



FOOD & NUTRITION IMPACT (FANI)

A GUIDE TO PROGRAM PLANNING, EVALUATION & REPORTING

REVIEW NEEDS

- 1) **Review** situational data collected about your county. Does any of this information suggest particular areas of emphasis for your Food & Nutrition program? This data will help you decide whether Food & Nutrition should be a part of your base program or a special program thrust addressed through a C-MAP.

SELECT *or* DESIGN PROGRAMS

- 2) **Decide** what outcomes your Food & Nutrition program should address.
 - Select or design Food & Nutrition programs which produce those outcomes.
 - For each program select or design several educational activities aimed at individuals, families, and communities.

PLAN EVALUATION

- 3) **Review** the list of priority indicators to see if any of these are appropriate for measuring the impact of your program. If so, use them. Then **design** a plan for gathering the data for that indicator:
 - **Lesson Evaluation Tools** (before/after surveys)
 - Assess Knowledge, Opinion, Skills & Aspiration (KOSA) changes
 - Knowledge ~ We're trying to measure what people know about the facts before & after foods & nutrition educational activities (e.g., how folate relates to heart disease, 40-140° is the danger zone, the symptoms of diabetes).
 - Opinions ~ If we can show people that they can eat right without too much trouble, we stand a much better chance of seeing a practice change.
 - Skills ~ Showing people how to make changes and not just preaching to them about why they should change is where CES programs really stand out in the crowd.
 - Aspirations ~ It's not practical to think we'll always have follow-up info on practice changes, so this is the next best thing.
 - Can collect quotes, number and characteristics of contacts
 - Can evaluate lesson delivery (e.g. materials, leader)
 - **Follow-Up Tools** (post cards, phone calls, survey at later lesson)
 - Assess practice (behavior) changes 1-6 months following educational activity.
 - This data is needed by Food & Nutrition Specialists to build the FANI database for Kentucky - *send yours to us!*

COLLECT DATA

- 4) **Collect** evaluation data:
 - Collect and tally before/after surveys from educational activities (ask for assistance from staff, interns, volunteers or specialists)
 - Collect and summarize follow-up data on practice changes
 - **Remember to send your follow-up evaluation to F&N specialists.**

ASSESS PROGRAM IMPACT

Assess Program Impact

- Summarize the collective impact of all educational activities on the outcomes. For example, your county or area may deliver a program aimed at improved health through lifestyle changes, such as diet and activity. This program would be reported under PAC #410 (see the F&N Reporting Guide Table). There are two priority indicators to report either KOSA or practice changes.
- Your programs should include several educational activities designed to achieve an outcome. For example, improved health through diet and activity KOSA and practice changes might include activities for KEHA members, EFNEP or FSNEP clients, children and teens, families, and communities.
- Collecting good evaluation data from each educational activity (i.e. KEHA lesson, community health fair, school presentations) will allow you to demonstrate your program

REPORT PROGRAM IMPACT

5) Some ideas on how to organize and report:

➤ IMPAK Statistical Report

- Work on a monthly basis
- Count total days to report
- Estimate time spent on:
 - ➡ major projects related to indicators
 - ➡ presentations (note # contacts and characteristics)
 - ➡ food & nutrition questions (tally by indicator for the month)
 - ➡ administrative meetings (staff, faculty, unit, county, area, committee)
 - ➡ leave and holidays
- Report time devoted to each category or indicator (should equal total days to report for the month)

➤ Priority Indicator Report

- Report data annually by indicator on the Web submission form

➤ Impact Statement Reports

- Report at the **conclusion of a major program** or **annually** (allow time to include follow-up data if appropriate)
- Include information on **significance** of issue to individuals, families and communities (e.g. weight mgt, diabetes, life skills)
- Report changes in **Knowledge, Opinion, Skills and Aspirations (KOSA)** based on before/after survey results
- Report **practice changes** based on follow-up evaluation
- Collect **success stories** and quotes
- Estimate **social, economic & environmental changes (SEEC)** by assessing implications for individuals, families & communities:
 - * improved diet & health
 - * improved food safety & quality
 - * physical activity opportunities
 - * health screening programs
 - * public education on food & ag
 - * promoting Kentucky foods
- If possible, estimate the **value** of this Food & Nutrition program
- Include **key words** suggested in summary table on pages 2-3.

SEE RESULTS

The Food & Nutrition Specialists will **use** your indicator, Impact Statement, and follow-up evaluation reports to build a **Food and Nutrition Impact (FANI)** database.

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