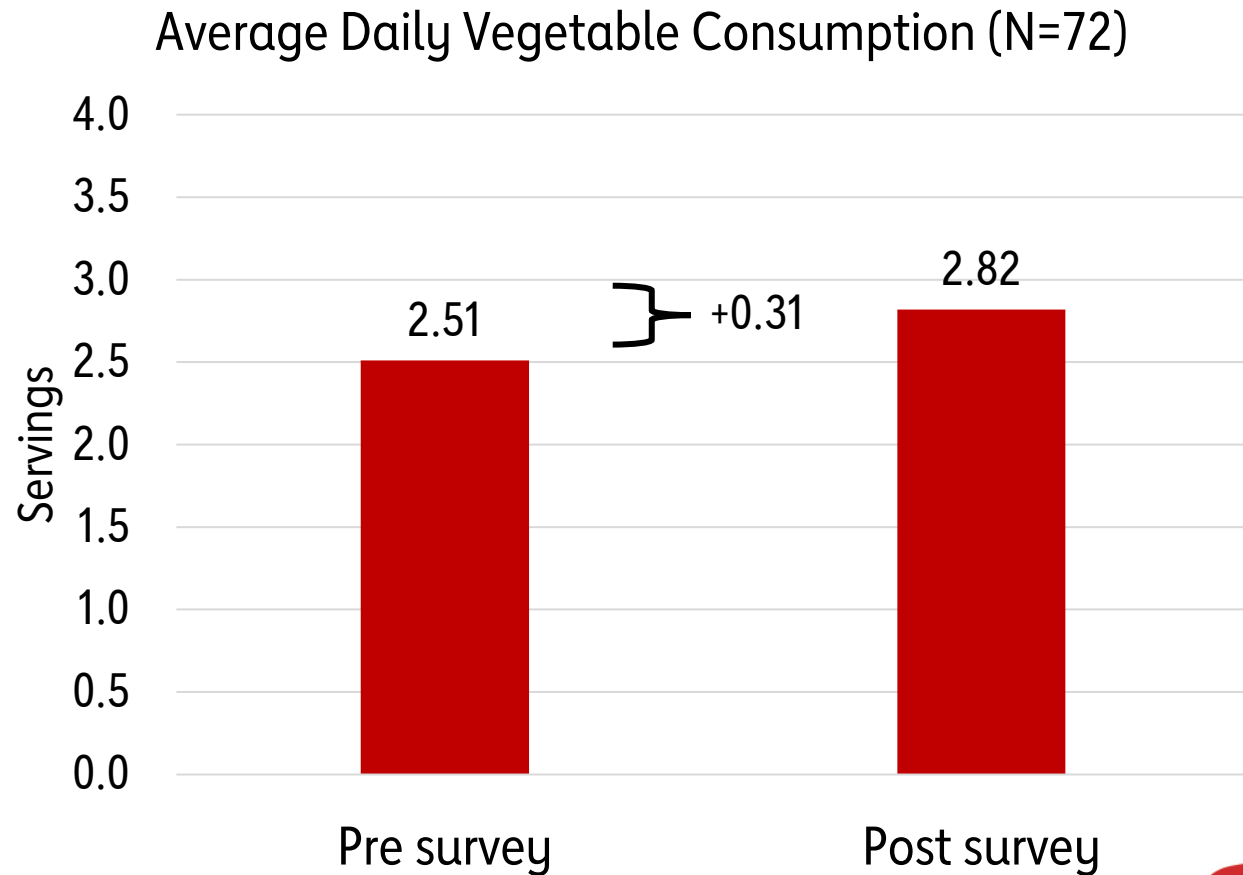
- Average daily fruit consumption **increased** by **0.20 servings**[^]
- **50.7%** of participants **increased** their daily fruit consumption **by 1+ servings**



[^] $p > 0.05$, not statistically significant

Change in Reported Vegetable Consumption

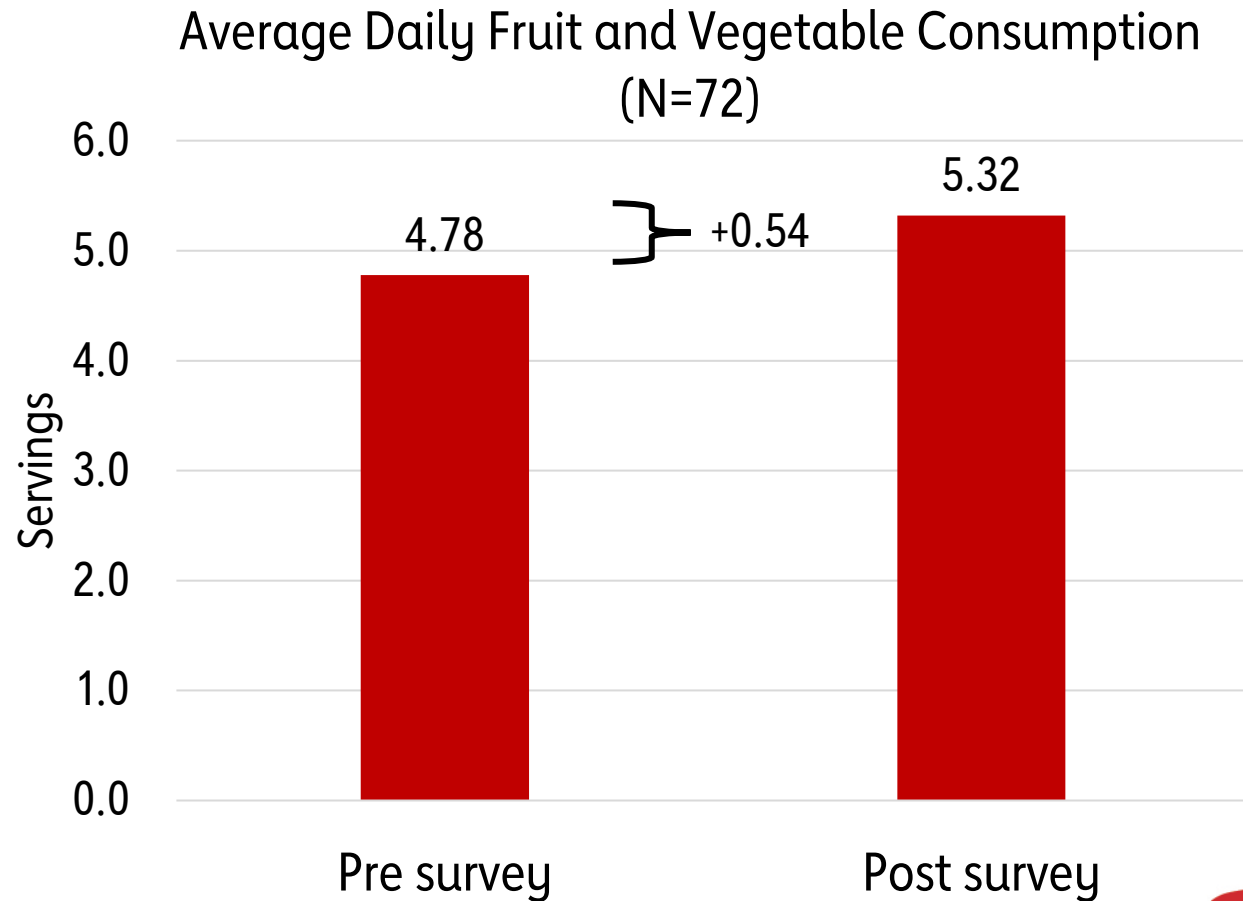
- Average daily vegetable consumption **increased by 0.31 servings***
- **47.9%** of participants **increased** their daily vegetable consumption **by 1+ servings**



** $p < 0.05$, statistically significant*

Change in Reported Fruit and Vegetable Consumption

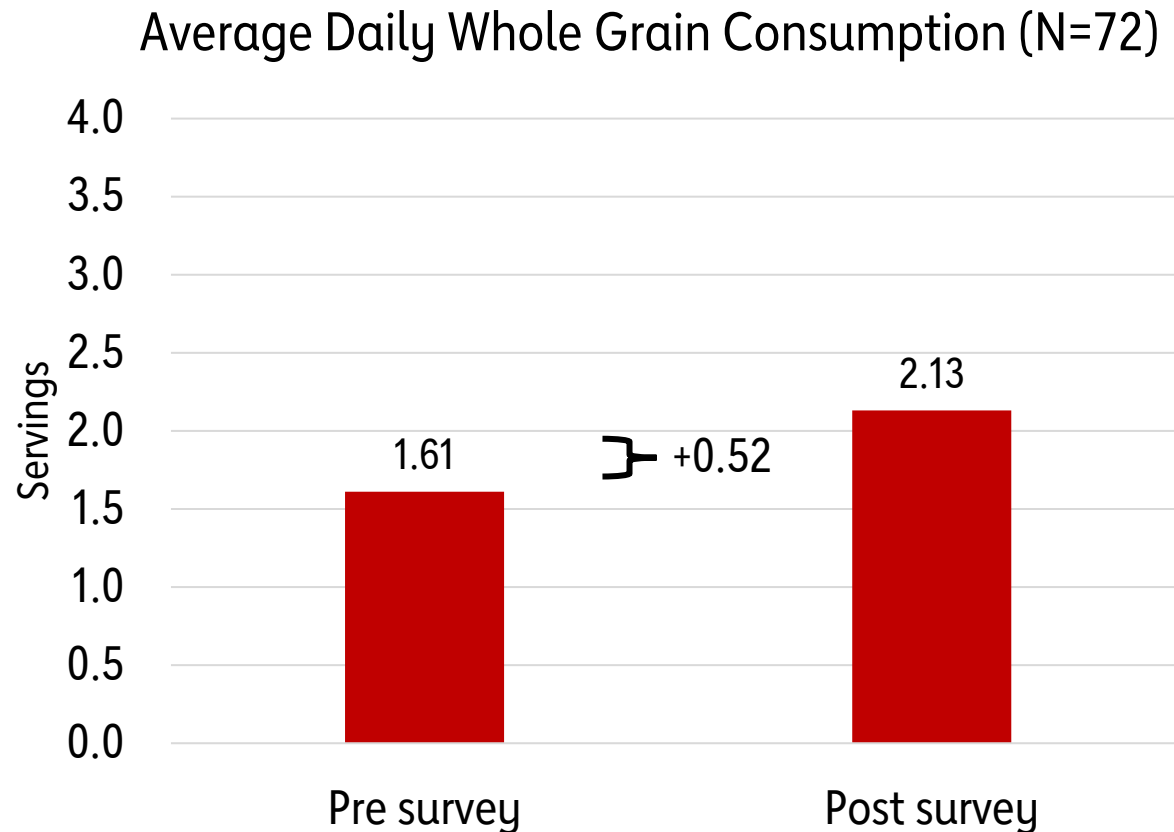
- Average daily fruit and vegetable consumption **increased by 0.54 servings***
- **62%** of participants **increased** their daily fruit and vegetable consumption **by 1+ servings**



**p<0.05, statistically significant*

Change in Reported Whole Grain Consumption

- Average daily whole grain consumption **by 0.52 servings***
- **49.3%** of participants **increased** their daily whole grain consumption **by 1+ servings**



** $p < 0.05$, statistically significant*



Key Takeaways

- Most (84.7%) of respondents attended 4 or more educational experiences
- On average, respondents increased their daily **fruit and/or vegetable** consumption by **0.54 serving(s)***
 - **The majority (62%) of respondents increased their daily fruit and/or vegetable consumption by 1 or more servings.**
- **38.9%** of respondents **increased** their level of confidence to prepare healthy meals at home
- **48.6%** of respondents **increased** their level of confidence to substitute healthier cooking and preparation methods
- **48.6%** of respondents reported **increased** frequency of reading food labels and checking the nutritional values when purchasing food

**p<0.05, statistically significant*





Considerations & Limitations

Considerations

- Pandemic (COVID-19) may have had adverse affects on healthy eating behaviors
- HFL experiences were designed to be implemented in-person, due to COVID-19 facilitators had to adapt them to implement virtually

Limitations

- Self-report surveys (recall bias, social desirability bias)
- Convenience sample
 - Results cannot be generalized beyond this specific population

